



Healthy For Good™

**TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH LIST:**

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.

### **CARDIO EXERCISES**

- JUMPING JACKS
- JUMPING ROPE
- JOGGING OR MARCHING IN PLACE
- STAIR-CLIMBING OR STEP-UPS
- HIGH KNEES
- MOUNTAIN CLIMBERS
- STAR JUMPS
- BURPEES

### **STRENGTHENING AND STABILITY EXERCISES**

- PLANK AND SIDE PLANK
- PUSHUPS
- SIT-UPS OR CRUNCHES
- HIP LIFT OR BRIDGE POSITION
- TRICEP DIPS ON A CHAIR
- LUNGES
- SQUATS OR CHAIR POSITION
- WALL SITS

**CHOOSE YOUR OWN WORK-OUT**

Circuits can be a great way to work out without any special equipment.