### BODY WEIGHT CIRCUIT
Do 3 - 4 circuits, 10 seconds rest between exercises, 30 seconds between circuits.
- Squat jumps x 20
- Push-ups x 12
  (knee push-ups if struggling)
- Walking lunges (24 total, alternating)
- Dumbbell rows (10 - 12 reps each)
  Use a gallon water/milk jug or any weight with a comfortable handle
- Plank 45 seconds
- Jumping jacks 40 reps

### FULL BODY CIRCUIT TRAINING
Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.
- Single-legged squat (10 each leg)
- Body weight squats (20 reps)
- Walking lunges (20 total)
- Step ups (20 total)
  Use a couch, a chair or an ottoman
- Push-ups with elevated feet (12 total)
- Commandos (12 total)
- Chair/table dips (12 total)

### CIRCUIT TRAINING (LEGS + CORE)
Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.
- Switching jumping lunges (30)
- Mountain climbers (40)
- Weighted V - ups (12)
  Use any weight under 10 lbs
- Side plank 30 sec each side
- Squat jumps 12
- Russian twist (20 reps)
  Weight up to 10 lbs

### KILLER LADDERS!
Go to failure, rest and continue.
Goal: finish both ladders with no time limit.
Roughly 100 reps total
- Push-up ladder to 10 and back to 1
  You do 1 push-up, then 2, then 3, then 4 and all the way to 10 and back down to 1
- Burpee ladder with no push-up to 10 and back to 1

### CIRCUIT TRAINING
Repeat the circuit 3 times. 6 seconds between exercises, 30 seconds between circuits.
- Squat jumps jump from 2 feet, land on 1, hold balance (20 total)
- Diamond push-ups x 6 - 10
- Bicycle sit ups x 20
- Wall sits with overhead raises x 16
  (weight up to 10 lbs)
- Leg raises
- Plank on your palms (60 - 90 secs)

### CIRCUIT CARDIO TRAINING
No rest between exercises. 90 seconds rest between circuits. Goal: repeat the circuit 2 - 3 times.
- High knees x 50
- Fast feet with slow motion arm movements 30 secs
- Boat holds 30 secs
- Bench dips x 15
- Superman plank x 16
- Wall sits with overhead raises x 15
  (up to 10 lbs)

If you’re not sure what the exercise is, a basic Google search should help.