

Backyard Circuit Workout Exercises

by Michelle Rogers CPT

Walk or run a lap in between each exercise

Sit-stand

Alternating front lunges

Side leg lifts - holding onto back of chair

Squat and reach

Arm circles

Reach overhead, touch waist, touch feet (or knees)

Straight arms - clap front, clap overhead

Hold a squat, punch with alternating arms

Reach for the sky, alternating arms

Windmills