

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.



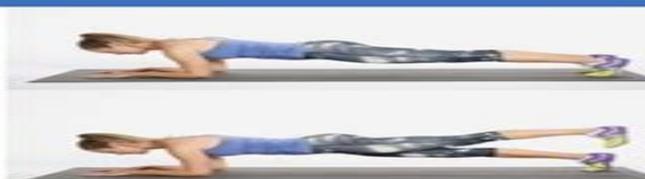
TRICEPS DIPS

Do 15 reps.



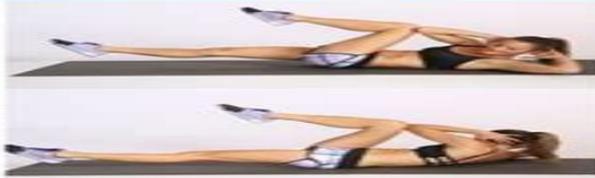
ELBOW PLANK WITH LEG LIFT

Alternate legs for 60 seconds.



WALL SIT

Hold for 30 seconds.



BICYCLE CRUNCH

Do 10 reps.



SIDE PLANK

Hold for 30 seconds and switch sides.

Quick Home Workout Ideas

Puja Mehta



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