

Exercises are performed for 30 seconds, with 10 seconds of transition time between bouts. Total time for the entire circuit workout is approximately 7 minutes. The circuit can be repeated 2 to 3 times.

1. Jumping jacks Total body
2. Wall sit Lower body
3. Push-up Upper body
4. Abdominal crunch Core
5. Step-up onto chair Total body
6. Squat Lower body
7. Triceps dip on chair Upper body
8. Plank Core
9. High knees/running in place Total body
10. Lunge Lower body
11. Push-up and rotation Upper body
12. Side plank Core

