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.

POPSUGAR