

FitSugar's Circuit Workout

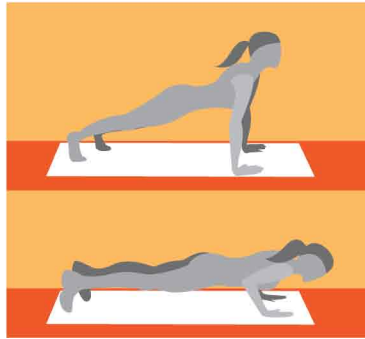
After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

Circuit 1



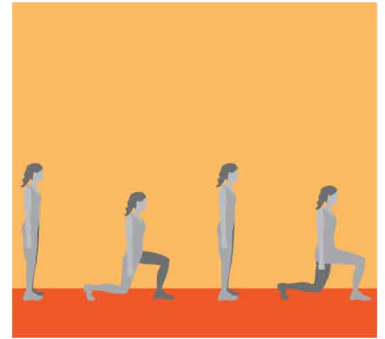
Step-Ups

Do 20 steps total



Push-Ups

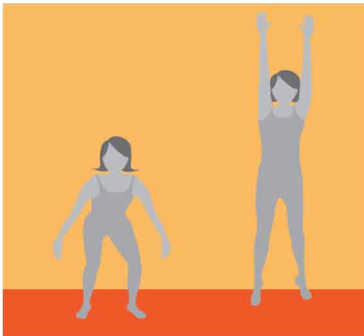
Do 15, use your knees if necessary



Walking Lunges

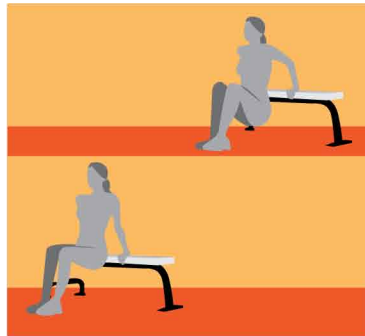
Do 20 reps

Circuit 2



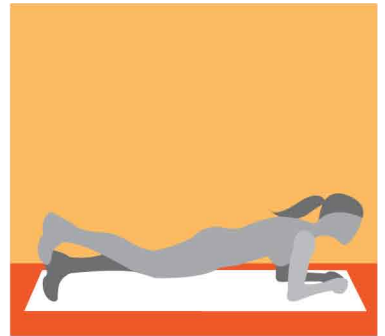
Jumping Squats

Do 15 reps



Tricep Dips

Do 15 reps



Elbow Plank with Leg Lift

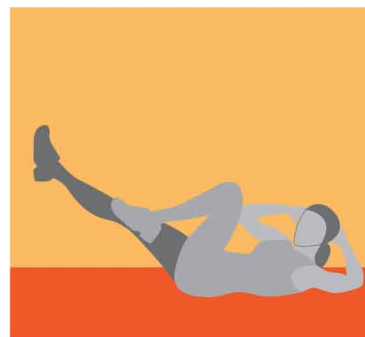
Repeat, alternating legs for 60 seconds

Circuit 3



Wall Sit

Hold for 30 seconds



Bicycle Crunch

Do 10 sets



Side Plank

Hold for 30 seconds and switch sides