

# NO EQUIPMENT NECESSARY

# FULL-BODY

## Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

### CIRCUIT 1



#### STEP-UPS

20 steps total, alternating legs.



#### PUSH-UPS

15 push-ups, resting your knees on the ground if necessary.



#### WALKING LUNGES

Alternate sides for 20 reps.

### CIRCUIT 2



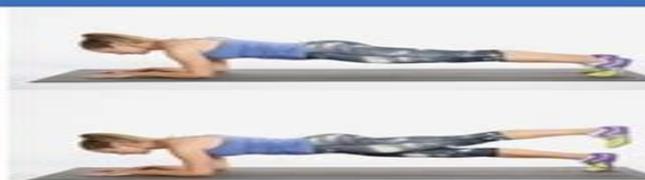
#### SQUAT JUMPS

Do 15 reps.



#### TRICEPS DIPS

Do 15 reps.



#### ELBOW PLANK WITH LEG LIFT

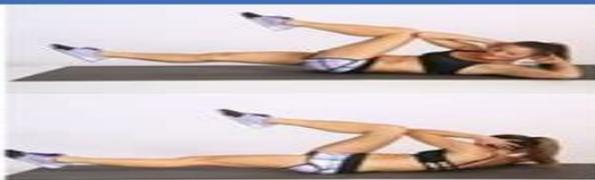
Alternate legs for 60 seconds.

### CIRCUIT 3



#### WALL SIT

Hold for 30 seconds.



#### BICYCLE CRUNCH

Do 10 reps.



#### SIDE PLANK

Hold for 30 seconds and switch sides.

# Quick Home Workout Ideas

**Jessica J Manson**



## **Quick Home Workout Ideas:**

## Reviewing **Quick Home Workout Ideas**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Quick Home Workout Ideas**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://wwwnew.greenfirefarms.com/book/scholarship/index.jsp/Best%20Way%20To%20Capsule%20Wardrobe%20Explained%20For%20Workers%208039.pdf>

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