

Whole Body Circuits and Cardio Finisher

7 exercises 46 minutes 356 MOVES 187 kcal

1 - Activities - Walking (high intensity)



Duration: 05:00 min

Increase speed as necessary to raise heart rate and warm the muscles

2 - Circuit - Circuit 1 4 exercises 3 Rounds 60 sec Round rest time

1 - Dumbbells - Front squat - one dumbbell



R1 15 reps x 0.25 kg x 1 sec
R2 15 reps x 0.25 kg x 1 sec
R3 15 reps x 0.25 kg x 1 sec

Use soup/food cans or water bottles in place of dumbbells

2 - Dumbbells - Squat - with overhead press



R1 10 reps x 0.25 kg x 1 sec
R2 10 reps x 0.25 kg x 1 sec
R3 10 reps x 0.25 kg x 1 sec

3 - Dumbbells - Backward lunge



R1 10 reps x 0.25 kg x 1 sec
R2 10 reps x 0.25 kg x 1 sec
R3 10 reps x 0.25 kg x 1 sec

10 reps each leg

4 - Dumbbells - Row - bent-over



R1 15 reps x 0.25 kg x 1 sec
R2 15 reps x 0.25 kg x 1 sec
R3 15 reps x 0.25 kg x 1 sec

3 - Super set - Super set 1 2 exercises 5 Rounds 60 sec Round rest time

1 - Free Exercise - High knees



R1 20 reps x 1 sec
R2 20 reps x 1 sec
R3 20 reps x 1 sec
R4 20 reps x 1 sec
R5 20 reps x 1 sec

Easier/low impact option: high knee march

2 - Free Exercise - Jumping jack



R1 20 reps x 1 sec
R2 20 reps x 1 sec
R3 20 reps x 1 sec
R4 20 reps x 1 sec
R5 20 reps x 1 sec

Easier/low impact option: step feet out one at a time

4 - Stretching - Hamstrings - standing



30 sec x 60 sec

5 - Stretching - Glutes - crossover



30 sec x 60 sec

6 - Stretching - Quadriceps - side lying



30 sec x 60 sec

7 - Stretching - Shell stretch



30 sec x 60 sec