

## Simple Circuit Training Plan

	With Weight & Gym Equipment	With Limited Equipment
<b>Warm up</b> 3-5 minutes	Stationary Bike or Treadmill or Elliptical	Jump Rope or Jumping on the Spot, or Walking/Running Stairs
<b>Strength Exercises</b> 10-25 repetitions each	Barbell squat with shoulder press Bent over row with dumbbells	Squats with resistance band shoulder press Bent over row with band
<b>Cardio</b> 3-5 minutes	Stationary Bike or Treadmill or Elliptical	Speed Skaters
<b>Strength Exercises</b> 10-25 repetitions each	Push ups Dips using bench	Push ups Dips using chair/bench
<b>Cardio</b> 3-5 minutes	Stationary Bike or Treadmill or Elliptical	Jumping Jacks
<b>Strength Exercises</b> 10-25 repetitions each	Lunges with dumbbell lateral raises Abdominal crunch on Swiss ball or floor mat	Lunges with lateral raises (no weights) Abdominal crunch on Swiss ball or floor mat
<b>Cool Down</b> 3-5 minutes	Stationary Bike or Treadmill or Elliptical	Walk or Jump on Spot (high knees)

**Note: Repeat Circuit 1 to 4 times depending on time available and personal goals.**