



## Easy At-Home Workout

If you are new to working out, start with going through the movements once a day 3-4 times a week. For more of a challenge, complete this circuit as many times as you can in 30 minutes 5 days a week.

### Super Circuit Cardio Challenge:

Complete each exercise and repeat the circuit multiple times for an added challenge!

- March in place to high knees (1 minute warm up)
- Forward lunge (15 reps on each leg)
- Squat (1 minute)
- Jumping jacks (1 minute)
- Chair dips or pushups (15 reps)
- Chair squat with knee lift (1 minute)

#### Optional Quick Core Circuit:

- Plank (1 minute)
- Mountain climbers (1 minute)
- Toe tap on a pillow or step as quickly as you can (1 minute)
- Squat with knee crunch (1 minute)
- Plank (1 minute)

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