



change IN seconds
MOTIVATION TO LOSE WEIGHT

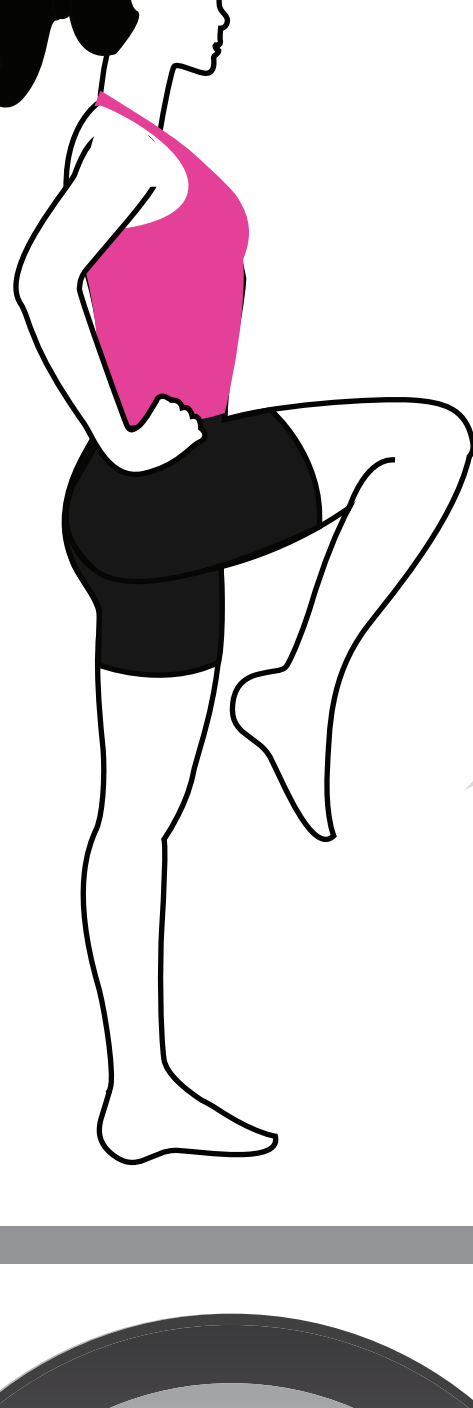
Circuit Training Workouts

5
MINUTES

Warm up



Circuit 1 | REPEAT 3X

