



Quick & Easy Circuits

Workouts for home or on the road

Exercise Anywhere – 15 minute Circuit

Exercise	Description	Time/Reps
Warm up	Light to moderate cardio activity – light jog, knees up, skipping, climbing stairs.	2-5 min
Stationary Crosses	Start – Standing tall in wide stance with hands up by jaw, elbows in and shoulders relaxes; weight on balls of feet Action – start by pivoting and rotate hips and torso then extend arm out across the body; alternate punches quick but controlled Tips – extend arms 80% keeping a slight bend in elbow to avoid overextending at elbow, shoulder or low back; weight on balls of feet unloads heel to allow safe rotation	30-60 sec
Power Squats	Start – Standing Action – Jump feet out and in while pressing arms up overhead with thumbs back Option – squat side to side	30-60 sec
Lunge Kick – left leg back	Start – down in lunge with left leg back on toe, shoulders above hips and front knee over heel Action – lift back up drawing knee up toward chest, extend leg pressing heel out, retract back in and return to lunge – repeat quick but controlled Tips – aim kick to be knee to hip height (higher increases risk without adding value)	30-60 sec
Mountain Cross Climbers	Start – in plank (push-up) position with hands on ground or a raised surface (bench or step) Action – bring one knee in toward opposite elbow and back - alternate legs in running motion Option – start at a higher level and gradually work down to the push-up position	30-60 sec
Lunge Kick – left leg back	Start – in lunge with right leg back, shoulders above hips and front knee over heel Action – lunge down, draw knee up to chest, extend leg pressing heel out, retract back in and return to lunge – repeat quick but controlled Tips – aim kick to be knee to hip height (higher increases risk without adding value)	30-60 sec
Do each exercise for 30-60 sec each, take a lap around the park and repeat 2-3 times. OR...just have fun and don't worry about the time!		
Cool Down & Stretch	To cover all major muscle groups, think of stretching head to toe or toe to head and then do an extra stretch for muscles that feel particularly tight. For flexibility gains, hold stretches for 20-30 sec – really! Tight for time? Stretch in the shower.	Hold 20-30 sec ea