Circuit Training Daily Body Practice: Circuit I

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



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





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



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



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

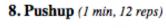


Walking Lunge with Overhead Press (1 min, 12 reps)



7. Plank with Leg Extension

(1 min, 30 sec per side)







9. Intense Cardio
(5 min)



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



11. Intense Cardio



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.