

FULL-BODY

CIRCUIT WORKOUT WITH WEIGHTS

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one round of an entire circuit.

CIRCUIT 1



NARROW SQUAT WITH OVERHEAD PRESS

Reps: 15



PLANK WITH REVERSE ROW

Reps: 10



SIDE LUNGE

Reps: 12

CIRCUIT 2



PLIÉ SQUAT WITH LATERAL ARM RAISES

Reps: 15



SIDE PLANK PUSH-UP

Reps: 10, each side



REVERSE LUNGE WITH BICEP CURLS

Reps: 10, each side

CIRCUIT 3



SEATED RUSSIAN TWIST

Reps: 16



SCISSOR ABS

Reps: 15 to 20



SUPERMAN

Hold 30 seconds.
Repeat three times