

HOME OR OFFICE EXERCISES

For this circuit exercise routine, you will select **3 cardio** exercises, **2 strength** exercises, and **1 abdominal** exercise. After selecting your exercises, you will complete each exercise for **1 MIN**. After completing the circuit, you will repeat what you just did **2 more times**. If you would like, you can select new exercises for each circuit. You can also combine strength exercises. For example, for 1 minute you can squat and complete an arm press at the same time. We want you to push yourself, but if you are unable to complete an exercise because of pain or shortness of breath, please do NOT hurt yourself. I have provided an example of a circuit routine below and on the back is a list of different exercises you can complete.

1st Circuit:

Cardio

- 1 minute of Jumping Jacks
- 1 minute of High Knees
- 1 minute of Running in Place

Strength

- 1 minute of Pushups
- 1 minute of Lunges

Abdominal

- 1 minute of Crunches

2nd Circuit:

Cardio

- 1 minute of Jumping Rope
- 1 minute of Step-ups
- 1 minute of Punching

Strength

- 1 minute of Planks
- 1 minute of Squats

Abdominal

- 1 minute of Bicycles

3rd Circuit:

Cardio

- 1 minute of Burpees
- 1 minute of Butt Kicks
- 1 minute of Jumping Jacks

Strength

- 1 minute of Triceps Dips
- 1 minute of Wall Sits

Abdominal

- 1 minute of Penguins

This will allow you to complete a quick exercise routine and does not require going to the gym! You can also use objects around your house or office as weights! For example, if you decide you want to do bicep curls you can take soup cans and use them to complete bicep curls. You can also take a large textbook or a phone book and use it to complete an arm press.



Cardio (3 minutes)

❖ Pick 3 cardio exercises (1 minute each)

- Jumping jacks
- Jumping ropes
- Jogging or marching in place
- Step-ups
- High knees
- Butt Kicks
- Punching
- Burpees

Strength (2 minutes)

❖ Pick 2 strength exercises (1 minute each)

- Plank and side plank
- Pushups
- Hip lift
- Triceps dips on a chair
- Bicep Curls
- Lunges
- Squats or chair position
- Wall sits
- Arm press
- Butterflies

Abdominal (1 minute)

❖ Pick 1 abdominal exercise

- Sit-ups or crunches
- Bicycles
- Penguins
- Elbow to knee
- Russian Twist
- Leg lifts