

NO-EXCUSES WORKOUT

WARMUP: DO EACH MOVE FOR ONE MINUTE

High Knees • Jumping Jacks • Run in place
Jump Rope • Skip in place

**WORKOUT: REPEAT EACH CIRCUIT THREE TIMES
BEFORE MOVING TO THE NEXT**

CIRCUIT ONE

20 squats • 15 squat jumps • 10 burpees

CIRCUIT TWO

20 mountain climbers • 15 push-ups • 10 bridges

CIRCUIT THREE

20 alternating lunges • 15 pli  squats • 10 calf raises

CORE WORK: DO EACH MOVE FOR ONE MINUTE

Russian twist • Elbow plank
Bicycle crunches • Superman