

10 Minute Circuit Workout At Home For Beginners

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You may be always on the go but taking out ten minutes from your occupied day can help you boost your productivity at your work or in your study. You can do a 10-min total body circuit workout routine that will help you stay energetic during the day.

In the routine, you'll do two rounds of five exercises each.

Each workout will be of 30 seconds followed by a thirty-second break.

It will also help you scale up for 20 to [30-minutes of high-intensity workouts](#). Okay, so here's the plan.

Activity time: 30-sec, Interval between exercises: 30-sec, Frequency: At least three times a week

Monday

Circuit 1	Circuit 2
Jumping jacks	Squat Jump
Mountain Climbing	Pushup
Squats	Leg Raises
High Knees	Sumo Squats
Plank	Side Plank

Wednesday

Circuit 1	Circuit 2
Half Burpee	Forward Lunges
Mountain climbers	Glute Bridge

Circuit 1	Circuit 2
Jumping Split Squat	Diamond Pushup
Standard Pushup	Lateral Squat
Reverse Crunches	Superman Pull

Friday

Circuit 1	Circuit 2
Jumping Jacks	Squat Jump
Floor IYT Raises	Wall Sit
Squats	Leg Raises
Kneeling Diamond Pushups	Pushup
Heel Touch Crunches	Plank

Do it for a couple of weeks. And once you feel, you need to work out more, you can do 15 or 20 minutes of circuit training.

If you want to do the 10 minutes workouts six days a week, repeat the above three-day training twice.

Is A 10-Minute Workout Effective?

Yes, performing exercises for even ten minutes can be beneficial for your health.

It will burn some calories, improve mood, and may also reduce stress. ([Source](#))

A study demonstrated that even a 7 minutes workout can improve cardiovascular health and help you stay vibrant. ([Source](#))

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