

You work hard; really hard. Each time you walk into the gym you give 100 percent effort. Did you know that effort is defined as, “conscious exertion of power”? You may not be able to work any harder, but maybe you could be more conscious of how you spend your time in the gym and work *smarter*.

To get the most out of your time in the gym, try using a circuit workout. Circuits keep you moving by rotating the use of different body movements with little time between sets. The circuit below combines muscle endurance with cardio for a total body workout. Aim to complete the circuit in 25-30 minutes.

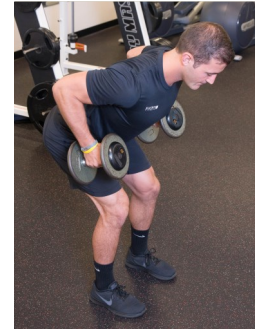
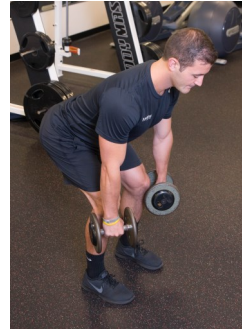
TRACK YOUR PROGRESS

Aim for 12-15 repetitions of each exercise. Record how many reps you actually completed along with the amount of weight used for each set.

CIRCUIT 1	SET 1	SET 2	SET 3
Bent Row			
Bench Step Up			
Dumbbell Pullover			
Skater Jump (30 seconds)			
CIRCUIT 2	SET 1	SET 2	SET 3
Chest Press			
Reverse Lunge, Single Arm Press			
Spiderman Crunch			
Jump Squat (30 seconds)			

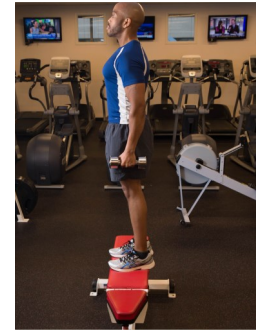
Bent Row

Stand with feet hip width apart with a slight bend in your knees. Lean slightly forward at the hips to 45 degrees with arms straight and palms facing each other. Bend elbows to bring dumbbells toward your torso. Keep your elbows close to your sides throughout the movement. Return to starting position.



Bench Step Ups

Stand facing a flat bench or step with dumbbells in hand. Step feet on top of bench one at a time, then lower back to starting position. Repeat starting with the opposite leg.



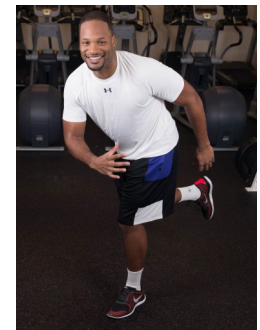
Dumbbell Pullover

Lay with your back flat on a bench. Hold one dumbbell above your chest. While keeping arms straight, slowly lower dumbbell behind your head until arms are almost parallel to the floor. Keep arms straight as you pull dumbbell back to starting position.



Skater Jump

Begin by standing with feet together. Carefully hop your right leg to the right, bringing your left foot behind it on a diagonal. Then immediately hop to the left with your left leg, bringing your right foot behind on a diagonal. Try to balance on one leg with each hop. Repeat continuously.



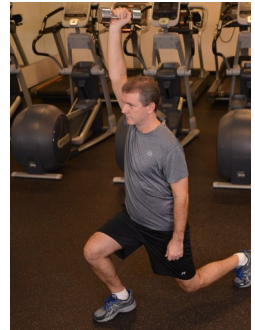
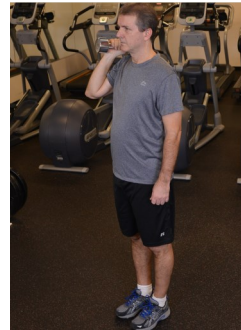
Chest Press

Lay on a bench flat on your back. Extend arms over your chest with palms facing away from you. Slowly bend your elbows and lower dumbbells toward your chest. When elbows are at about 90 degrees, press up to starting position.



Reverse Lunge, Single Arm Press

Begin in a standing position holding a dumbbell on your right shoulder, with your palm facing your ear. Take a step backwards with your left leg. As the ball of your back foot makes contact with the ground, bend your knee to engage your leg muscles. As you bend your back knee, press the dumbbell directly overhead. After you reach a level that is comfortable for you, push off your back foot and return to your standing position with the dumbbell back at its starting position. Repeat repetitions with the dumbbell in your left hand, stepping back with your right leg.



Spiderman Crunch

Begin in high plank position on the floor or a mat. Pull one knee up to the outside of your same side elbow. Try to keep your shoulders and hips level. Place your leg back down and perform the same action with your opposite leg.



Jump Squat

Stand with your feet slightly wider than shoulder width apart. Sit back into your squat, keeping your weight in your heels. Quickly push off the ground to explode into the air. Land softly back into your squat.

