

# At Home Circuit Workout

- 50 jumping jacks
- 30 sec. jump rope
- 20 alternating lunges
- 30 sec. jump rope
- 10 tuck jumps
- 30 sec. jump rope
- 20 squats
- 30 sec. jump rope
- 60 sec. high knees
- 30 sec. jump rope
- 10 jump squats
- 30 sec. jump rope
- 10 burpees
- 30 sec. jump rope
- 60 jumping jacks
- 30 sec. jump rope
- 20 sec. mountain climbers
- 30 sec. jump rope
- 25 push ups
- 30 sec. jump rope
- 60 sec. plank

\*\*\*Repeat 1x

\*\*\*Workout takes approximately 30 minutes