



National Workplace Wellbeing Day At Home Exercises

Home Circuit Training

Feeling fit? Why not have a go at a home strength circuit? These short circuits will burn calories and improve muscular endurance. Click on the exercise name for a video demonstration.

Bodyweight Circuit 1

Exercise/Movement Description	Intervals/Distance/Reps
Bodyweight Squat	6-10
Push Up	6-10
Star Lunge	5-8 each side
Single Leg Glute Bridge	3-6 each side
Bird Dog	4-8 each side
Plank	20-30 sec
Side Plank	20 sec each side

Repeat above exercises in order for 2-3 sets with minimal rest

Bodyweight Circuit 2

Exercise/Movement Description	Intervals/Distance/Reps
Sumo Squat	6-10
Plank to Push Up	6-10
Bench / Step / Chair Step Up	5-8 each side
Bird Dog	4-8 each side
Single Leg Reach	4-6 each side

Russian Twist	20-40
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Repeat above exercises in order for 2-3 sets with minimal rest