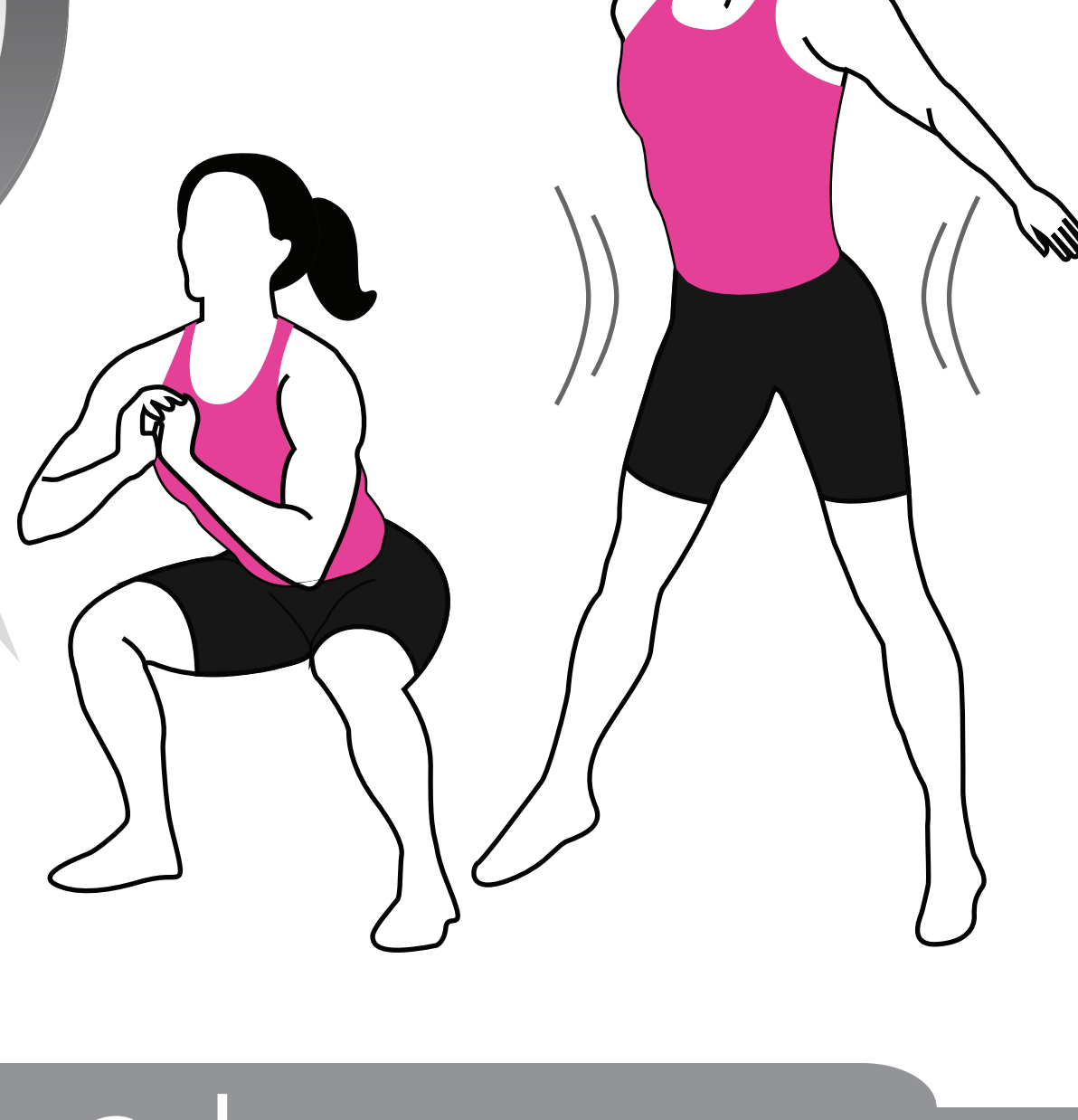


30
SECONDS

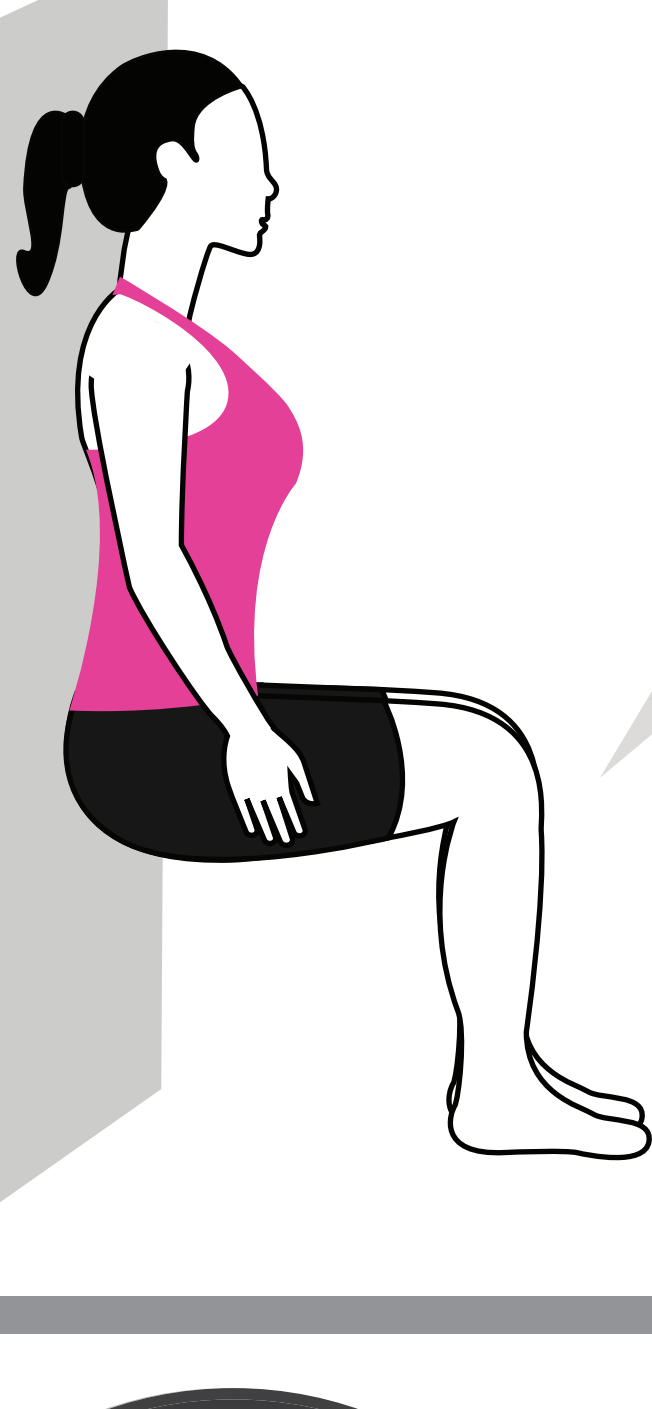
High knees

30
SECONDS

Jump squats



Circuit 2 | REPEAT 3X

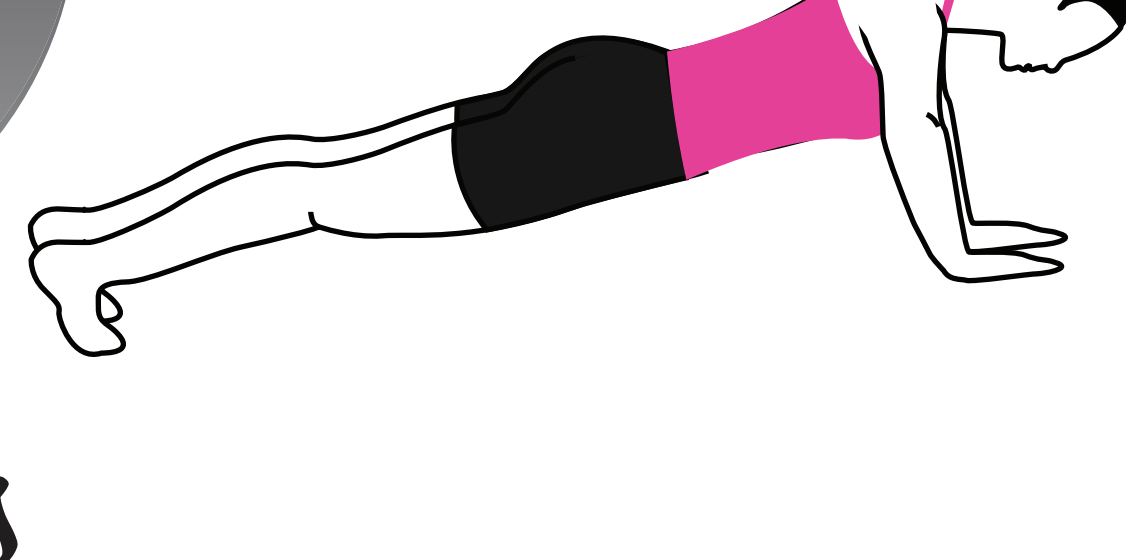


