

October Circuit: Lose Fat, Build Muscles with this 20-Minute Circuit Workout!

Circuit training is one of the best ways to get a strength-training workout that is also challenging for your heart and lungs. Try the 20-minute workout below - if it is not challenging enough for you then DOUBLE-IT-UP (complete a second round), <40 minutes of your time in the gym. Do as many reps as you can in the time allotted (*choose light weights for max reps). For the Cardio portion- do your best to go non-stop. If needed, modify the exercises to make them easier.

Warm up: Jumping Jacks- 1-minute, Inch Worms: 1-minute, Standing Straight leg Kicks 1-minute.



1) DB Bench press on Stability ball - 1:00



2) DB Squats - 1:00

3) Prone Row from feet or knees - 1:00



4) **Cardio Intervals:** lateral bounds 30 seconds, Burpees 30 seconds, High Knees 30 seconds (repeat each exercise twice)

5) DB Shoulder press - 30 sec



6) Bicep curls - 30 sec



7) DB Lunges in place – 30 sec each leg



8) Triceps extensions-30 sec Card

9) Leg curls with stability ball – 30 sec

10) **Cardio Intervals:** lateral bounds 30 seconds, Burpees 30 seconds, High Knees 30 seconds (repeat each exercise twice)

11) Sit-ups - 2:00



12) Bicycles - 1:00



13) Crunches - 1:00



14) **Stretch** – 2:00

