

NOEQUIPMENT CIRCUIT WORKOUT

QUICK AT- HOME WORKOUT

Perform the following exercises back-to-back with as little rest as possible. Take a one minute rest between each round.

15 PUSHUPS

15 BURPEES

25 JUMPING JACKS

1 MINUTE PLANK

15 SPIDERMAN LUNGES

20 JUMPING SQUATS

15 TRICEPS DIPS USE A CHAIR

15 PLYOMETRIC JUMPS

1 MINUTE WALL SIT

Beginners: 1 Round

Intermediate: 2 Rounds

Advanced: 3 Rounds

For exercise descriptions, you can peruse an online exercise database at www.bodybuilding.com/exercises/. You might also consider enlisting in the help of a certified personal trainer to ensure proper form and maximum progress.