CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out and reduce stress without any special equipment.

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:
Alternate cardio and strength exercises in short bursts of 30 seconds for up to 3 minutes, then repeat the circuit two to three times.

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

STRENGTHENING AND STABILITY EXERCISES
- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hiplift or bridge position
- Tricep dips on a chair
- Lunges
- Squats or chair position
- Wall sits

Learn more ways to add activity to your routine at heart.org/HealthyForGood