



3 QUICK & EASY

# Exercise Circuits

“ Physical activity looks different for everyone! In fact, it is the little habits that you do every day that have the most impact on how many calories are burned. ”



**Anita Terlizzi**

RM FITNESS EXPERT  
& CERTIFIED PERSONAL TRAINER





# Circuit 1

DECK OF CARDS

# DECK OF CARDS

## WHAT YOU'LL NEED

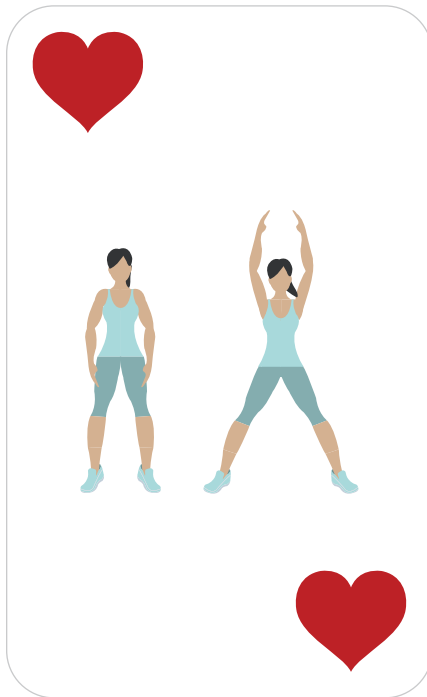
- Full deck of playing cards
- Timer or stopwatch phone application

## DIRECTIONS

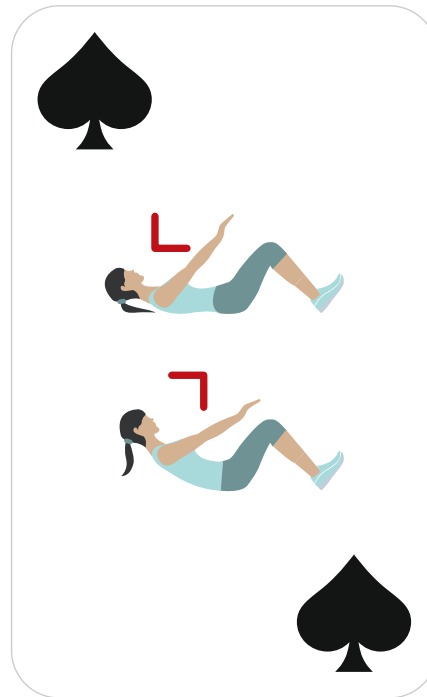
Grab a deck of cards, remove the face cards, shuffle the deck, and place the remainder of the deck upside-down. Set a timer for 10 minutes.

Begin by drawing a card at random. When you flip each card over, you will see a number and a symbol: heart, spade, diamond or club. The number on the card will represent the amount of repetitions that you will complete, while the symbol will indicate which movement you do.

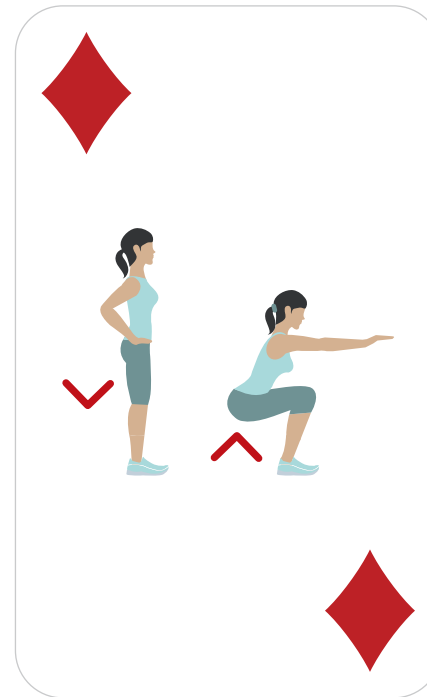
After completing your exercise as indicated by the card, engage in :30 seconds (or as desired) of rest before drawing another.



