

<p> Jumping Jacks Wall sits Push ups Crunches Chair step ups Squats Tricep dips Plank High Knee in place Lunges Push up rotation Side plank </p> <p> Do circuit 3 times 30 sec. per exercise </p>	<p> 1- Walking lunges 2- Bicep curl count down 3- Plie squat & upright row 4- Jump squats 1min 5- Tricep dips 6- Switch kicks 30 sec 7- Renegade row 8- Weighted burpees 9- Up& down pushups </p> <p> Run through circuit 5 times 10-12 reps for each exercise </p>
<p> 20 Jumping Jacks 10 Burpees 20 Lunges 5 min run 10 push ups 10 dips 20 lunges 5 min run 20 sec plank on hands 20 tummy tucks 5 min run 20 bicycle crunches </p> <p> Run through circuit 1 time </p>	<p> 20 sit ups 10 push ups 50 jumping jack weighted press 40 bicycles 40 mountain climbers 10 heavy thrusters 1 min plank </p> <p> Repeat circuit 5 times. </p>
