FULL-BODY

Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

CIRCUIT 1



STEP-UPS 20 steps total, alternating legs.



PUSH-UPS
15 push-ups, resting
your knees on the
ground if necessary.



WALKING LUNGES Alternate sides for 20 reps.

CIRCUIT 2



SQUAT JUMPS



TRICEPS DIPS

Do 15 reps.



WITH LEG LIFT
Alternate legs
for 60 seconds.

CIRCUIT 3



WALL SIT Hold for 30 seconds.



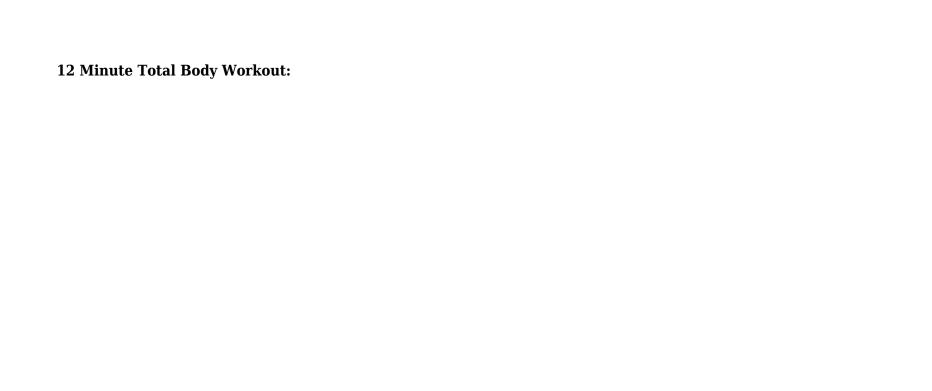
BICYCLE CRUNCH Do 10 reps.



SIDE PLANK
Hold for 30 seconds
and switch sides.

12 Minute Total Body Workout

K Morrison



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