Bodyweight Circuit Workout

Six moves back to back with no kit, four rounds: legs, push, core and a little jumping, for strength and a heart rate that stays up.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Full body	Intermediate	35 min	None

WARM UP

Once through, at an easy pace

Jumping Jacks



45 s

Bodyweight Squat



10 reps

Inchworm



4 reps

World's Greatest Stretch

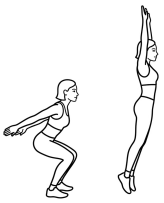


3 reps
each side

CIRCUIT

4 rounds, moves in order, 90 s rest between rounds

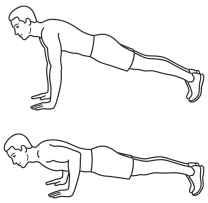
1 Squat Jump



12 reps
rest 15 s

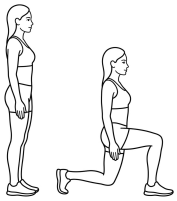
Land soft and go straight into the next

2 Push-Up



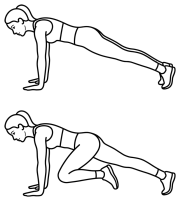
12 reps
rest 15 s

3 Reverse Lunge



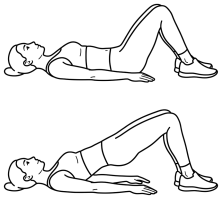
10 reps
each side · rest 15 s

4 Mountain Climber



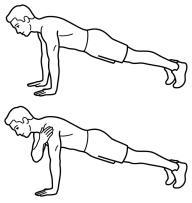
30 s
rest 15 s

5 Glute Bridge



15 reps
rest 15 s

6 Plank Shoulder Taps

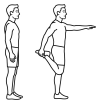


10 reps
each side · rest 15 s

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Lying Hamstring Stretch



30 s
each side

Child's Pose



45 s