

# Circuit Training Daily Body Practice: Circuit II

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## Before You Begin

**Warm-Up: Light Cardio**  
(5 min)



- Do enough to get your blood flowing, warm your body and prepare for more intense activity.

## Session Sequence (30 minutes)

**1. Squat** (1 min, 12 reps)



**2. Jumping Rope**  
(3 min)



**3. Static Lunge** (1 min, 6 reps per side)



**4. Jog or Walk**  
(5 min)



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



**6. Squat with Front Kick** (3 min)



**7. Triceps Dip** (1 min, 12 reps)



**8. Squat Thrust** (3 min)



### 9. Standing Calf Raises

(1 min, 12 reps)



### 10. Tricep One-Armed Pushup

(2 min, 12 reps per side)



### 11. Plyo Jacks (1 min)



### 12. Side to Side Lunge (1 min)



### 13. Plie Squat with Jumps

(1 min, 12 reps)



### 14. Pushup with Side Plank

(2 min, 12 reps)



### 15. Bicycle Crunch (1 min, 12 reps)



### 16. Side to Side Jump (1 min)



### 17. Bird Dog (1 min, 12 reps)



## After You Finish

### Cool Down and Stretch

(5 min)



- Cool down with light cardio for 2 minutes then stretch 3 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.