

You'll perform 12 exercises for 30 seconds, resting 10 seconds between each exercise. The circuit can be repeated 2-3 times based on time and fitness level. I even went ahead and selected the exercises for you. Here's the workout:

- 1- Jumping jacks
2. Wall sit
3. Push-up
4. Abdominal crunch
5. Step up onto chair (or box or bench)
6. Squat lower
7. Triceps dip on chair
8. Plank core
9. High knees / running in place
10. Lunge
11. Push-up and rotation
12. Side plank