

# ACTIVE AT HOME

## 30 MINUTE CIRCUIT TRAINING

NO EQUIPMENT NEEDED; BAND OPTIONAL

### WARM UP: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

### Circuit 1: 30 secs each exercise X 4 Rounds

Cross Body Mountain Climbers + Push-up

Squat to Squat Jump

Skaters

### Circuit 2: 30 secs each exercise X 4 Rounds

Burpees

Jump Lunges or Alternating Back Lunges

Pus-ups

### Circuit 3: 30 secs each exercise X 4 Rounds

Squat Jumps

Outside Mountain Climbers

Sit-throughs

### Circuit 4: Band Optional X 3 Rounds Total

20 squats

12 Single Leg Fire Hydrant each leg

20 Squat and alternating kick backs

### COOL DOWN: 30 Sec per side

- Calf Stretch (*heel to floor, toe up on wall, lean into wall*)
- Quad Stretch (*cradle foot in same side hand, press hips forward, hold wall for balance if needed*)
- Hamstring Stretch (*forward fold, keep slight knee bend*)
- Arm Stretch (*bring one arm across chest, press into extended forearm with opposite hand*)
- Shoulder/Chest Stretch (*clasp hands behind back or reach behind back and press down/away from body*)
- Child's Pose (*kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms*)
- Breathe (*deep inhales, deep exhales*)

GREAT WORKOUT!