

# 15-minute Energy Boosting Workout

Workout of the month: January



## Warm-Up (2 minutes)

- March in place – 30 seconds
- Arm circles – 30 seconds forward, 30 seconds backward
- Torso twists – 30 seconds

## Main Circuit (8-10 minutes)

Perform each move for 40 seconds, rest for 20 seconds, then move to the next:

- Jumping Jacks: Great for getting your heart rate up and improving circulation.
- High Knees: Drive knees up quickly to engage your core and boost energy.
- Bodyweight Squats: Keep chest up, sit back into heels—activates large muscle groups for a quick energy surge.
- Push-Ups (or Knee Push-Ups): Builds upper body strength and wakes up your muscles.
- Mountain Climbers: A dynamic move to elevate heart rate and engage your core.

## Cool Down (2 minutes)

- Plank Hold – 30 seconds
- Burpees or Modified Burpees – 30 seconds
- Deep Breathing Stretch – 1 minute (inhale through nose, exhale through mouth)