

# BODYWEIGHT CIRCUIT

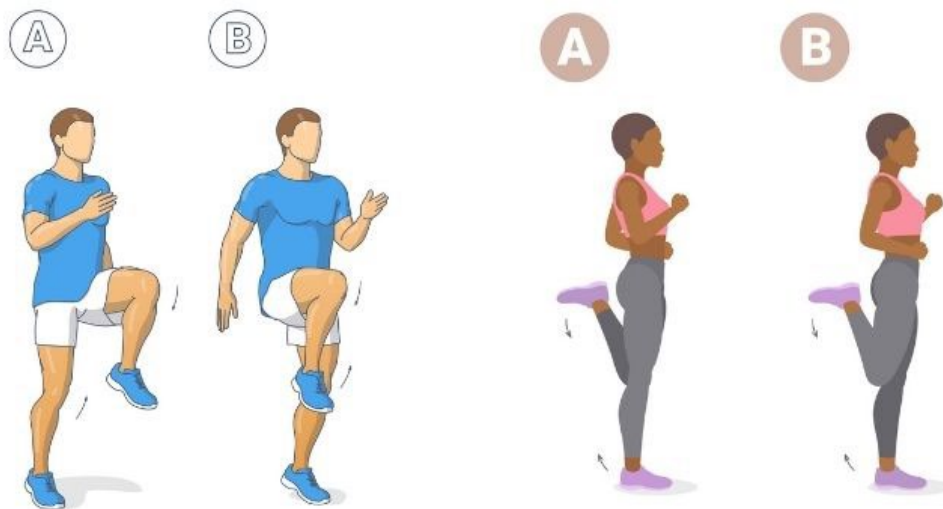
Want to get moving but can't access your normal gym or workout area? There are still heaps of exercises you can do to get a good workout with limited equipment.

## WARM-UP

Use these moves for a quick warm-up. Do 30 seconds of each of the three movements below, repeat twice for a three-minute warm-up. The goal here is to increase blood flow to your muscles, loosen up and get prepared to move through the circuit.

### HIGH KNEES

1. Stand with your legs together and arms at your sides.
2. Lift one knee toward your chest. Lower your leg and repeat with the other knee.
3. Continue alternating knees, pumping your arms up and down.
4. You can do these on the spot or moving across the room.

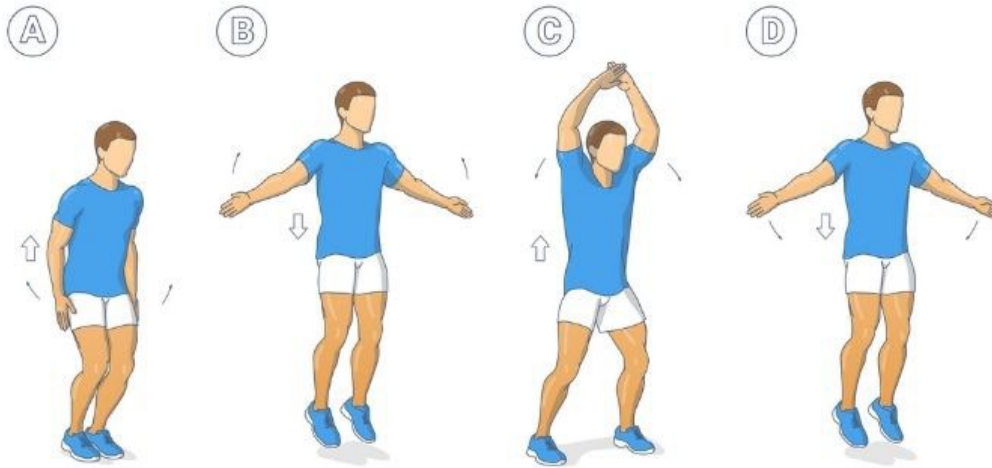


### BUTT KICKS

1. Stand with your legs together and arms at your sides.
2. Bring one heel toward your butt. Lower your foot and repeat with the other heel.
3. Continue alternating your heels and pumping your arms.

