

Home circuit workout-lower body and cardio

Warm up 5 -6 min

1 min shadow box



1 min forward lunges alternating legs



1 min star jumps



1 min alternating bridge on floor



1 min shadow box



1 min oblique crunches on floor



1 min fast knee raises on spot



1 min reverse curls on floor



Repeat circuit 2-3 times. Move quickly between exercises. Ensure you stretch at the end