

At – Home Circuit Workouts

These workouts are in the form of circuits. There are strength training and cardio exercises mixed together, in order to give you a varied workout in a short amount of time. You should perform each exercise as quickly as you can, and move to the next exercise without resting (It should take no more than 10-15 seconds to move to the next). This method will allow you to keep your heart rate up. You should go through each circuit at least twice for your workout. Do Circuit #1 for 3-4 weeks before moving on to Circuit #2 for 3-4 weeks. You will build your stamina and endurance before moving on to slightly more challenging exercises. Keep water nearby, and be sure to stretch after your workout (or during, if you feel you need to).

****Always consult your physician before starting a new exercise routine to be safe. Also, when starting a new exercise program you should pace yourself and listen to any cues your body is giving you.**

Circuit #1

1. 20 Lunges (stepping forward, alternating legs)
2. 20 push-ups
3. Mountain Climbers, 1 minute



4. 25 sit-ups
5. Triceps kick-back, 20 each arm



6. 20 squats
7. Punching bag w/ light weights, 1 minute
**Holding light free weights, punch the air like you would a punching bag.
8. Jumping Jacks, 1 minute
9. Jump Rope, 1 minute
10. 20 sumo squats
**Just like a normal squat, but your feet are farther apart, and your toes are slightly pointed outward.

Circuit #2

1. 20 Lunge-Kicks (10 each leg)



Lunge backwards. When you bring your foot forward, kick before lunging back again.

2. 20 Renegade Rows

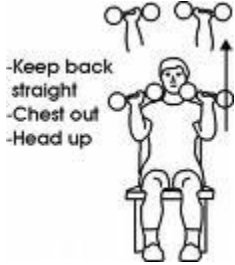


Do these rows from push-up position.

3. 10 Burpees



4. Overhead Press (20 reps)



5. 20 Swing Kicks (10 each leg)

**Stand facing the back of a chair or bench, with feet shoulder-width apart and knees softly bent. Swing your right leg over the back of the chair toward the right, and then back to the left. Then do the same with your left leg. Keep your kicking leg as straight as possible.

6. High-Knees



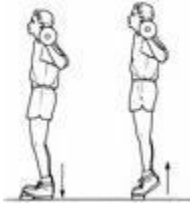
Jog in place, but bring your knees up high in front of you with each step you take.

7. Plank, 1 minute



Hold for 1 minute, or as long as you can. Build up to 1 minute.

8. Calf-Raises (30 reps)



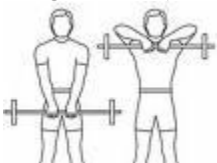
You do not have to hold weights – you may just use your body weight for resistance.

9. Butt-Kicks



Jog in place, bringing your heels as far up as you can so that you almost kick your butt with each step.

10. Upright Rows (20 reps)



You may use free weights, not just a bar.