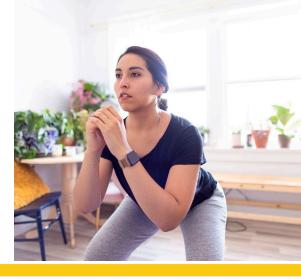


## **Bodyweight Circuit Workout**

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