

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.

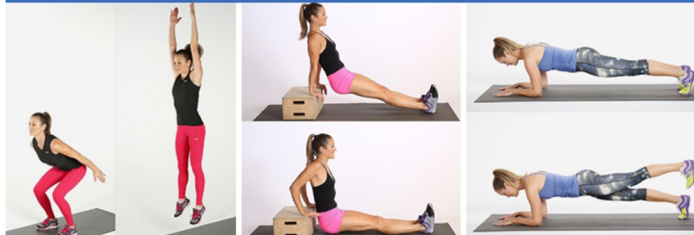
PUSH-UPS

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.

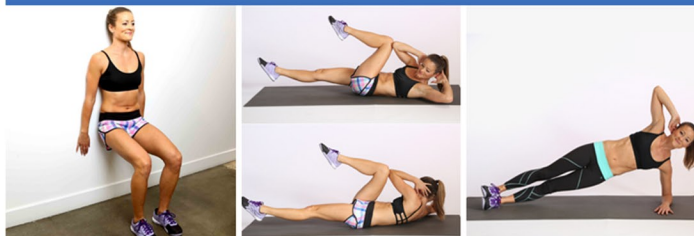
TRICEPS DIPS

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.