



Well-being at Home

Working Out at Home

Think you can't get a great workout at home, think again! **In 30 minutes or less, without expensive equipment, you can improve balance and flexibility, sculpt muscle, AND burn calories.**

Bodyweight exercises are exercises that use your own body weight as resistance. Performing bodyweight exercises, one exercise after another with minimal rest in between, is known as circuit training. Circuit training, including cardio and strength exercises, is one of the most efficient and effective forms of exercise.

To create your own circuit workout, start with a brief warm-up for 3-5 minutes. Then choose 3-5 exercises from group A and group B, 6-10 exercises total. Perform the exercises (30-60 seconds each), alternating group A and group B exercises, repeating the cycle 3-5 times. Finish and cool-down with some gentle stretching.

Sample Workout

Warm Up

- Standing Toe Taps - 1 minute
- Side Steps/Lateral Shuffle - 1 minute
- March in Place - 1 minute
- Crunches - 25 reps

Bodyweight Circuit (repeat 3-5 times)

- Jumping Jacks - 25 reps
- Squats - 15 reps
- High Knees - 30 reps
- Push Ups - 15 reps
- Mountain Climbers - 30 reps
- Shoeshine/Shadow Boxing - 30 reps
- Jump Rope - 30 reps
- Plank - 30 seconds

Cool Down

- Gentle Stretching

Exercise Inventory

Group A

- High Knees
- Butt Kicks
- Jumping Jacks
- Lateral Bounds
- Mountain Climbers
- Froggers
- Burpees
- Jump Rope
- Quick Feet

Group B

- Squats
- Lateral Squats
- Walking Lunges
- Reverse Lunges
- Push Ups
- Shoeshine/Shadow Boxing
- Triceps Dips
- Planks/Side Planks
- Glute Bridges

For more circuit training workouts, check out these apps:



- J&J 7 Minute Workout
- Nike+ Training Club

