

NO EQUIPMENT NECESSARY 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

Do 15 reps.



TRICEPS DIPS

Do 15 reps.



ELBOW PLANK 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

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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