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HOUR OR MORE OF PHYSICAL ACTIVITY



Body Weight Circuit Workout

- 15 Jumping Jacks
- 10 Squats
- 10 Jumping Jacks
- Rest 60 seconds
- 10 Push-ups
- 10 Jumping Jacks
- Rest 60 seconds
- 10 Lunges each leg
- 10 Jumping Jacks
- Rest 60 seconds
- 20 Crunches
- 10 Jumping Jacks
- Rest 60 seconds
- 30 second Plank
- 10 jumping Jacks
- Stretch



Perform this workout 2-3 times per week with at least 1 day between workout days.

Weeks 1 & 2: Perform entire workout once

Weeks 3 & 4: Perform entire workout once, rest 5 minutes, repeat workout



OUR LADY OF THE LAKE CHILDREN'S HOSPITAL

Jeff Soileau, MS | Health Educator
Baton Rouge Children's Health Project