

30 MINUTE METABOLIC CIRCUIT FOR HOME OR GYM

**The Real Life Fat
Loss Circuit for Busy
Women**

No Equipment Required, Basic Equipment Can Be Used

Optional Equipment

Dumbbells, Kettlebell, Barbell, Floor Mat, Weight Bench

****But you can do this workout with absolutely NO EQUIPMENT!**

30 Minute Circuit

Format

- 30 seconds work
- 15 seconds transition
- 1 minute between rounds
- 3–4 rounds total

Total time: 25–35 minutes

Weekly Schedule

Do this circuit:

- ✓ 2–3x per week
- ✓ Walk or swim on alternate days
- ✓ Lift heavier on gym days if desired

Why This Works

- ✓ Strength + cardio in one session
- ✓ High calorie burn in minimal time
- ✓ Builds muscle (menopause metabolism support)
- ✓ No long workouts required

Why I Love This

- **This workout is:**
 - ✓ 30 minutes
 - ✓ repeatable
 - ✓ doable at home OR the gym
 - ✓ designed for busy women
- Because consistency — not perfection — creates results.

The Actual Circuit

RDL - Roman Dead Lifts

Key Technique & Form

- **Setup:** Stand with feet hip-width apart, knees slightly bent, holding a barbell or dumbbells in front of thighs.
- **Hinge:** Push hips back while keeping the back flat/neutral and chest up.
- **Descent:** Lower the weight by hinging at the hips, keeping the barbell or dumbbells as close to the legs as possible
- .
- **Range of Motion:** Lower the weight until a strong stretch is felt in the hamstrings, typically just below the knees or to the mid-shin.
- **Ascent:** Drive the hips forward, squeezing the glutes to return to the starting position.

**Or use your body weight if you do not have a barbell or free weights

March in Place

Chest Press

- **Protect Shoulders:** Avoid letting elbows drop too far below the bench to prevent injury.
- **Stable Base:** Keep your feet firmly on the floor and your back against the bench.
- **Controlled Motion:** Avoid locking your elbows or clanging the weights together at the top.

**These can also be done from the floor using a mat. If you don't have weights do push ups. Modify the push ups to fit your fitness level.

High Knee Marching

Lawnmower Row (Left for one set, Right for the next)

a single-arm, staggered-stance dumbbell or kettlebell exercise that mimics starting a gasoline mower to target the lats, upper back, and shoulders.

Kickbacks

Overhead Tricep Press

- **Execution:** Maintain a tight core and upright posture. Lower the weight slowly behind the head until forearms are at least parallel to the floor, then extend upward, avoiding fully locking out the elbows at the top to maintain tension.

- **Form Tips:** Keep elbows tucked in and pointed forward; flaring them out reduces effectiveness.
- **Safety:** Ensure a controlled, full range of motion to maximize muscle

High Kicks

Goblet Squat

hold a single dumbbell or kettlebell vertically against your chest (like a goblet) while performing a squat.

Jumping Jacks

Walking Lunges

- **Setup:** Stand upright, feet hip-width apart, with hands on hips or holding dumbbells.
- **Step & Lower:** Step forward with one leg, lowering your hips until both knees are bent at roughly a
 - angle.
- **Form Check:**
 - Keep the front knee directly over the ankle, and the back knee hovering just above the ground
 - . Keep your chest up and core engaged
- **Transition:** Push off with your back foot and step forward, transitioning directly into the next lunge on the opposite side

***Repeat Circuit Two Times, You can change the cardio to what fits you! Make this your own!**

Why This Works

CARDIO WITHOUT MONOTONY / WEIGHTS WITHOUT THE GYM GORILLAS