1
MINUTE

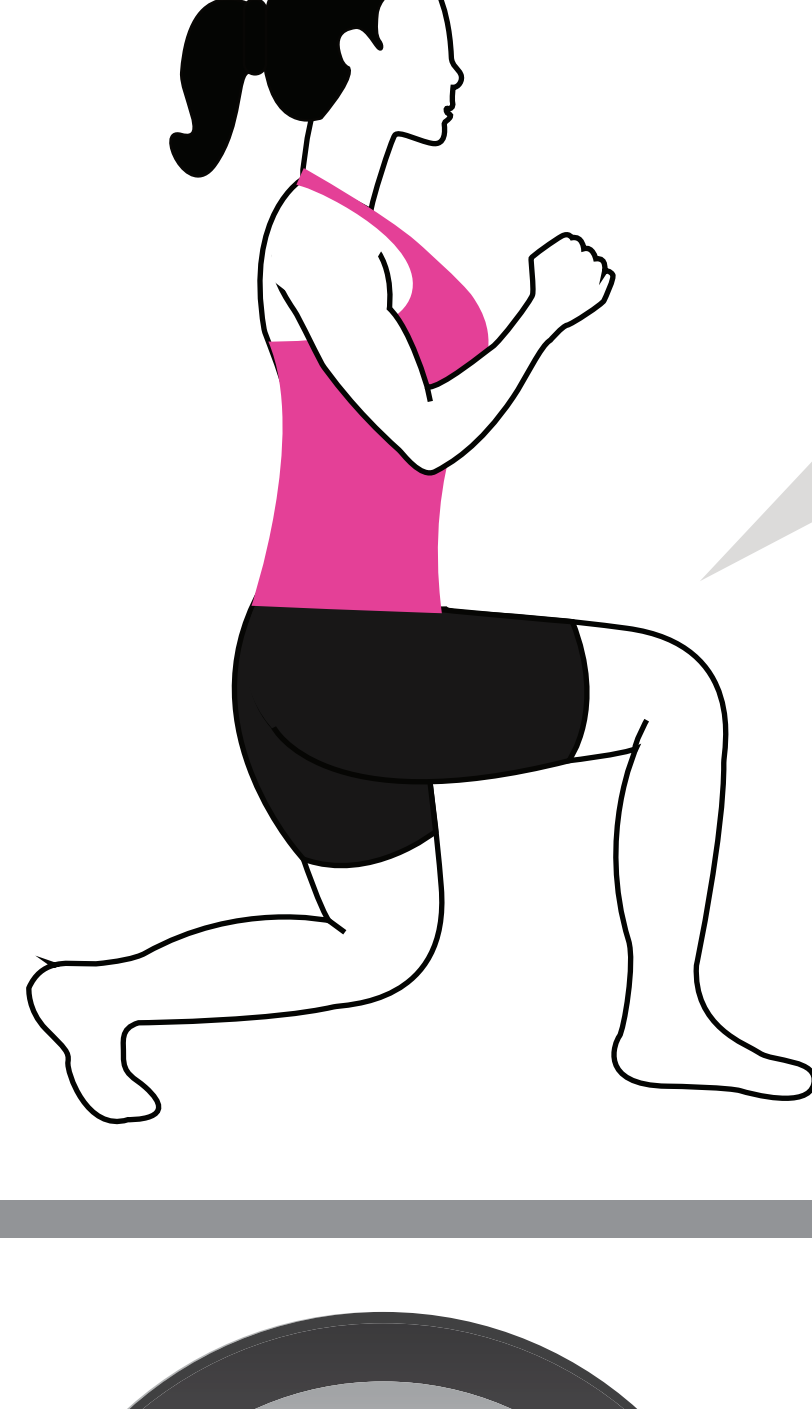
Wall sit

30
SECONDS

Push ups



Circuit 3 | REPEAT 3X



30
SECONDS

Jump lunges

