

Circuit Workout

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The recommendation from the American College of Sports Medicine is to perform cardiovascular exercises 5 days a week for at least 30 minutes and strength training exercises 2-3 days a week on non-consecutive days. Below is a circuit workout with strength exercises that target the upper body, lower body, and core combined with some cardio exercises. These exercises will improve strength, tone muscles, help with balance, and, if done at a good pace, produce cardiovascular endurance. For each station, perform the exercise for 30 seconds to 1 minute, depending on fitness level. Perform the entire workout with little or no rest. To complete 2 –3 sets of the entire workout, rest for 1-2 minutes in between sets. A set of dumbbells, a medicine ball, a mat, and a step or stairs are needed for this workout.



Start



Finish

Wall Sits

With back against a wall, slide down into a squat position where upper legs (thighs) are parallel to the floor. Legs should be slightly wider than shoulder width, knees should be in line with toes, and feet should be pointing straight ahead. Keep hands off legs. Hold the position for 30 seconds to 1 minute.

Planks

Start by lying on stomach with elbows straight under shoulders. With body parallel to the floor, come up on forearms. Keep butt tucked down and not up in the air. Make sure to keep core strong by concentrating on pulling belly into spine. If lower back starts hurting, check position or perform the modification exercise on your knees. Hold this position for 30 seconds to 1 minute.



Start



Modification



Finish



Start



Finish

Jumping Jacks

Start with arms at sides and legs together. Jump and bring legs apart and arms above head. Repeat. For a modification, do not jump, but alternate legs out. Continue jumping for 30 seconds to 1 minute.

Push-ups

Start with hands in a straight line under shoulders with palms flat on the floor and arms slightly more than shoulder width apart. Feet should be together. Look down while bringing the chin as close to the floor as possible. Straighten arms by pushing body up off the floor. Be careful not to arch back when pushing up. Breathe out, straighten arms, and come up. Modify by starting on knees or against a wall. Do repetitions for 30 seconds to 1 minute.



Start



Modification #1



Finish



Modification #2



Start



Finish

Lunges with Bicep Curls

Start with legs apart. Bend the front knee so that the front leg is at a 90 degree angle, being careful not to extend the knee over toes. Back knee should be about 1 inch off of the floor. Make sure both feet are pointing straight ahead. Return to starting position and repeat. Stay on one side for half the time and then switch legs. Make sure upper body stays straight and stationary. Add bicep curl by flexing arms when bending legs. Perform for 30 seconds to 1 minute total.

Wood Chops

Use a medicine ball and stand with legs shoulder width apart. Bring the ball to one side above head with arms fully extended. Squat down, bring the ball from one side down to the outside of opposite knee contracting obliques. Stay on one side for half the time and then switch and repeat on the opposite side. Perform for 30 seconds to 1 minute.



Start



Finish



#1



#2



#3

Step-ups

A step or stair is needed for this exercise. Step up onto the step with right foot then with left foot. Then step back to the ground with right foot and end back on the ground with the left foot. The sequence is right foot up, left foot up, right foot down, left foot down. Repeat this sequence for 30 seconds to 1 minute.

Shoulder Raises with Balance

Start with one leg off the ground with a dumbbell in the hand of the down leg. Lift the dumbbell straight out laterally while balancing on the one leg. Perform repetitions for half of the time then switch to the other leg and arm and do the same thing on the other side. Repeat for 30 sec. to 1 minute.



Start



Finish



Start



Finish

Squats with Medicine Ball

Stand with feet shoulder width apart and back straight. Hold the medicine ball up over the head with both hands. Squat down, being careful to keep your knees behind your toes and shoulders back, and bring the medicine ball down between legs. Stand back up and bring the medicine ball back up to starting position above head. Repeat this for 30 seconds to 1 minute.

Wall Twists

Stand against a wall holding a medicine ball at chest level. Take one small step away from the wall. Twist to each side while keeping hips forward, and tap the ball against the wall, pausing briefly in the center. Alternate sides and repeat for 30 seconds to 1 minute.



#1



#2



#3

If you are over the age of 40 and not accustomed to vigorous activity and/or have a medical condition please check with your Physician before starting a workout program.