

Body Weight Circuits



Description: Get your heart rate up by completing body weight circuits for 20 to 30 minutes. Pick 3-5 exercises and complete 3 sets. Be creative, feel free to use other body weight cardio exercises.

Air Punches

1. Stagger feet with dominant hand and foot back, punch forward with non-dominant hand (jab), then pivot and cross punch with dominant hand. Repeat for 1 min.

Jumping Jacks

1. Perform jumping jacks with proper form for 1 minute.

Jump Rope

1. Jump rope for 1 minute.
2. Add jumping variations.
3. If you do not have jump rope, go through the motions without the rope.

Burpees

1. Step down into plank position
2. Lower your chest to the floor
3. Jump or step your feet up to hands
4. Stand up tall
5. Complete 5 burpee cycles

Mountain Climbers

1. In push-up position with a flat back, pull your right knee in towards your chest, step back and pull your left knee towards your chest. Continue alternating feet for 1 minute.

