

# Full Body Circuit Workout

Complete 4 rounds of each circuit  
Run, jog, or jump rope for 5 minutes after  
each circuit!!

## CIRCUIT ONE

10 DOUBLE SQUAT  
JUMP BURPEES



20 weighted butterfly crunches w/ alt. toe touch



15 PLIE SQUATS TO V-PRESS



## CIRCUIT TWO

12 pushups



20 Chest Press w/ Glute Hip Bridge



15 single leg back lunge w/ knee raise (per side)



## CIRCUIT THREE

15 star jumps



15 bird dogs per side



12 single leg squat touchdowns per side

