

Bodyweight Circuit Workout

Workout of the month: August



Duration: ~25–30 minutes

Warm-up (3-5 minutes)

- Jumping jacks
- Arm circles
- High knees
- Leg swings

Main circuit (repeat 3x)

Format: 3 rounds, 45 seconds work / 15 seconds rest per move

- Bodyweight Squats – Strengthens legs and glutes
- Push-Ups – Builds upper body and core strength
- Glute Bridges – Activates glutes and hamstrings
- Plank (Forearm or High) – Core stability
- Alternating Reverse Lunges – Balance and leg strength
- Mountain Climbers – Cardio and core
- Superman Hold – Strengthens lower back

Cool down (3-5 minutes)

- Forward fold
- Cat-cow stretch
- Child's pose
- Shoulder rolls