

Broke A\$\$ Fitness

Jumping Jack	30
Push Ups	5
High Knee	25
Burpees	7
Crunches	10
Hindu Squats	7
Push Ups	5
Crunches	10
Push Ups	5
Hindu Squats	7
Jumping Jacks	30
Wall Sit	1 minute
Push Ups	5
High Knee	25
Repeat 3-5 times	

# OLIVE TO WORK IT CIRCUIT

**50 JUMPING JACKS**  
**10 PUSHUPS**  
**10 BURPEES**  
**25 SQUATS**  
**15 LEFT LUNGES**  
**15 RIGHT LUNGES**  
**60 SECOND WALL SIT**  
**REPEAT 3X**

[OLIVETORUN.COM](http://OLIVETORUN.COM)

# 5-10-15 BODY-WEIGHT EXERCISE WORKOUT

REPEAT ENTIRE CIRCUIT FIVE TIMES

5 push-ups

10 sit-ups

15 squats

REST FOR 10 SECONDS

5 jump squats

10 alternating lunges

15 reverse crunches

Find more workouts at [popsugar.com/fitness](https://www.popsugar.com/fitness)

**POPSUGAR**

[PursuitofHealthyHappiness.com](http://PursuitofHealthyHappiness.com)

## At Home Circuit Workout

Jump Rope	1 min
Push ups	15
Jump Squats	20
Tricep dips	15
Alternating Jump Lunges	20
Plank (Left, Right, & Center)	1 min each
Rest	1 min

**Repeat 3x**

# 5-4-3-2-1 Workout

## 5 Minutes:

1 min Jumping  
Jacks  
1 min high knees  
1 min butt kickers  
1 min power jacks  
1 min high knees

## 4 Minutes

1 minute squats  
1 minute wall sit  
1 minute jump  
squats  
1 minute wall sit

## 3 Minutes

15 Tricep Dips  
15 Pushups  
15 Dumbbell back  
rows  
(Repeat for 3 min)

## 2 Minutes

1 Minute Walking  
Lunges  
1 Minute Jumping  
Lunges

## 1 Minute

Plank

Total Time: 15 Min Repeat 2-3 Times for best results

<http://Kissesandkale.blogspot.com>

# At Home Circuit Workout

- 50 jumping jacks
- 30 sec. jump rope
- 20 alternating lunges
- 30 sec. jump rope
- 10 tuck jumps
- 30 sec. jump rope
- 20 squats
- 30 sec. jump rope
- 60 sec. high knees
- 30 sec. jump rope
- 10 jump squats
- 30 sec. jump rope
- 10 burpees
- 30 sec. jump rope
- 60 jumping jacks
- 30 sec. jump rope
- 20 sec. mountain climbers
- 30 sec. jump rope
- 25 push ups
- 30 sec. jump rope
- 60 sec. plank

\*\*\*Repeat 1x

\*\*\*Workout takes approximately 30 minutes

50 jumping jacks  
20 squats  
50 jumping jacks  
20 jump squats  
50 jumping jacks  
20 (each leg) alternating lunges  
15 burpees  
20 kettlebell swings  
25 push ups  
20 kettlebell swings  
30 mountain climbers  
20 kettlebell swings  
50 crunches  
30 sec front plank

# THE HUNGER GAMES



TRIBUTE WORKOUT

20 HAND RELEASE PUSHUPS

20 LUNGES (EACH LEG)

15 BURPEES

30 CRUNCHES

5 PULLUPS

25 RUSSIAN TWISTS

40 AIR SQUATS

REPEAT 3X

MAY THE ODDS BE EVER IN YOUR FAVOR

[barefootcolo.com](http://barefootcolo.com)



# 90 MINUTE FULL BODY CIRCUIT WORKOUT

RUN  
OR  
DYE

## 30 MINUTE FULL BODY CIRCUIT WORKOUT

PUSH-UPS	10 REPS
BURUPEES	20 REPS
MOUNTAIN CLIMBERS	30 REPS
SQUAT JUMPS	40 REPS
PLANK	HOLD 50 SEC

REPEAT CIRCUIT A TOTAL OF 5 TIMES

## 20 MINUTE UPPER BODY WORKOUT

PUSH-UPS	10 REPS
CHAIR TRICEPS DIPS	20 REPS
PUSH-UPS	10 REPS
REVERSE FLYS	40 REPS

REPEAT CIRCUIT A TOTAL OF 4 TIMES

## 20 MINUTE FULL BODY CIRCUIT WORKOUT

PUSH-UPS	10 REPS
SQUATS	10 REPS
SIT-UPS	10 REPS

REPEAT CIRCUIT A TOTAL OF 10 TIMES

## 20 MINUTE LOWER BODY WORKOUT

JUMP SQUATS	50 REPS
ALTERNATING CURTSY SQUATS	50 REPS
ALTERNATING LUNGES	50 REPS
SQUATS	50 REPS
WALL SIT	HOLD 90 SEC

REPEAT CIRCUIT A TOTAL OF 2 TIMES