

## BODYWEIGHT CIRCUIT

Perform each exercise for 30 seconds. Do 3 rounds before taking a rest period. Do 2-3 sets.

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### Circuit A

Bodyweight Squats  
Pushups  
Hold Full Plank (for as long as possible)

\*then back into squats for 2nd round

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### Circuit B

Alternating Lunges  
Shadow Box in place  
Burpee

\*then back into Alternating Lunges for 2nd round

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### Circuit C

Shoulder Pushup  
Alternating 1-Leg Bridge  
Half Plank (for as long as possible)

\* then back into shoulder pushup for 2nd round

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Total time 15 Minutes

\*fatigue should set in with each passing round. If form breaks down then terminate that exercise and move on to the next or just stop completely.

If fatigue sets in with pushups you can always do them from your knees. For the shoulder pushups just stop.