

# Bodyweight Workout Circuit One

Workout (Repeat 3 Times)

<b>Exercise</b>	<b>Duration</b>	<b>Times Executed</b>	<b>Rest</b>	<b>Transition Time</b>	<b>Total Time</b>
Push-Up	00:45	1	00:20	00:00	03:15
Triceps Dip	00:45	1	00:20	00:00	03:15
Squat	00:45	1	00:20	00:00	03:15
Russian Twist	00:45	1	00:20	00:00	03:15
Alternating Lunges	00:45	1	00:20	00:00	03:15
Total	11:15		05:00	00:00	16:15

## Class Plan Totals

Total Work Time	11:15
Total Rest Time	05:00
Total Transition Time	00:00
Total Time	16:15

## Exercises

Alternating Lunges	Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then, raise up and bring your back foot forward so that you move forward (like you're walking) a step with every rep. Step forward with the alternate leg and repeat.
Push-Up	Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent
Russian Twist	Sit on the floor with knees bent and feet together, lifted a few inches off the floor. With the back at a 45-degree angle from the ground, move the arms from one side to another in a twisting motion. Here, slow and steady wins the race: The slower the twist, the deeper the burn.
Squat	Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.
Triceps Dip	Get seated near a step or bench. Sit on the floor with knees slightly bent, and grab the edge of the elevated surface and straighten the arms. Bend them to a 90-degree angle, and straighten again while the heels push towards the floor. For some extra fire, reach the right arm out while lifting the left leg.