



Need to exercise quickly?

Try circuit training!

Circuit workouts are a great way to engage your entire body in a workout and in a short amount of time. This type of workout improves conditioning and muscular endurance because exercises are performed with small intervals of rest in between them.

Remember to talk to your doctor before starting to exercise. Try the circuits below.

	Beginner	Intermediate	Advanced
Warm Up (5-10 minutes)	High knees Butt kicks Light jog	High knees Butt kicks Light jog	High knees Butt kicks Light jog
Circuit	<i>Perform each exercise for 30 seconds. Rest for 10 seconds in between each.</i>	<i>Perform each exercise for 45 seconds. Rest 5 seconds in between each.</i>	<i>Perform 60 seconds of each seconds. Rest for 5 seconds between each or not at all.</i>
Exercises	Wall squats Wall or modified push-ups Crunches Jumping jacks Lunges Tricep extension Stationary high-knees Bridges Back extension Burpees - only kick backs	Squats Push-ups Bicycle crunches Jumping jacks Walking lunges Backward lunges Tricep dips Squat jumps Stationary high-knees Single-leg bridge Back extension or Supermans Burpees	Squat and press Push-up - mountain climbers Bicycle crunches Jumping jacks Walking lunges with weights Backward lunges with twist Tricep dip (on ball - optional) Squat jumps Stationary high-knees Single leg bridges Back extension or Supermans Burpees
Cool Down	5-minute walk Stretch	5-minute walk/jog Stretch	5-minute jog Stretch
Check out the Health Advocate Blog Workout of the Week section to learn how to do these exercises and more!			

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