

Social Distancing Circuit Home Workout

Feel free to use household weights like a gallon of milk, a book, laundry detergent, etc.!

The Warm-Up

- Squats X 15
- RDL X 15
- Arm Circles
 - Front X 10
 - Back X 10
- Reverse Lunge X 10
- Push-Up X 10
- Mountain Climber X 20
- Bird Dog X 5 each side
- Standing Toe Touch X 10
- Alternating Knee Tuck X 10
- Alternating Quad Pull X 10

The Work-Out

Perform each exercise for 30 seconds.

Repeat this Circuit 3 to 4 times.

- Pause Squats or Wall Sits
- Air Jump Ropes or High Knee Marches
- Reverse Lunge
- Air Punch: Jab, Jab, Uppercut, Uppercut
- Inch Worm
- Single or Double Leg Side-to-Side Hops
- Scapular Push-Up
- Bicycle Crunches
- Glute Bridge
- Alternating Leg V-Ups

The Cool-Down

- Standing Marches X 45 sec
- Arm Circles
 - Front X 15 sec
 - Back x 15 sec
- Slow Butt Kickers with Lateral Reach X 30 sec
- Chest Stretch X 30 sec
- Kneeling Hip Flexor Stretch X 30 sec
- Seated Hamstring Stretch X 30 sec
- Figure 4 Stretch X 30 sec
- Butterfly Stretch X 30 sec