

intro

OFFICE WORKOUT

CIRCUIT WORKOUT

45 seconds on, 15 seconds off

As many reps as possible
X 3 rounds

+ Daily goal 10,000 steps



CIRCUIT 1

Push-ups
Star Jumps
Air Squats
Skipping
Sit-ups

CIRCUIT 2

Lunges
Flutter Kicks
Skipping
Burpees
Mountain Climbers



ADVANCED 1

With equipment:

Dumbbell Flies
Bent-over Row
Skipping
Bicep Curls
Lunges
Toe Touches



ADVANCED 2

Goblet Squats
Dumbbell Press
Skipping
Hammer Curls
Tricep Dips
Crunches

