

Wed strength!

🕒 26m

A total body circuit to ease you into the program

A Do circuit A 3x (9 min total)

Rest (1 min)

B Do circuit B 3x (9 min total)

Rest (1 min)

A Do circuit A 1x (3 min total)

B Do circuit B 1x (3 min total)

Stretch (5 min, see FAQs)

Timing your intervals: Get the free Simple Interval Timer app to beep every 45 seconds over your music.

Circuit A

Do each exercise for 45 sec then move to the next

1. Plank walk-out + push-up

45 sec



2. Bicycle crunches

45 sec



3. Step back lunges

45 sec



4. Squat jacks

45 sec



Circuit B

Do each exercise for 45 sec then move to the next

1. Burpees

45 sec



2. Low squat tap-outs

45 sec



3. Plank jack + up-down

45 sec



4. Hip lift + leg drop

45 sec



And just like that, you're a little stronger.