

Circuit – WORKOUTS
Do at least 4 of each group

Core: (60 sec/rest 1 min.)

Planks & side planks
Seesaws or tug-a wars
Leg raises – one inch off the ground and lift about a foot
Flutter kicks
Scissors
Bicycle crunches

Legs: (60 sec/rest 1 min.)

Mountain Climbers
Squats
Lunges
Frog leaps
Wall sits
Steps ups – Using stairs or a chair

Upper Body: (60 sec/rest 1 min.)

Triceps Dip – Using a chair
Push-ups
Bear Crawls or Crab walks
Burpees

5-8 lbs dumbbell: Arms (10 reps)

Bicep curls
Reverse curls
Overhead shoulder presses