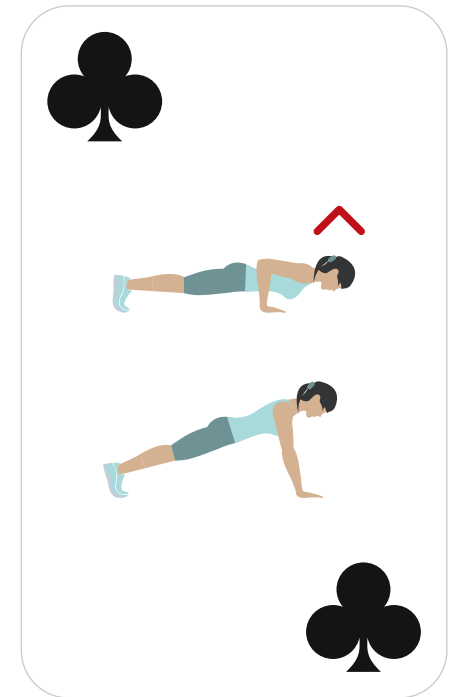
**HEART**  
JUMPING JACKS



**SPADE**  
SIT-UPS



**DIAMOND**  
SQUATS



**CLUB**  
PUSH-UPS



A stack of maroon-colored paper with a fine, woven texture, partially visible in the top-left corner of the frame.

# Circuit 2

3-2-1s

# 3-2-1s

## WHAT YOU'LL NEED

- Timer or stopwatch phone application
- Weights (if desired)

## DIRECTIONS

For this circuit, you will be completing 3 minutes of strength exercises, followed by 2 minutes of cardio, then 1 minute of abdominal exercises.

Between each timed workout, allow yourself :30 seconds (or desired amount) of rest.

## STRENGTH

## CARDIO

## ABS

### VARIATION 1

#### Squats



:45 Squats

#### Walking Lunges



:45 Walking Lunges

:30 Rest

#### Jumping Jacks



:30 Jumping Jacks

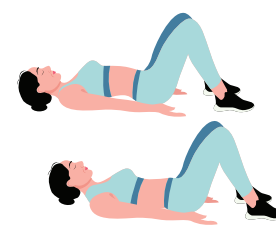
#### High Knees



:30 High Knees

:30 Rest

#### Crunches



:30 Crunches

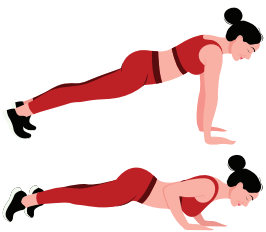
#### Bicycle Crunches



:30 Bicycle Crunches

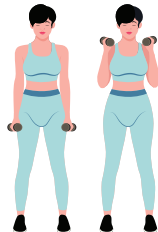
### VARIATION 2

#### Push-Ups



:45 Push-Ups

#### Bicep Curls



:45 Bicep Curls

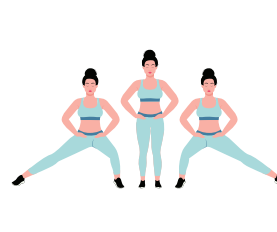
:30 Rest

#### Speed Skate



:30 Speed Skate

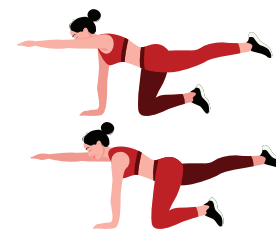
#### Out-Out In-In



:30 Out-Out In-In

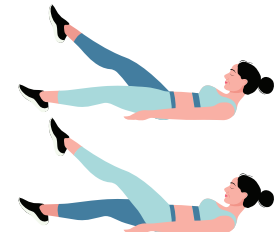
:30 Rest

#### Bird-Dog Crunches



:30 Bird-Dog Crunches

#### Switches



:30 Switches



A stack of maroon-colored paper with a fine, woven texture, partially visible in the top-left corner of the frame.

# Circuit 3

FULL BODY FAT BLASTER

## WHAT YOU'LL NEED

- Timer or stopwatch phone application
- Weights (if desired)

## DIRECTIONS

Perform each of the 10 exercises below for 1 minute, with :30 seconds of rest in between movements (or as desired).

### Wall Sit with Step-Outs



1. Position yourself into a low squat, focusing your weight into your heels.
2. In this sitting position, step out your right foot.
3. Return your right foot to the original position.
4. Mirror the step-out motion on your left side & repeat.