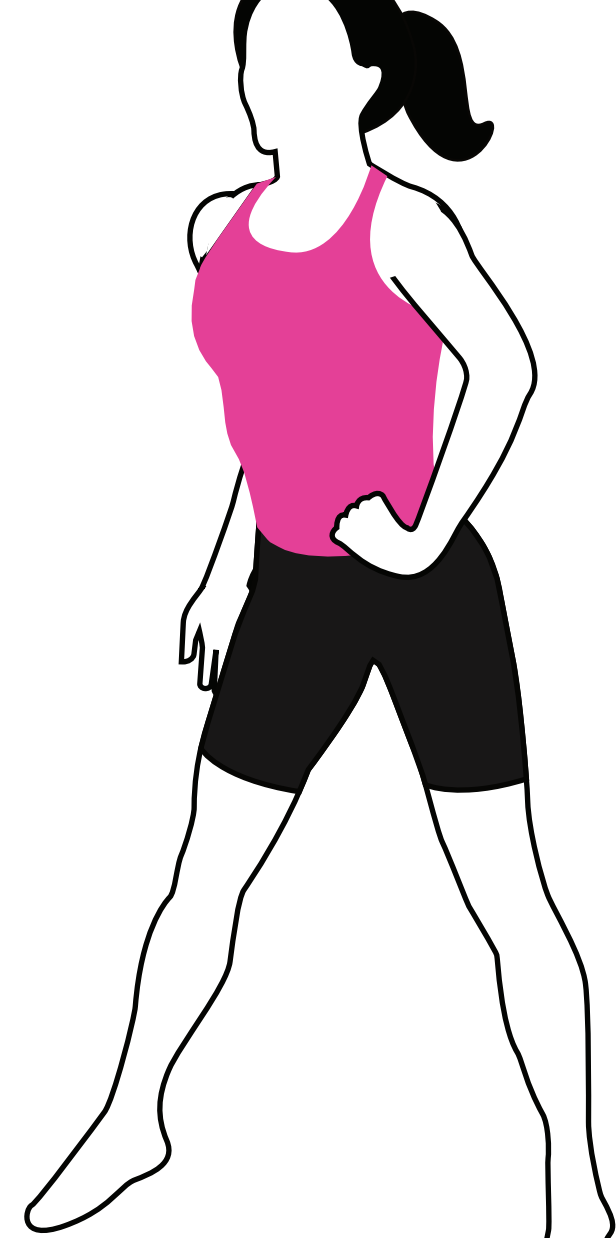
30
SECONDS

Mountain climbers



3
MINUTES

Cool down



Rest 10 Seconds Between Exercises

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