

15-30 Minute Circuit Workout

This workout involves alternating a cardio exercise with a strength exercise for a quick total body workout. Just warm up, do each exercise one after the other for about 60 seconds. Rest and repeat circuit for a longer workout. Make sure you end with a cool down.

Warm Up



Warm up with about 5 minutes of light cardio - step touch, march in place, raise your hands in that air (like you just don't care)

Squat Press



With a chair behind you, hold light weights and squat, just touching the seat. Stand, pressing weights up, repeat for about 30 seconds. Rest briefly and do another 30 seconds.

Puddle Jumpers



Step way out to the side, arms out like you're stepping over a big puddle. Step back to the other side and repeat for 30 seconds. Rest briefly and repeat.

Wall or Floor Pushups



Either do a wall pushup (hands wider than shoulders) or floor pushups on knees or toes. Do as many as you can for 30 seconds rest and repeat...if you can!

Knee Smash



Bring the right knee up towards the chest while smashing your arms down, going as fast as you can for 30 seconds. Now repeat on the other side.

Wide Squat Curls



Stand with feet wide, toes slightly out, holding weights with palms facing in. Squat, keeping knees in line with toes. As you stand up, curl the weights towards the shoulders. Repeat for 30 seconds, rest and repeat.

Low Impact Jacks



Step your right foot out to the side, pivoting to left, sweeping arms down. Pivot to middle and sweep the arms up in a circle as you step out to the other side. Repeat for 30 seconds, rest briefly and go another 30 seconds.

Mod Renegade Rows



On hands and knees, holding onto weights, keep core braced as you row the right elbow up to torso and then the left. Alternate for 60 seconds.

Straight Leg Kick



Begin by kicking the right leg up, bringing the opposite hands towards foot, knee slightly bent. Lower and now kick with the other foot, moving as quickly as you can for 30 seconds. Rest briefly and repeat for 30 seconds.

Triceps Extensions



Sit on chair or ball and hold one dumbbell in both hands. Start with arms straight and bend elbows lowering weight behind you. Repeat for about 30 seconds. Rest briefly and do another 30 seconds.

Med Ball Kicks



Hold a med ball or dumbbell overhead, right leg back. Kick right leg up while bringing the med ball down towards foot. Repeat for 30 seconds, repeat on the other side.

Rest for about 1 minute and repeat the circuit, along with a cool down, for a total of 30 minutes.