

Warm-up (5 minutes):

1. Jog in place or brisk walk for 2 minutes.
2. Perform dynamic stretching exercises (arm circles, leg swings, torso twists) for 3 minutes.

Circuit Training (15 minutes):

Perform these exercises in a circuit format, completing each exercise for 45 seconds with a 15-second rest between exercises. Repeat the circuit 3 times.

1. Jumping Jacks: Jump with legs wide and raise arms overhead, then return to the starting position.
2. Squats: Stand with feet shoulder-width apart, lower into a squat position, then return to standing.
3. Push-ups: Start in a plank position and lower your body close to the ground, then push back up.
4. Lunge with Knee Drive (alternating legs): Step forward with one leg into a lunge, then drive the same knee up towards the chest before repeating with the other leg.
5. Mountain Climbers: Start in the push-up position and quickly alternate bringing each knee toward the chest.
6. Bicycle Crunches: Lie on your back, bring your knee across to your opposite elbow and then alternate.