



circuit workouts

Looking for ways to make your workout creative and fun? These indoor and outdoor circuit workouts will take you through some tough intervals that will make your heart rate soar yet make it easy to build exercise into your daily life. No gym or fitness center required! By mixing up the moves and changing the intensity throughout the workout, you'll keep your body challenged and your mind interested. Remember to modify the workout to fit your fitness level and goals.

› Indoor Circuit Workout

CIRCUIT TRAINING is a series of exercises in which strength exercises are combined with exercises that raise your heart rate. Participants rotate from station to station and perform the listed exercise for 15 to 60 seconds with little or no rest in between, until all exercises are completed or a certain time goal is achieved.

Three types of exercise to include in your circuit:

- **Cardiovascular** (walking, running, jumping jacks, skipping, kickboxing)
- **Strength** (push-ups, squats, sit-ups, bicep curls, balance work)
- **Flexibility** (stretching at the end of your exercise session)



› Activity Time

Total 30 min. (repeat twice for a 60 min. workout)

- Station 1:** Step-ups using bench (switch legs at half-way point). If you don't have a bench, walk the stairs
- Station 2:** Squats
- Station 3:** Kickboxing movements (jab, uppercut, jab-cross)
- Station 4:** Tricep dips on bench, stairs or elevated surface
- Station 5:** Jump rope
- Station 6:** Plie squats with paper plates (place paper plates under both feet to slide leg out wide as you squat and drag foot back toward center of body)
- Station 7:** Standing wall push-ups
- Station 8:** Dribble ball to center of room or in place as you hop side to side
- Station 9:** Front and side shoulder raise with canned goods
- Station 10:** Cup stacking relay- set up 4-5 stacks of cups in a row, placed about 12 in. apart (stacks are 3 cups). Run up to first stack and set up like a pyramid, 2 at base, 1 at top. When you build the last stack, go back and take each stack down (back to its initial stacked position).



> Outdoor Circuit Workout

If you are looking to spice up your outdoor walking or running workouts, this Outdoor Circuit Workout will take you through some heart pumping intervals.

> Activity Time

Total 30 min. (repeat twice for a 60 min. workout)

- 5 min** Warm- up- Brisk walking
- 2 min** Walk or Jog- This is your baseline pace. You should feel as though you're working, but be able to carry on a conversation without huffing and puffing.
- 1 min** Walking or Stationary Lunges- Take a big step forward with the right foot and lower into a lunge (keeping the front knee behind the toe), step the left foot next to the right and repeat on the left side.
- 2 min** Speed Walk or Jog- Pick up the pace here so that you're above baseline
- 1 min** Jumping Jacks- modify with heel jacks if needed
- 3 min** Walk or Jog- Slow down to baseline
- 1 min** Tree Pushups- Find a tree and stand a few feet away from it. Place hands on the tree at shoulder level. Bend the elbows and lower slowly toward the tree in a pushup. Push back up and repeat.
- 1 min** Scissor Jumps- Jump feet forward and back (changing front leg each jump). Quickly switch feet as fast as you can. For more intensity, swing arms along with feet. To modify, keep hands on tree for support.
- 1 min** Speed Walk or Jog- Increase pace here so you're working hard
- 3 min** Walk or Jog- Slow down to baseline
- 1 min** Long Jumps- Find a relatively flat stretch of sidewalk or trail and begin with feet a little further than hip width apart. Lower into a squat and jump forward with both feet as far as you can. Use arms to help propel you forward.
- 1 min** Speed Walk or Jog- Go at a pace that allows you to lower your heart rate a bit.
- 1 min** High Jogs- As you jog, lift knees to hip level (modify with just knee lifts if needed)
- 1 min** Low jogs- As you jog, bring heels back up toward buttocks
- 3 min** Walk or Jog- Slow down to baseline
- 3 min** Cool down- easy walk and then stretch