

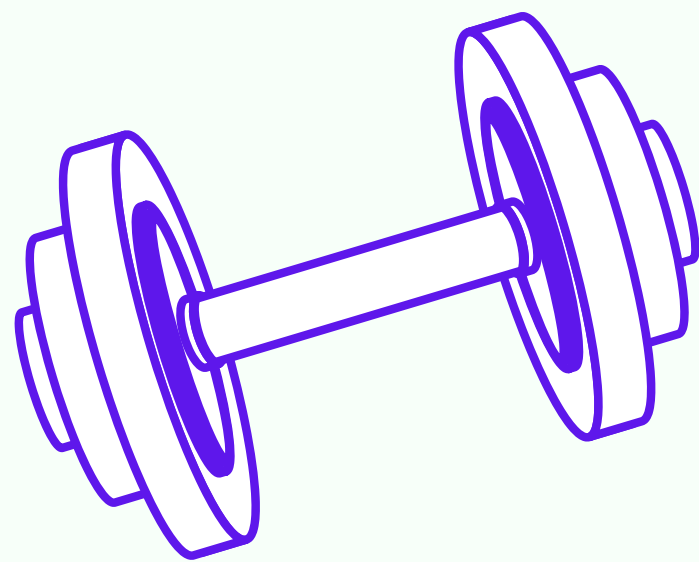
CIRCUIT TRAINING



AT HOME

CIRCUIT TRAINING AT HOME

Pick 3–4 things from each category. Alternate cardio and strengthening activities in short bursts of 3 minutes then a 30 second break



CARDIO

- **Star Jumps**
- **Squat Jumps**
- **Jogging on the spot**
- **Step Ups**
- **High Knees**
- **Mountain Climbers**
- **Jumping Jacks**
- **Burpees**

STRENGTH

- **Plank and Side Plank**
- **Pushups**
- **Sit-Ups or Crunches**
- **Hip Lift or Bridge position**
- **Tricep Dips on a Chair**
- **Lunges**
- **Squats or Chair Position**
- **Wall Sits**

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