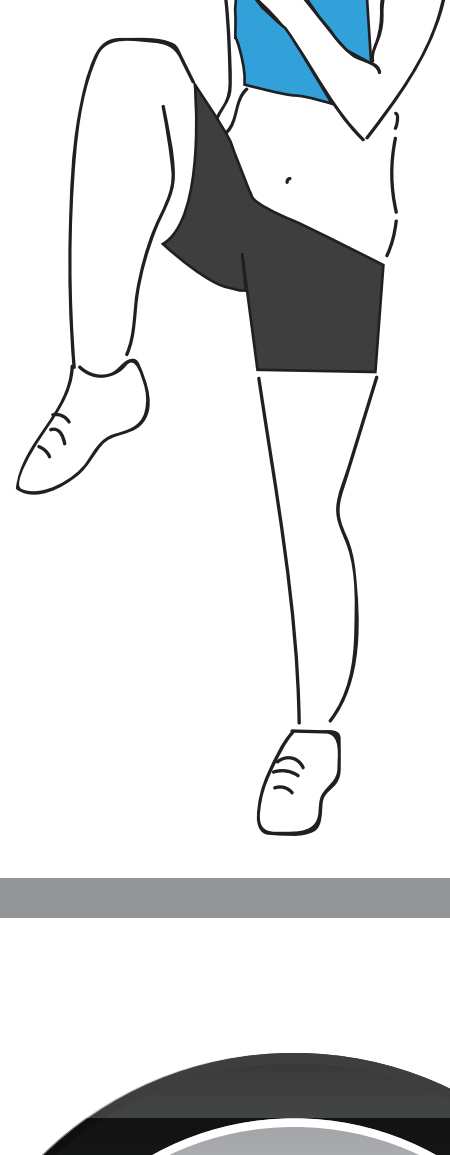




**change IN seconds**  
MOTIVATION TO LOSE WEIGHT

## Circuit Training Total Body Workout

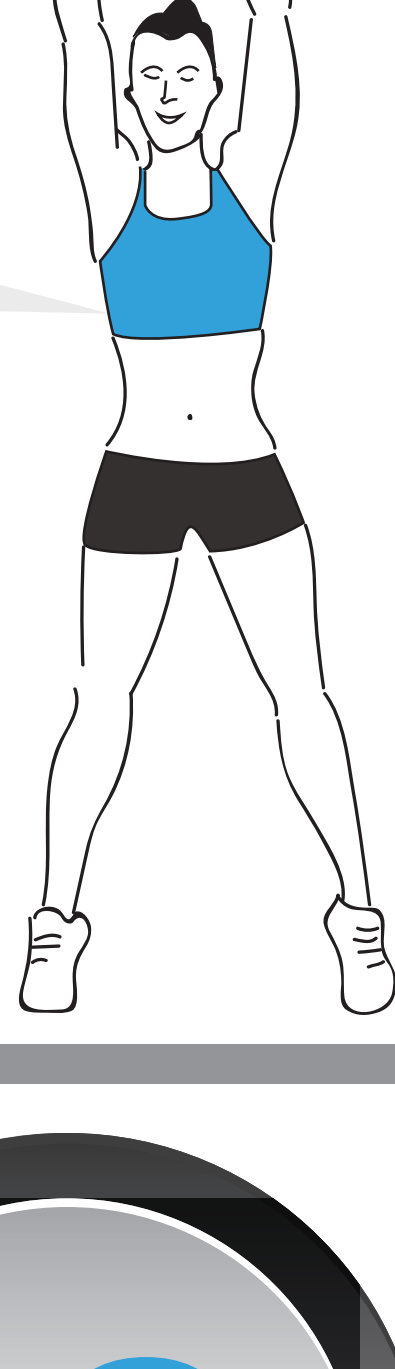


**1**  
Minute

*Jog Or Walk  
On The Spot*