4. You can do these on the spot or moving across the room.

## JUMPING JACKS



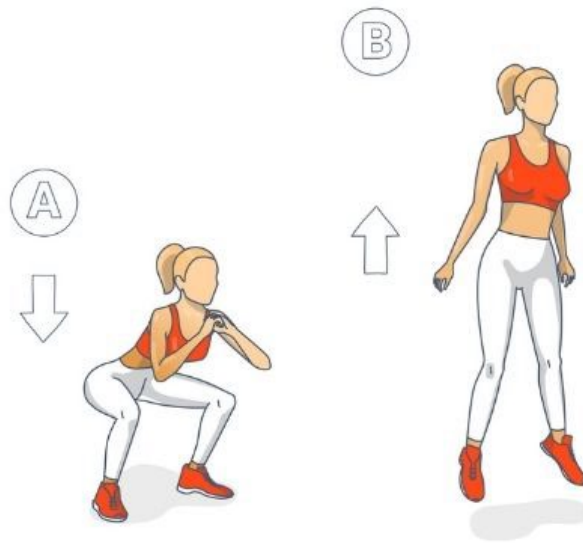
1. Stand with your legs together and arms at your sides.
2. Bend your knees slightly. Jump and spread your legs wider than shoulder-width, lifting your arms overhead.
3. Jump to centre. Repeat.

## THE MAIN MOVES

3 Rounds: 45 seconds on, 15 seconds off

Perform each exercise for 45 seconds. Aim to move quickly while keeping good form. Take 15 seconds off and then move straight into the next exercise.

### SQUAT JUMPS



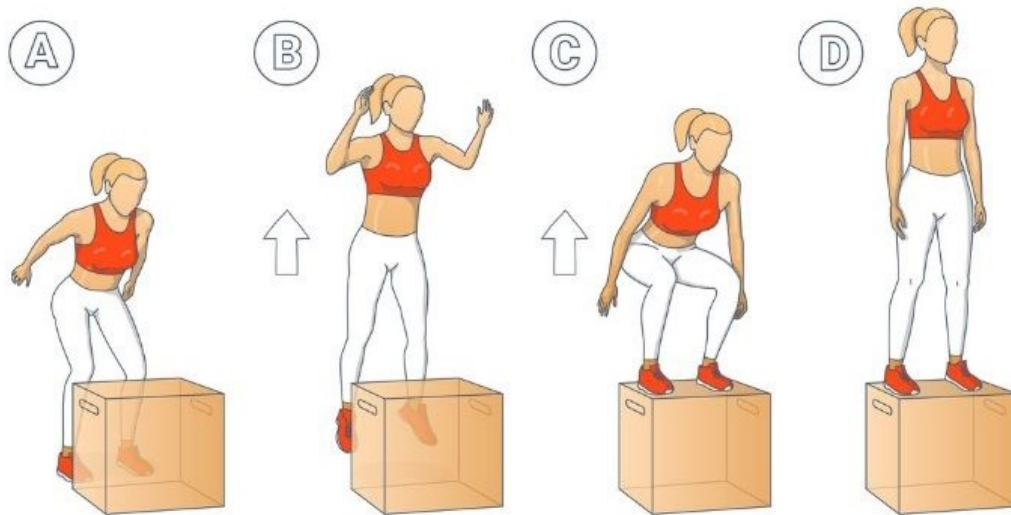
1. Start with your feet shoulder-width apart. Bend your knees and lower into a squat.
2. Swing your arms back. Quickly swing your arms upward and jump.
3. Land gently back in a squat. Repeat.

### BURPEES



1. Stand with your feet shoulder-width apart. Squat and place your hands on the floor.
2. Jump your feet back into a plank. Do one pushup.
3. Jump your feet back into a squat. Jump up, reaching your arms upward. Repeat.

