



Quick & Easy Circuits

4-Minute Fitness: Glider Workout		
Exercise	Description	Time/Reps
Rear Lunge	Standing with one foot on the Glider. Slide foot back dropping the knee toward the floor. Keep the torso tall – shoulders above hips.	30 secs
Side Lunge	Standing with one foot on the Glider. Slide foot out to the side bending the stable knee in a squat with toes and knee forward. Hinge (bend) forward but keep torso long.	30 secs
Mountain Climb or X-Country Ski	Hands on a counter, step or floor with legs extended and Gliders on both toes. Alternate knees in to chest in a running motion. If you prefer, stand leaning forward slightly and shuffle feet front to back in skiing motion.	30 secs
Push Ups	Hands on a counter, step or floor with legs extended or shorter push up position from the knee. Press down and up.	30sec
<p>Perform each exercise once and then repeat 2-3 times. <i>If you don't have Gliders, you can also use paper plates or 6" squares of cut up rag. Place the ball of the feet on the Glider or plate with heel able to press down on the floor to "brake".</i></p>		

4-Minute Fitness: No equipment		
Exercise	Description	Time/Reps
Front Lunges	From a standing position step forward and lunge, dropping knee toward ground – step back in. Alternate legs or do one circuit with one, then switch the 2 nd time around.	30 secs
Push Ups	Hands on a counter, step or floor with legs extended or shorter push up position	30 secs
Power Squats	Start standing with feet hip to shoulder distance apart. Squat down and up rapidly but with control, pressing hips down and back and keeping torso long.	30 secs
Plank Knee Draws Or Plank Hold	Start face down on the floor with hands under the chest and pressed in to a long straight position from the knee or from the toe. For a challenge from the toes, take feet wide. Draw the knee in toward the opposite elbow, lowering hip slightly as you cross. Alternate sides.	30sec
<p>Perform each exercise once and then repeat 2-3 times.</p>		

4-Minute Fitness: Dumbbells

Exercise	Description	Time/Reps
Cross Chop Lunge Right Leg	Start with the right leg forward and left leg back on the toe – shoulders over hips. Hold one db in both hands up and out to the left side. Lunge down dropping the back knee and keeping the front over the heel while pulling the db down and across the right knee.	30 secs
Squat with Overhead Press Combo	Stand with feet hip to shoulder distance holding dbs up in front of shoulders palms in, forearms parallel. 1 - squat down – arms lower down from shoulders 2 – press up from squat – curl arms bringing dbs up in front of shoulders with palms in and elbows narrow 3 – press overhead keeping hands out in front of body and forearms parallel (elbows in!) 4 – lower arms back to shoulder start position	30 secs
Cross Chop Lunge Left	Repeat the cross chop with the left leg forward, drawing the weight down from right to left.	30 secs
Triceps and Rear Leg Extensions	Standing balanced on the right leg forward, left leg extended back. Hinge (bend) forward holding the dumbbells in at chest, upper arms tight to ribs. Extend arms back while extending the rear leg.	30sec

Perform each exercise once and then repeat 2-3 times.

4-Minute Fitness: Core

Exercise	Description	Time/Reps
Side-lying lifts Right side	Lie on side with elbow under shoulder, forearm on floor with hips stacked, using top arm for balance. Lift and lower hips slow and controlled from the knee or feet. Option – reach top arm up for more balance challenge. Option – rotate and reach arm under the body	30 secs
Plank or Plank Knee Draws	Start face down with forearms on the floor narrow and parallel, elbows under shoulders. Lift torso up as one strong unit from the knee or from the toe – hold. Keep back straight – avoid lifting or dropping hips. Option – draw knee toward same elbow alternating legs Option – start with feet wide and draw knee toward opposite elbow. Option – same as opposite draw but lower hip toward floor slightly as you cross.	30 secs
Side-lying lifts Left Side	Repeat side-lying lifts lying on left side. .	30 secs
Controlled Crunches 1 foot up 1 inch	Lie on your back with hips and feet on the floor with knees bent. Place hands behind the head lifting shoulders just off the floor – hold – and one foot 1” off the floor –hold. Keep eyes up with neck in line with spine. Do controlled crunches up and down pressing the chest versus pulling the head.	30sec

Perform each exercise once and then repeat 2-3 times.