

# CIRCUIT TRAINING WORKOUT PLAN

**ROUNDS:** Beginner: x3 | Advanced: x4 | Expert: x5

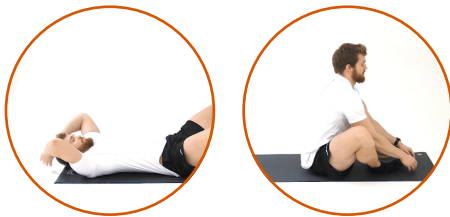
## 1 Jumping Jacks | 30 seconds



## 6 High Knees | 30 seconds



## 2 Situps | 30 seconds



## 7 Pushups | 30 seconds



## 3 Squat Jumps | 30 seconds



## 8 Deep lunge with Shoulder Rotation | 30 seconds



## 4 Hand to toes | 30 seconds



## 9 Plank with Rotation | 30 seconds



## 5 Superman Planks | 30 seconds



## 10 Mountain Climbers | 30 seconds

