

Full Body Circuit

by Little Steps, Big Happy

Legs: 2 circuits - 30 second break between each exercise

- 15 Wide Leg Squats
- 15 Side Lunges
- 15 Squat Kicks
- 15 Bridges

Core: 2 circuits - 30 second break between each exercise

- 10 Superman Lifts
- 15 Plank Jacks
- 15 Toe Touches
- 5 Burpees

Arms: 2 circuits - 30 second break between each exercise

- 15 Small Arm Circles - Alternate forward/backward
- 15 Large Arm Circles - Alternate forward/backward
- 15 Free Arm Butterfly Presses
- 20 sec Side Planks - Alternate sides w/ each circuit