CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out without any special equipment.

TO BUILD YOUR CIRCUIT, CHOOSE 3–4 EXERCISES FROM EACH CATEGORY:
Alternate cardio and strength exercises in short bursts of 30 seconds for up to 3 minutes, then repeat the circuit two to three times.

CARDIO EXERCISES
– Jumping Jacks
– Squat Jumps
– Jogging or Marching in Place
– Stair-Climbing or Step-Ups
– High Knees
– Mountain Climbers
– Star Jumps
– Burpees

STRENGTHENING AND STABILITY EXERCISES
– Plank and Side Plank
– Pushups
– Sit-Ups or Crunches
– Hip Lift or Bridge Postion
– Tricep Dips on a Chair
– Lunges
– Squats or Chair Position
– Wall Sits

Learn more ways to add activity to your routine at heart.org/HealthyForGood

EAT SMART | MOVE MORE | BE WELL