

CHOICE AT HOME WORKOUTS



CHOICE
HEALTH & FITNESS

3 DAY | FULL BODY HOME CIRCUIT

Complete each 30 second exercise in the circuit 2-3 times through each day.

Visit choicehf.com for instructional videos for each exercise!

30 SECONDS EACH EXERCISE 2-3 ROUNDS						
	DAY 1		DAY 2		DAY 3	
1. Diamond Jumps	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
2. Pushups (Incline, Flat, or Decline)	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
3. Skater Jumps	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
4. Inverted Row (Stick or Table)	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
5. Walking Lunges	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
6. Plank Towel Slide (Up & Out)	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
7. Pogo or Butt Kick Run	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
8. Seated Dip Crossing Toe Tap	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
9. Half Burpee	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	
10. Mountain Climbers	:30		:30		:30	
	:30		:30		:30	
	:30		:30		:30	