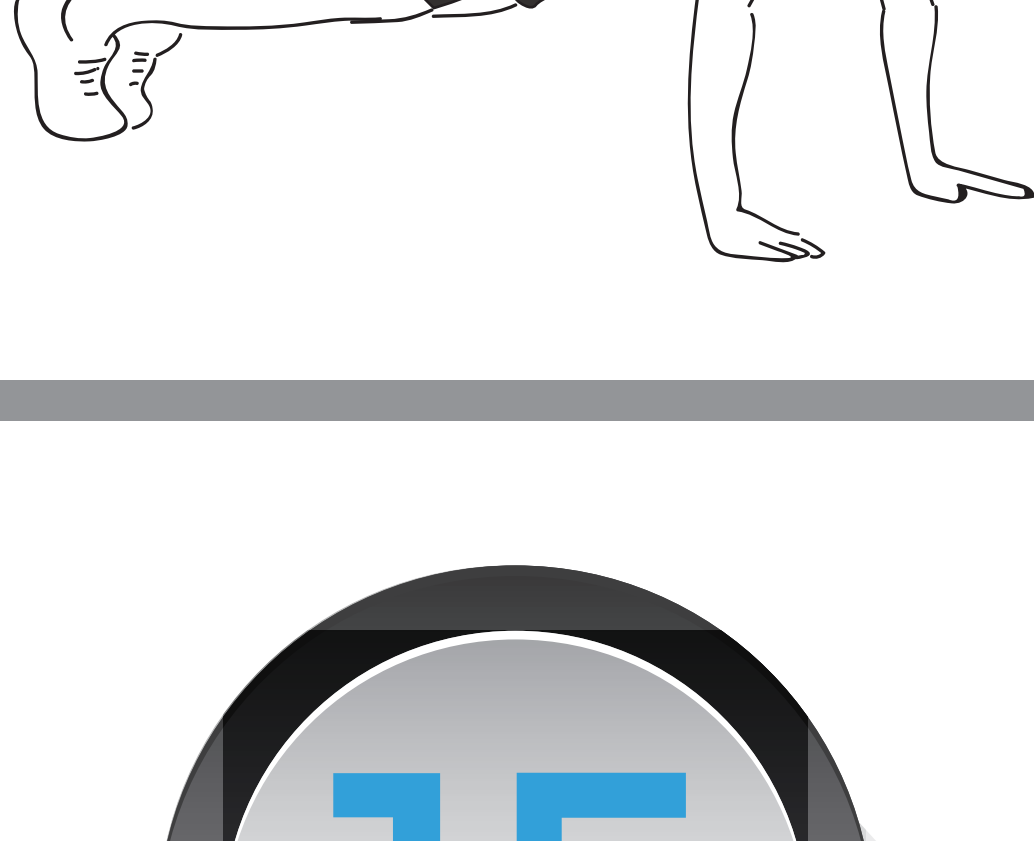
**30**

*Jumping Jacks*



**10**

*Push Ups*



**15**

*Crunches*



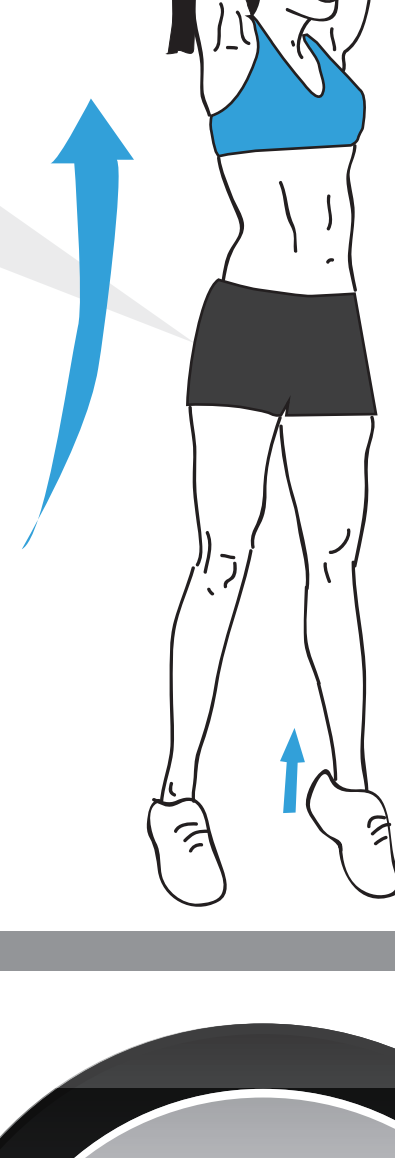
**10**

*Squats*



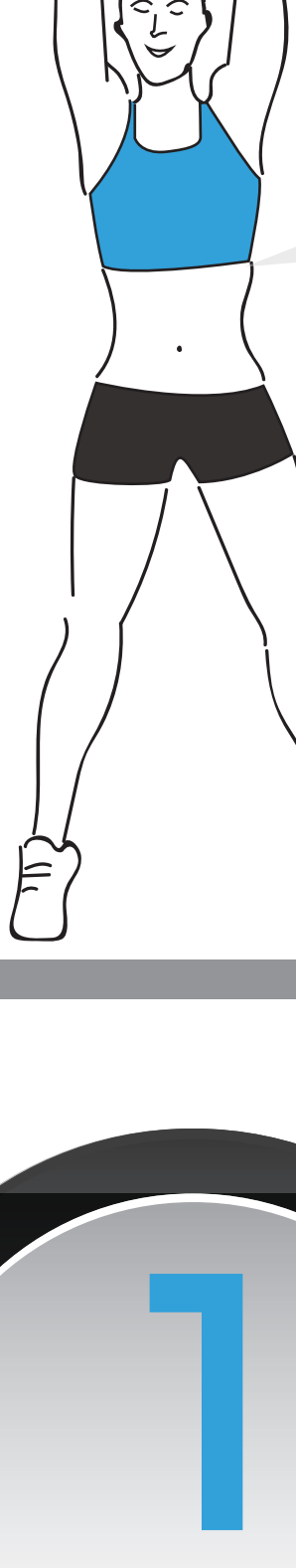
