STRENGTH CIRCUIT 1

you need: towel, waterbottle, chair or bench

optional: mat

HEALTHGUIDE

Sequence: warm-up for at least 5 minutes

circuit x 2-3 for 35 min work-out circuit x 4-5 for 50 min work-out

cooldown and stretching for at least 5 min

Every exercise is performed 10 repetitions, make sure to keep your back straight and your core engaged. Take some rest in between but try to keep the rest under 30 secs.

LOWER BODY

- 1. squats
- 5. lunges L
- 9. lunges R
- 13. chair step-up 5L + 5R

CORE - mat

- 2. low plank count to 10
- 6. high plank count to 10
- 10. side plank L count to 10
- 14. side plank R count to 10

CORE - mat

4. superman

8. ankle taps 5L + 5R

12. standing crunches knee to

elbow 5L + 5R

16. dead bug 5L + 5R

UPPER BODY - chair

3. chair/wall push-up

7. chair tricep dips

11. chair plank-shoulder taps

15. reverse plank count to 10