

# ACTIVE AT HOME

## 30 MINUTE CYCLE & CIRCUIT

**EQUIPMENT:** Light Weights or Cans & Chair Optional: Bike

**WARM UP: 1-3 Minutes** Light Cardio/Bike

**Workout: 5 Rounds 5 min each**

**1 min:** moderate effort on bike or moderate state off bike ie: jog on spot, jumping jacks

**1 min:** HARD effort on bike or hard cardio off bike ie. Box jumps, burpees, Kettlebell swings, suicide sprints using space in house

**1 min rest**

**Round 1:** 2 min alt step ups with hammer curl  
(weights at sides palms face in to body, alternating lead leg to step up, full extension of hips at the top, when you step down bicep curl keeping palms facing in)

**Round 2:** 2 min Devil's press with renegade row (weights in each hand do a push up à plank position 1 row per side à walk/jump feet wide around hands à squat with overhead press à weights back to floor and repeat)

**Round 3:** 2 min sumo squat → upright row (wide squat push knees apart bring weights toward floor, extend hips fully as you stand up, pull up leading with elbows finishing around chest height)

**Round 4:** 2 min: 1 min Thrusters, 30 sec push press, 30 sec OH hold  
(Thrusters: Full squat à Overhead press, push press: slight dip in knees à Overhead press, OH hold: hold the weights overhead with straight arms pulling tummy in and BREATHE!)

**Round 5:** 5 min Core:

1 min: dolphin plank (plank position lift hips up and control back to flat plank)

1 min: leg drop w toe reach (drop 1 or both legs at a time as you lower the weight overhead)

1 min Russian twist à OH press (balance on sit bones, twist R then L then press overhead with or without weight)

1 min: 30 sec side plank each

1 min: front plank (30 sec shoulder taps push up plank, 30 sec forearm plank hip slaps)

**To extend this workout, repeat the whole thing! Or repeat the core 2-3x**

**Cool Down:**

Seated inner thighs (soles of feet together)  
seated quad stretch

Seated glute stretch

Tip forward straight leg hammy/low back stretch

Shoulder stretch (arm across body)

**GREAT WORKOUT!**



Remember to always exercise within your means. Modify or take breaks as needed!