



Healthy For Good™

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH LIST:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- JUMPING JACKS
- JUMPING ROPE
- JOGGING OR MARCHING IN PLACE
- STAIR-CLIMBING OR STEP-UPS
- HIGH KNEES
- MOUNTAIN CLIMBERS
- STAR JUMPS
- BURPEES



STRENGTHENING AND STABILITY EXERCISES

- PLANK AND SIDE PLANK
- PUSHUPS
- SIT-UPS OR CRUNCHES
- HIP LIFT OR BRIDGE POSITION
- TRICEP DIPS ON A CHAIR
- LUNGES
- SQUATS OR CHAIR POSITION
- WALL SITS

CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out without any special equipment.

EAT SMART | ADD COLOR | MOVE MORE | BE WELL

Learn more ways to add activity to your routine at
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)