



# 10-MINUTE BODY WEIGHT CIRCUIT WORKOUT



by Paige Waehner

No equipment? No problem. This total body home circuit includes a variety of classic body weight exercises to work your body from head to toes. Some of the moves include plyometric jumping and other high intensity moves. Modify the exercises to fit your fitness level.

Precautions:

See your doctor before trying this workout if you have any injuries, illnesses or other conditions. This workout is for intermediate/advanced exercisers.

## EQUIPMENT NEEDED

A chair, bench or step

## HOW TO

- Perform the exercises for the suggested time, one after the other, with short rests in between
- Perform the circuit once for a 10 to 15-minute workout, repeating up to six times for a longer, more advanced workout
- Add extra rest periods as needed

**WARM UP:** Light-moderate cardio for 3-5 minutes

### 1 MIN - ALTERNATING SQUATS AND SQUAT JUMPS

Squat low and fast for 2 reps, then do 2 squat jumps: Lower into a squat and jump as high as you can, landing back in a squat. Alternate for 60 seconds.



### 1 MIN - FRONT LUNGES AND PLYO LUNGES

Step forward into a lunge with the right foot, then step back and lunge forward with the left foot. Repeat for 30 seconds. Follow with jumping plyo lunges: Begin in a lunge, jump up and switch feet in the air, landing in a lunge with the other foot forward. Repeat for 30 seconds.



### 1 MIN - BEAR CRAWLS AND PUSHUPS

Squat to the floor and walk the hands out to a plank position. Do a pushup, on knees or toes, walk the hands back and stand up. Repeat for 30 seconds. Follow with 30 seconds of pushups.



### 1 MIN - ONE-LEGGED DEADLIFTS-RIGHT LEG

Balance on one leg with arms straight up by the ears. Bend at the hips to bring the torso parallel to the floor while lifting the back leg straight up. Lower and repeat for 60 seconds. Weight optional.



## 1 MIN - ONE-LEGGED DEADLIFTS-LEFT LEG

Balance on one leg with arms straight up by the ears. Bend at the hips to bring the torso parallel to the floor while lifting the back leg straight up. Lower and repeat for 60 seconds.



## 1 MIN - WALL SIT WITH KNEE LIFTS

Sit against the wall or ball (optional), knees at 90-degree angles, weight in the heels. Holding the position, lift the right foot a few inches off the ground. Lower and then lift the left foot. Continue alternating each foot for 60 seconds.



## 1 MIN - DIPS WITH LEG EXTENSIONS

Sit on a step or chair, hands next to thighs, knees bent. Push off the step and bend the elbows into a dip. As you press up, extend the right leg, reaching for the toe with your left hand. Lower and repeat on the other side, alternating sides for 60 seconds.



## 1 MIN - BURPEES

Squat and place your hands on the floor. Jump the feet back into a plank position, jump the feet back in and stand up. Add a jump at the end for more intensity, if desired. Repeat for 60 seconds.



## 1 MIN - TRICEPS PUSHUP WITH SIDE PLANKS

In pushup position, with hands close together, do a triceps pushup. As you push up, rotate to the left, taking the right arm straight up in a side plank. Rotate back for another pushup, and then do a side plank on the other side. Repeat, alternating sides for 60 seconds.



## 1 MIN - BRIDGE WITH LEG DROPS

In a bridge position, straighten the right leg and drop it out to the side a few inches. Bring it back to center and repeat for 30 seconds. Switch sides and complete the exercise on the other leg for 30 seconds.

