BUILD YOUR OWN **BOOTCAMP**

Use this guide to create your own bodyweight circuit workout. Circuit workouts are great for strengthening your muscles while improving your cardiovascular health. Always consult your physician before starting any new exercise program.

1. Decide how long you will perform each exercise: 15 seconds, 30 seconds, 1 minute, etc.
2. Choose one exercise from each column you see below to perform for your chosen duration. Start with a cardio exercise in column A and repeat it between each exercise from the strength columns in B, C or D. Try to complete the whole circuit without resting.
3. Once you've made it through the whole circuit, rest for twice your individual exercise duration. For example, if you performed each exercise for 15 seconds, rest for 30 seconds.
4. Repeat the circuit as many times as you'd like. You can repeat the same exercises or choose new ones from each column to hit more muscle groups.

A. CARDIO EXERCISES
- High knees
- Jog in place
- Mountain climbers
- Jumping jacks
- Jump rope
- Skaters
- Power skips
- Fast feet shuffle

B. LOWER BODY STRENGTH EXERCISES
- Wall sit
- Basic squat
- Forward lunges
- Reverse lunges
- Calf lifts
- Single leg dead lifts
- Side lunges

C. UPPER BODY STRENGTH EXERCISES
- Push ups
- Triceps dip
- Arm circles
- Forward punches
- Fast scissors
- Overhead punches
- Speedbag punches

D. CORE STRENGTH EXERCISES
- Plank
- Side plank
- Russian twist
- Superman
- Bicycle crunch
- Standard crunch
- Six-inch leg lift

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