



American Heart Association.

Healthy for Good™

CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out and reduce stress without any special equipment

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

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



CARDIO EXERCISES

- Jumping jacks
- Squat jumps
- 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
- Hiplift or bridge position
- Tricep dips on a chair
- Lunges
- Squats or chair position
- Wall sits



Learn more ways to add activity to your routine at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**