

NO EQUIPMENT NECESSARY

FULL-BODY

Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

CIRCUIT 1



STEP-UPS

20 steps total, alternating legs.



PUSH-UPS

15 push-ups, resting your knees on the ground if necessary.



WALKING LUNGES

Alternate sides for 20 reps.

CIRCUIT 2



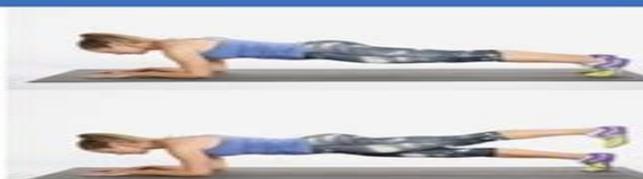
SQUAT JUMPS

Do 15 reps.



TRICEPS DIPS

Do 15 reps.



ELBOW PLANK WITH LEG LIFT

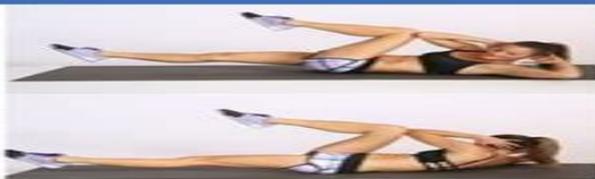
Alternate legs for 60 seconds.

CIRCUIT 3



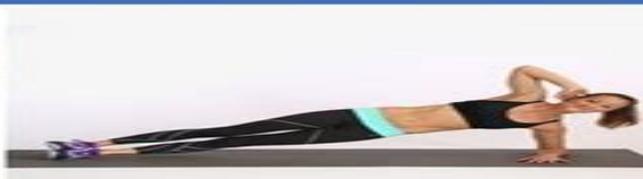
WALL SIT

Hold for 30 seconds.



BICYCLE CRUNCH

Do 10 reps.



SIDE PLANK

Hold for 30 seconds and switch sides.

Quick Home Workout Ideas For Experts

Huangqi Zhang



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