

Full Body Circuit



According to the American Council on Exercise, a circuit training workout can include 8-10 exercises. Alternate strength/resistance exercise focused on different muscle groups with small cardio bursts between 30 seconds to 3 minutes. Be creative! Mix and match your favorite exercises.

To build your circuit, choose 3-4 exercises from each list:

Alternate cardio and strength exercises in short bursts of 30 seconds to 3 minutes, then repeat the circuit two to three times. Don't forget to rest between the exercises!

Cardio Exercises

- Jumping jacks
- Jumping ropes
- Jogging or marching in place
- Stair-climbing or step-ups
- High knees
- Mountain climbers
- Star jumps
- Burpees

Strengthening & Stability Exercises

- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hip lift or bridge position
- Tricep dips on a chair
- Lunges
- Squats or chair position
- Wall sits

Exercise	Number of rounds completed:	Time per exercise:
1		
2		
3		
4		
5		

Submit your skill builder to nmpsia.wellness@phs.org by Jan 10th to receive a prize!

Name: _____

Email: _____

Wellness Ambassador: _____

