

While practicing social distancing, it can be hard to maintain your mental and physical health. Here is a workout circuit you can do at home to reach your ideal summer bod 🍌

AT HOME WORK OUT



CARDIO

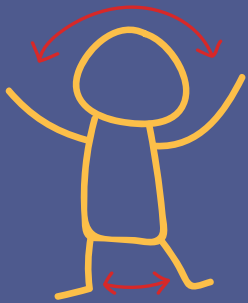


STRENGTH

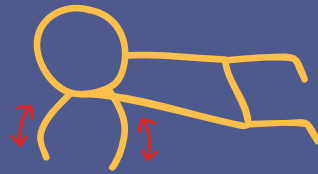


FLEXIBILITY

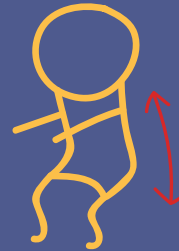
Set 1



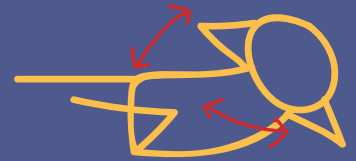
30 JUMPING JACKS



15 PUSH UPS

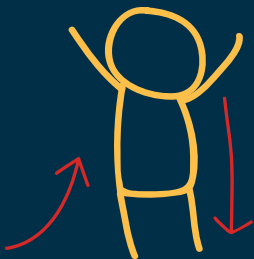


15 SQUATS



30 BICYCLE CRUNCHES

Set 2



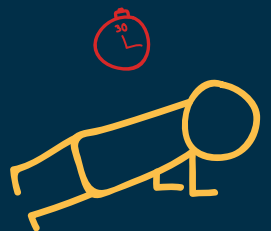
15 BURPEES



15 TRICEP DIPS



30 BRIDGES



30 SEC PLANK

Cooldown



SHOULDER STRETCH



HAMSTRING STRETCH



COBRA STRETCH

REPEAT EACH SET
TWICE WITH 1 MIN.
REST IN BETWEEN.

MAKE SURE TO DO
EVERY EXERCISE AT
YOUR OWN PACE!