Indoor Circuit Workout

CIRCUIT TRAINING is a series of exercises in which strength exercises are combined with exercises that raise your heart rate. Participants rotate from station to station and perform the listed exercise for 15 to 60 seconds with little or no rest in between, until all exercises are completed or a certain time goal is achieved.

Three types of exercise to include in your circuit:
- **Cardiovascular** (walking, running, jumping jacks, skipping, kickboxing)
- **Strength** (push-ups, squats, sit-ups, bicep curls, balance work)
- **Flexibility** (stretching at the end of your exercise session)

Activity Time

Total 30 min. (repeat twice for a 60 min. workout)

Station 1: Step-ups using bench (switch legs at half-way point). If you don’t have a bench, walk the stairs

Station 2: Squats

Station 3: Kickboxing movements (jab, uppercut, jab-cross)

Station 4: Tricep dips on bench, stairs or elevated surface

Station 5: Jump rope

Station 6: Plie squats with paper plates (place paper plates under both feet to slide leg out wide as you squat and drag foot back toward center of body)

Station 7: Standing wall push-ups

Station 8: Dribble ball to center of room or in place as you hop side to side

Station 9: Front and side shoulder raise with canned goods

Station 10: Cup stacking relay- set up 4-5 stacks of cups in a row, placed about 12 in. apart (stacks are 3 cups). Run up to first stack and set up like a pyramid, 2 at base, 1 at top. When you build the last stack, go back and take each stack down (back to its initial stacked position).

Nutrition notes from WakeMed Children’s Diabetes & Endocrinology
Outdoor Circuit Workout

If you are looking to spice up your outdoor walking or running workouts, this Outdoor Circuit Workout will take you through some heart pumping intervals.

Activity Time

Total 30 min. (repeat twice for a 60 min. workout)

5 min  Warm-up- Brisk walking
2 min  Walk or Jog- This is your baseline pace. You should feel as though you’re working, but be able to carry on a conversation without huffing and puffing.
1 min  Walking or Stationary Lunges- Take a big step forward with the right foot and lower into a lunge (keeping the front knee behind the toe), step the left foot next to the right and repeat on the left side.
2 min  Speed Walk or Jog- Pick up the pace here so that you’re above baseline
1 min  Jumping Jacks- modify with heel jacks if needed
3 min  Walk or Jog- Slow down to baseline
1 min  Tree Pushups- Find a tree and stand a few feet away from it. Place hands on the tree at shoulder level. Bend the elbows and lower slowly toward the tree in a pushup. Push back up and repeat.
1 min  Scissor Jumps- Jump feet forward and back (changing front leg each jump). Quickly switch feet as fast as you can. For more intensity, swing arms along with feet. To modify, keep hands on tree for support.
1 min  Speed Walk or Jog- Increase pace here so you're working hard
3 min  Walk or Jog- Slow down to baseline
1 min  Long Jumps- Find a relatively flat stretch of sidewalk or trail and begin with feet a little further than hip width apart. Lower into a squat and jump forward with both feet as far as you can. Use arms to help propel you forward.
1 min  Speed Walk or Jog- Go at a pace that allows you to lower your heart rate a bit.
1 min  High Jogs- As you jog, lift knees to hip level (modify with just knee lifts if needed)
1 min  Low jogs- As you jog, bring heels back up toward buttocks
3 min  Walk or Jog- Slow down to baseline
3 min  Cool down- easy walk and then stretch