

Circuit Booster

Shake up your workout with this 20-minute power circuit!

- ¼-Mile Sprint on the treadmill (*or fast walking if you prefer*)
- 20 push-ups (*incline push-ups for advanced; knees down push-ups for beginners*)
- 20 squat and jump
- 20 walk in place
- 20 alternating lunges (*put a little jump in between for advanced; no jump for beginners*)

Repeat this circuit at least 3 times for beginners;

Repeat 5 or more times for advanced.

Tip: As your fitness improves try to “beat” your time on the ¼ mile!

This FREE workout download is provided by www.3n1fitness.com as part of the *FIT FOR THE KING* fitness program.