



Hurricane at Home Circuit

Warm up

- Stretching 5 minutes

Do each of these exercises for 3 sets before you move on to the next circuit. Try to rest as little as possible until you complete

Circuit 1

- Jumping jacks (20 seconds)
- Push ups (20 seconds)
- Crunches (20 seconds)

Circuit 2

- Running in place (20 seconds)
- Floor cobras OR pull ups (20 seconds)
- Knuckle busters OR Russian twists (20 seconds)

Circuit 3

- Burpees (20 seconds)
- Body weight squats (20 seconds)
- Planks (20 seconds)