### Wide-Leg Squats



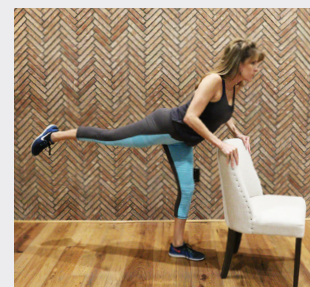
1. Stand tall, with your legs wide & toes pointed outwards in a plie position. Place your hands on your hips.
2. Bend your legs at the knee into a deep squat.
3. Return to the original wide-leg position & repeat movement.

### Horizontal Hops



1. Position your arms in a "fighting position" – a 90 degree hold in front of your chest.
2. With your legs slightly apart, bend into a low hover. Focus your weight into your heels.
3. Take a gentle hop to your right (as if you are hopping over a rope on the ground), then gently hop to your left. Repeat movement.

### Leg Kicks



1. Position yourself behind a chair, holding the back with both hands. Gently lean into the chair while extending one foot behind you into a lunge.
2. With a pointed toe, raise your leg toward the ceiling and then lower it back down to the floor.
3. Repeat movement on one leg for :30 seconds, then switch to the opposite leg.

### Body Weight Deadlift



1. Stand tall and cross both arms in front of your chest.
2. With a slight bend in both knees, lean forward with a flat back into a table top position. Keep your head up, looking to the horizon.
3. Concentrate on the hamstring as you raise your flat back to a standing position, squeezing the glutes at the top.
4. Repeat movement.



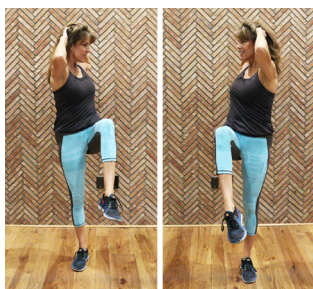
## WHAT YOU'LL NEED

- Timer or stopwatch phone application
- Weights (if desired)

## DIRECTIONS

Perform each of the 10 exercises below for 1 minute, with :30 seconds of rest in between movements (or as desired).

### Standing Bicycles



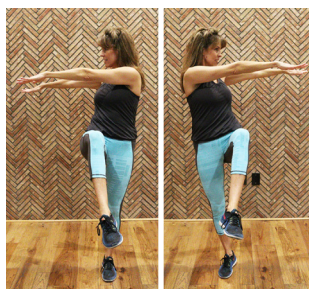
1. Stand tall, with both hands behind your head.
2. Rotate your right elbow as you raise and meet your left knee.
3. Return your leg back to the starting position, then repeat the movement.
4. After :30 seconds, perform the movement on the opposite side.

### Side Lunge



1. Stand tall & step your left leg out to side.
2. Bend your right leg at the knee while keeping the left leg straight.
3. Imagine you are sitting into a small chair behind you, then push off that heel and stand tall again.
4. Repeat movement on the opposite side for :30, then switch sides.

### Leg Lift with Trunk Rotation



1. Stand tall, with both arms extended out in front of you.
2. Reach your arms to the right side, rotating your midsection. Meanwhile, bend and lift your right knee towards the ceiling.
3. Return your body to the original position, then mirror the movement on the opposite side.

### Squat and Forward Kick



1. Position yourself into a squat: press your weight into your heels with your legs shoulder-width apart as you bend your legs into a seated position.
2. Raise your body back into a normal standing position, raising and extending the right knee forward and upwards into a kick, then back down.
3. Return to the squat position, then perform the kicking motion on the opposite side.

### Alternating Cross-Punch



1. Begin by standing tall with your legs slightly apart. Position your arms in a "fighting position" – a 90 degree hold in front of your chest.
2. Using your right arm, punch forward and to the left.
3. Return to the starting position & repeat motion on the opposite side, reaching the left arm towards the right.



TAKE THE FIRST STEP TO BECOMING  
**A HEALTHIER VERSION OF YOU.**

If you are looking for a partner to help you keep your weight on track, request an appointment to meet with one of our medical providers in-person at one of our locations or online via video appointment.

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\*RM3® patients should limit their workouts to 30 minutes per day. Always consult with your medical provider before beginning a new fitness routine.