

Health with Friends

Bodyweight 45/30

In this workout, you will complete 5 circuits. Each circuit contains 2 exercises that you'll repeat three times (3x) before moving on to the next circuit.

In each pair, you'll find a strength exercise and a cardio exercise (*). You'll perform strength exercises for 45 seconds, and cardio exercises for 30 seconds. There is no rest structured into this workout. There are suggested modifications for common injuries, please modify the exercises as needed, or change to something else that you prefer. It's your workout; you can't do it wrong.

Equipment Needed:

- Mat
- Wall
- Object (can, ball, box – for Irish Jigs)

	Exercise	Modifications
Circuit 1	Bodyweight Squat	
	*Jumping Jacks	Low Impact Jumping Jacks
Circuit 2	Corpse Sit Up	Basic Crunch
	*New Jacks	Low Impact New Jacks
Circuit 3	Side Lunge	Static Lunges, or Assisted Lunges w/chair, or TRX
	*Squat Jump w/2sec hold	
Circuit 4	Plank	High, Low or Super-Plank
	*Side to Sides	Low Impact Side to Sides
Circuit 5	Wall Sits	Squat Hold
	*Irish Jig	Low Impact Irish Jig

Note:

- See [Get your Heart Rate Up in Here!](#) for other cardio substitutions.