

# Circuit Training Daily Body Practice: Circuit I

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## Before You Begin

Warm up with light cardio (5 min)



- Warm up with light cardio for 5 minutes. Examples: march in place, jog in place, etc.
- Do enough to get your blood flowing, warm your body and prepare for more intense activity.

## Session Sequence (30 minutes)

### 1. Intense Cardio (5 min)



### 2. Lunge with Bicep Curl (1 min, 6 reps per side)



### 3. Bent Over Tricep Kickbacks (1 min, 12 reps)



### 4. Plié Squat with Tricep Extension (1 min, 6 reps each side)



### 5. Narrow Stance Squat with Lateral Raise (1 min, 12 reps)



### 6. Walking Lunge with Overhead Press (1 min, 12 reps)



**7. Plank with Leg Extension**  
(1 min, 30 sec per side)



**8. Pushup** (1 min, 12 reps)



**9. Intense Cardio**  
(5 min)



**10. Repeat Strength Exercises 2-8** (7 min)



**11. Intense Cardio**  
(5 min)



## After You Finish

Cool Down with light cardio and stretch (5 min)



- Cool down with light cardio for 2 minutes. Examples: march in place, jog in place, etc.
- Let your heart rate come down gradually.
- Stretch for 3 minutes.
- Write your activity and experience in your activity journal.