**5**

*Burpees*



**30**

*Jumping Jacks*



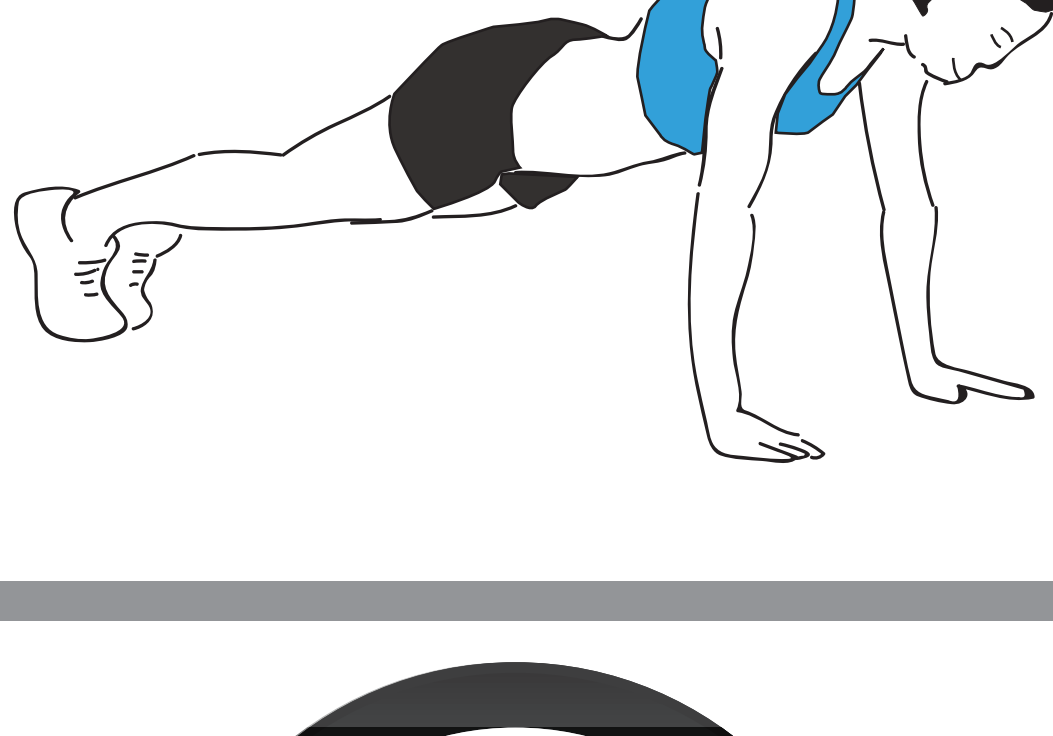
**1**  
Minute

*Wall Sit*



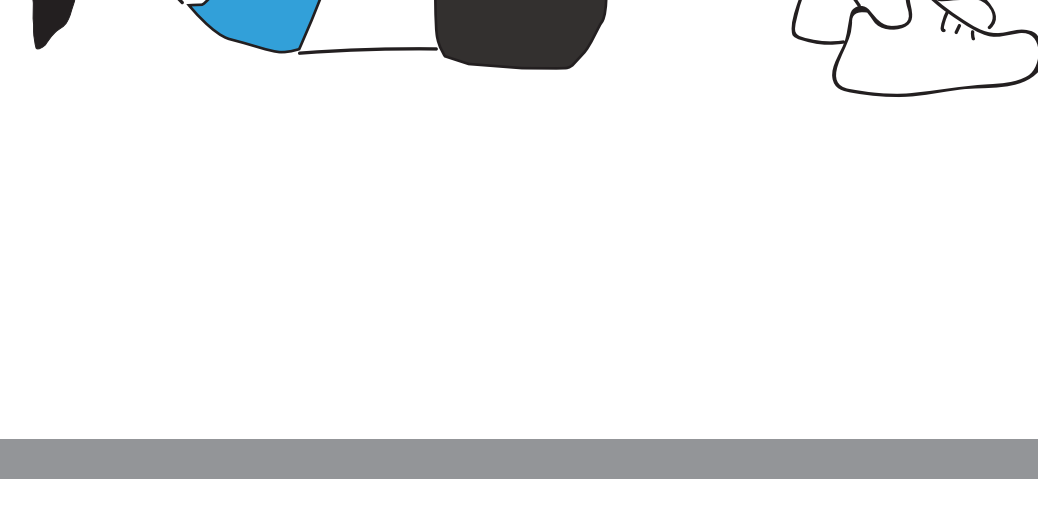
**10**

*Push Ups*



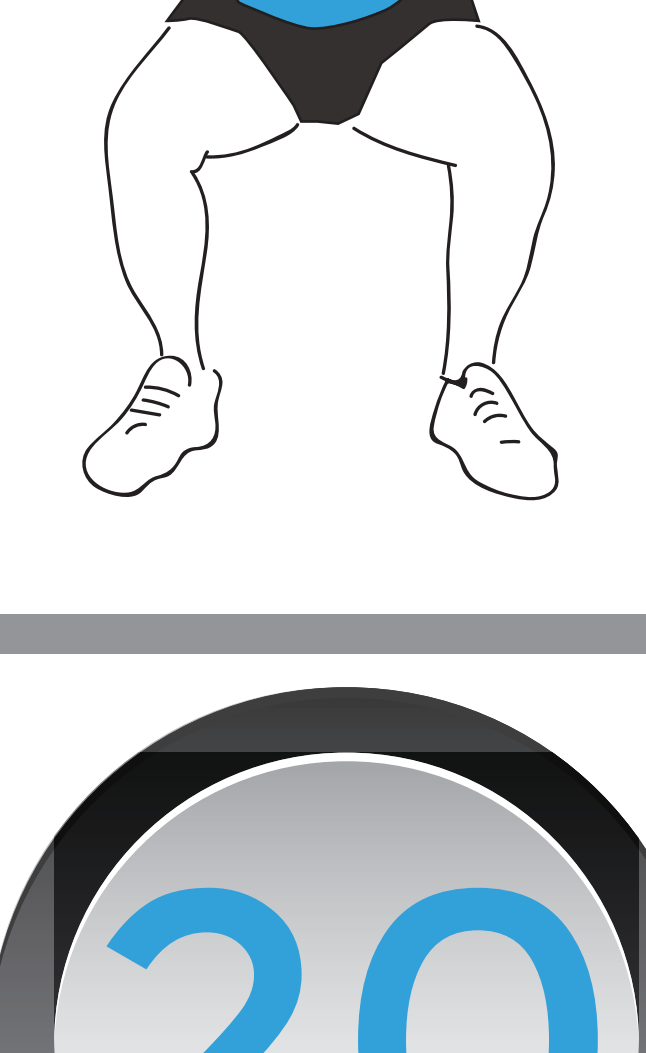
**15**

*Crunches*



**10**

*Squats*



**20**

*High Knees*



**15**

*Crunches*



Repeat 3 times for maximum results and rest 60 to 90 seconds between sets

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