

# CIRCUIT TRAINING 101

**Circuit training is a fast paced body conditioning workout that combines several strength training and high intensity aerobic exercises (4-10) exercises to create a circuit.  
(Repeat this Circuit 3-5x)**

## 1. Squats

60 sec.



## 2. Push-ups

60 sec.



## 6. Bicycles

30 sec.



## 5. Plank

30 sec.



## 3. Jacks

30 sec.



## 4. Lunges

45 sec.