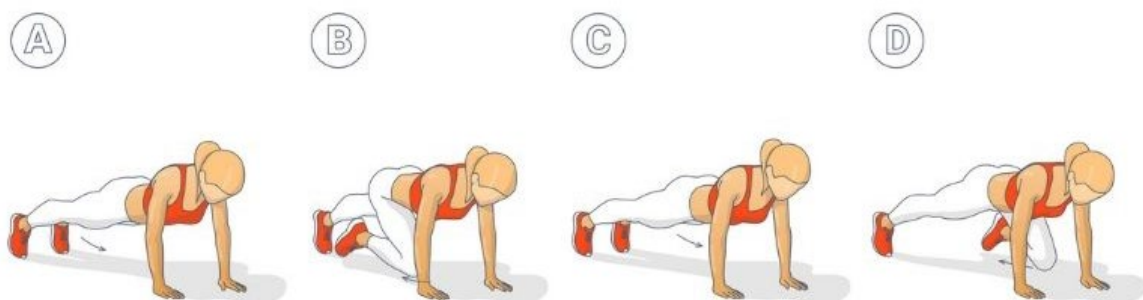
## BOX JUMPS



1. Stand in front of a knee-high box, step or platform. Place your feet hip-width apart and arms at your sides. Engage your core.
2. Bend your knees and hinge forward at your hips, keeping your back flat. Swing your arms up and jump explosively onto the box.
3. Land gently, leaning forward slightly. Jump back off the box. Repeat.

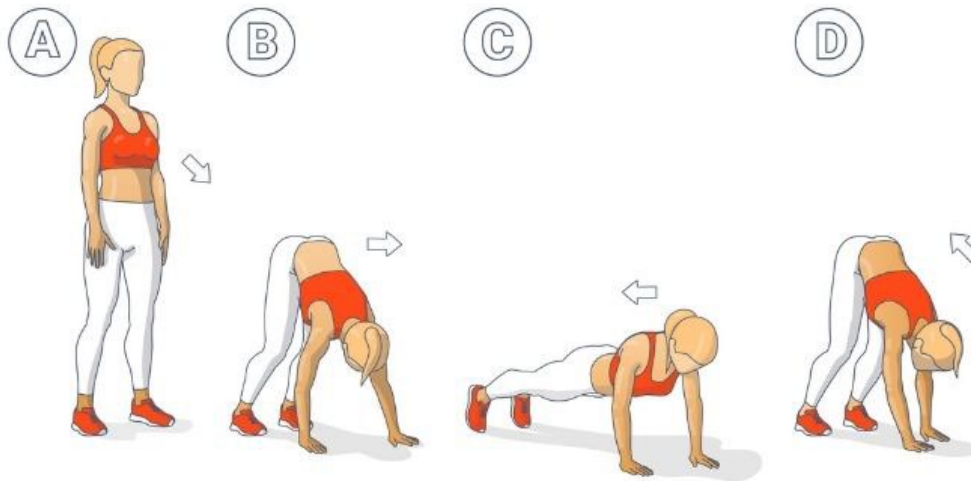
Tip: If you don't have something stable and sturdy enough to jump onto, find a step or chair that you can step onto instead of jumping. Alternate legs for stepping up.

## MOUNTAIN CLIMBERS



1. Start in a plank with your hands under your shoulders and your body straight. Flatten your back and brace your core.
2. Lift your right knee toward your chest. Quickly switch, moving your right knee out and lifting your left knee in.
3. Continue alternating legs.

## INCHWORMS



1. Stand with your feet together. Brace your core, bend forward at your hips, and reach your arms toward the floor. Keep your knees straight but relaxed.
2. Set your fingers on the floor, softly bending your knees. Plant your feet and slowly walk your hands forward into a plank with your hands under your shoulders.
3. Stiffen your core and do one push up.
4. Slowly walk your feet toward your hands. Reach your arms forward and repeat.

Tip: To make it harder, do more than one push up. You can also skip the push up altogether for an easier move.

## COOL-DOWN

You can do some slow walking lunges or air squats or simply walk around for a few minutes to bring your heart rate down. Feel free to do some light stretching to finish off with.