

## Exercises to Build a Circuit Workout

Cardio	Lower Body
Skipping Mountain climbers Bench jump over Burpees High knees	Squats into an overhead press* Jump squats Duck Walk Box jumps Step-ups* Sumo squats with tricep extension* Sumo squat step-ups* Walking lunges* Jumping lunges Rear leg elevated lunge* Static lunge* Wall sit holding weight with arms extended out* Squat to curtsy lunge* Single leg squats on an upside down bosu ball* Skater jumps Straight leg dead lifts* Glute bridges* Donkey kicks
Upper Body	
Push-ups Walking plank Tricep extensions* Bent over reverse flies with one leg lifted* Dumbbell overhead press* Bent over rows* Chest press on an exercise ball* Renegade row* Bicep curls* Standing dumbbell upright row Barbell overhead press*	

Example Circuit
Skipping (30 secs) Push-ups x15 Walking lunges x24 Burpees x10 Renegade row x20 Straight leg dead lifts x12 Wall sit (1 min)
Repeat 2-5 times with maximum 2 min break between each circuit

You can do each exercise based on time (ex/ as many reps as you can in 30 secs), or a predetermined # of reps

\*Hold dumbbell/barbell depending on exercise, increase weight gradually