



## Reba's home circuit workout

*Feel free to make any modifications for your body. As a point of reference, I ran to the end of my street and back (about 0.2 miles) and did three rounds of each circuit. It took about 35 minutes total. Enjoy!*

Run/speed walk - down and back (could be down a few houses and back, to the end of street and back, etc.)

- Push ups
- Squats with weights
- Side shuffle with weights

Run/speed walk - down and back (could be down a few houses and back, to end of street and back, etc.)

- Triceps kickbacks
- Squat jacks
- Shoulder press

Run/speed walk - down and back (could be down a few houses and back, to end of street and back, etc.)

- Russian twist
- Lunges
- Mountain climbers

Run/speed walk - down and back (could be down a few houses and back, to end of street and back, etc.)

- Dumbbell biceps curls
- Burpees (yes, I hate them too)
- Sit-ups

**\*\*Do each circuit 3-4 times 15 reps each**

**\*\*Do the run/speed walk only once at the beginning of each circuit**