Get Fit with Paige

Weight Loss Circuit Workout

Grab some weights and a med ball and get ready for a total body strength and cardio circuit. Make sure you warm up and do each circuit 1-3 times. Skip any moves that don’t feel good and try to have a little fun.

Circuit 1 - Repeat 1-3 times

**MED BALL STEP BACKS**

Hold a med ball and step back with the right foot, taking the med ball up. Step back, lower the ball and repeat with the left foot.

Repeat for 60 seconds.

**STEP OUT ARNOLD PRESS**

Holding the weights at chest level with palms facing in, press the weights up as you rotate the hands out. *Optional*: Step out and as you step together, rotate the weights up, then step to the other side. Repeat for 30 seconds.

Suggested weight: 3-12 lbs

**KNEE PUNCHES**

With the left leg back at a diagonal and arm straight out, bend the knee and pull the arm back in as the knee comes up. Punch out as the leg goes out. Move as fast as you can with good form.

Repeat for 30 seconds each side.

**SQUAT PRESS**

Holding weights over the shoulders, squat, sending the hips back. Stand up and press the weights overhead.

Repeat for 60 seconds each side.

Circuit 2 - Repeat 1-3 times

**LOW IMPACT JUMPING JACK CIRCLE ARMS**

Step out to the right while circling arms overhead. Circle the arms the other way as you turn and step to the left. Alternate side as quickly as you can while circling the arms like you’re drawing a rainbow.

Repeat for 60 seconds.

**POWER HAMMER CURLS**

Hold heavy weights and swing them back slightly. Lower into a squat as you curl the weights up. Stand up and slowly lower the weights.

Repeat for 30-60 seconds.

**MED BALL SQUAT AND TOSS**

Hold a med ball and squat, taking the ball to the floor (if you can). Stand and swing the ball up. *Optional*: Add a toss as you stand up if it feels right.

Repeat for 60 seconds.

**REAR LUNGE WITH ROW**

Holding dumbbells (5-15 lbs) step one leg back into a straight leg lunge, tip forward, back flat and row the weights up. Step back and do the move on the other side.

Repeat for 60 seconds.

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Circuit 3 - Repeat 1-3 times

INNER THIGH LEG LIFTS
Lift the right leg up, knee bent reaching the left hand towards the right heel. Lower and repeat on the other side, moving as fast as you can.
Repeat for 60 seconds.

DIPS WITH LEG EXTENSIONS
On a step or bench, lower into a dip and, as you push up, straighten the right leg and reach left hand towards toe. Lower and repeat, alternating sides.
Repeat for 60 seconds.

PUDDLE JUMPERS
Take a giant step out to the right bringing the arms out wide, like you’re stepping over a giant puddle. Go to the other side and keep going, as fast, low and wide as you can. It’s a big puddle!
Repeat for 60 seconds.

PUSHUP
Start on all fours with hands a bit wider than the shoulders. Walk the hands forward until your back is flat and pull the abs in. Staying on knees or up on the toes, bend the elbows and lower into a pushup, as low as you can go. Push back up and repeat for 15-20 reps.

Cool Down/Stretch

CALF STRETCH
Take one leg back, bending the front knee and press the heel towards the floor to stretch the calf. Hold for 15-30 seconds and repeat on the other side.

HAMSTRING STRETCH
Take one leg straight out in front of you, foot flexed and bend forward with your back flat until you feel a stretch in the hamstring. Hold for 15-30 seconds and repeat on the other side.

FIGURE 4 HIP STRETCH
Lie on the floor and cross the right foot over the left knee. Stay there or for a deeper stretch, grab the left thigh and pull towards the chest.
Hold for 15-30 seconds and repeat on the other side.

SEATED INNER THIGH STRETCH
Sit on a chair or an exercise ball and take the feet wide. Tip forward and put the elbows on the inside of the thighs. Gently push the legs out to stretch the inner thighs.
Hold for 15-30 seconds.