

Leg Circuit Training

Warm Up: Prior to starting the routine listed below, perform 3–5 minutes of light cardio activity (jog, brisk walking, jumping jacks, or cycling).

Cool Down: At the end of your workout, perform 3–5 minutes of light cardio activity and stretches.

Exercise	Sets/Repetitions	Weight	Rest btwn Sets
Squats	2/10	Body Weight	30 seconds
Lunges	2/10 each side	Body Weight	30 seconds
Leg Bridges	2/10	Body Weight	30 seconds
Calf Raises	2/10	Body Weight	30 seconds
Side Lunges	2/10 each side	Body Weight	30 seconds
Wall Sit	2/30 seconds	Body Weight	30 seconds

Squats: Stand with the feet parallel or turned out 15 degrees – whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.

Lunges: Stand with the hands on the hips and feet hip-width apart. Step the right leg forward and slowly lower your body until the right knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat with the left leg.

Leg Bridges: Lie on your back with the knees bent and feet hip-width apart. Place arms at your side and lift up the spine and hips. Only the head, feet, arms, and shoulders should be on the ground. Then lift one leg upwards, keeping the core tight. Slowly bring the leg back down, and then lift back up.

Calf Raises: From a standing position, slowly rise up on the toes, keeping the knees straight and heels off the floor. Hold briefly, and then come back down, repeat. Try standing on something elevated (like a step) to achieve a wider range of motion.

Side Lunges: Stand upright, with both feet facing forward, double shoulder-width apart. Slowly exhale, taking your bodyweight across to one side. Avoid leaning forward, or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of the bent leg should point slightly outward.

Wall Sit: Slowly slide your back down a wall until the thighs are parallel to the ground. Make sure the knees are directly above the ankles and keep the back straight. Hold for 30 seconds.

Arm Circuit Workout

Warm Up: Prior to starting the routine listed below, perform 3–5 minutes of light cardio activity (jog, brisk walking, jumping jacks, or cycling).

Cool Down: At the end of your workout, perform 3–5 minutes of light cardio activity and stretches.

Exercise	Sets/Repetitions	Weight	Rest btwn Sets
Push Ups	2/10	Body Weight	30 seconds
Wide Push Ups	2/10	Body Weight	30 seconds
Triceps Dips	2/10	Body Weight	30 seconds
Arm Circles	2/30 seconds	Body Weight	30 seconds
Superman	2/10	Body Weight	30 seconds
Mountain Climbers	2/30 seconds	Body Weight	30 seconds

Push-ups: With hands shoulder-width apart, keep the feet flexed at hip distance, and tighten the core. Bend the elbows until the chest reaches the ground, and then push back up (make sure to keep the elbows tucked close to the body).

Wide Push-ups: Keep the body in the same position as the regular push-ups; however move hands wider than shoulder-width apart. Bend the elbows until the chest reaches the ground, and then push back up.

Triceps Dips: Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Bend them to a 90-degree angle, and straighten again while the heels push towards the floor.

Arm Circles: Stand with arms extended by the sides, perpendicular to the torso. Slowly make clockwise circles for about twenty to thirty seconds (about one foot in diameter). Then reverse the movement, going counter-clockwise.

Superman: Lie face down with arms and legs extended. Keeping the torso as still as possible, simultaneously raise the arms and legs to form a small curve in the body.

Mountain Climbers: Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward.

Core Circuit Workout

Warm Up: Prior to starting the routine listed below, perform 3–5 minutes of light cardio activity (jog, brisk walking, jumping jacks, or cycling).

Cool Down: At the end of your workout, perform 3–5 minutes of light cardio activity and stretches.

Exercise	Sets/Repetitions	Weight	Rest btwn Sets
Crunches	2/20	Body Weight	30 seconds
Russian Twists	2/20	Body Weight	30 seconds
Bicycles	2/20	Body Weight	30 seconds
Power Punch	2/10 each side	Body Weight	30 seconds
Flutter Kick	2/10	Body Weight	30 seconds
Plank	2/30 seconds	Body Weight	30 seconds

Crunches: Lie on your back with the knees bent and feet flat on the floor. With hands behind the head, place the chin down slightly and peel the head and shoulders off the mat while engaging the core. Continue curling up until the upper back is off the mat. Hold briefly, then lower the torso back toward the mat slowly.

Russian Twists: Sit on the floor with knees bent and feet together, lifted a few inches off the floor. With the back at a 45-degree angle from the ground, move the arms from one side to another in a twisting motion. The slower the twist, the deeper the burn.

Bicycles: Lie down with knees bent and hands behind the head. With the knees in toward the chest, bring the right elbow towards the left knee as the right leg straightens. Continue pedaling to both sides.

Power Punch: Stand with your feet shoulder-width apart, and the right leg a few inches in front of the left. Raise the fists up and keep the elbows in. Punch the first closest to your body in front of you, while rotating the torso.

Flutter Kick: Start lying on your back with arms at your sides and palms facing down. With legs extended, lift the heels off the floor (about six inches). Make quick, small up-and-down pulses with the legs, while keeping the core engaged.

Plank: Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position for at least 30 seconds.