

NO-EXCUSES WORKOUT

WARMUP: DO EACH MOVE FOR ONE MINUTE

High Knees • Jumping Jacks
Run in Place • Jump Rope
Skip in Place

**WORKOUT: REPEAT EACH CIRCUIT THREE
TIMES BEFORE MOVING TO THE NEXT**

CIRCUIT ONE

20 Squats
15 Squat Jumps
10 Burpees

CIRCUIT TWO

20 Mountain Climbers
15 Push-Ups
10 Bridges

CIRCUIT THREE

20 Alternating Lunges
15 Plié Squats
10 Calf Raises

CORE WORK: DO EACH MOVE FOR ONE MINUTE

Russian Twist • Elbow Plank
Bicycle Crunches • Superman