

15 Minute Full Body Circuit Workout with No Equipment

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If you want to boost your endurance and burn a good number of calories in a fraction of time, you can do an entire-body circuit training in just fifteen minutes.

I've created a 15-minute workout plan that comprises three circuits.

You'll do six exercises in each circuit, and each workout will be of 15-seconds. And there will be a 1-min break between the circuits.

You can also download the PDF of this plan, so you can use it whenever you like.

Summary:

- You'll do six circuits a day.
- One Circuit: 5 Exercises
- Duration for one exercise: 20-seconds
- Total time for one round: One and a half minute
- Rest between circuits: 1-minute
- Frequency – 3 times a week (you can do six times a week)

Here's the plan.

Monday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Jumping jacks	Half Burpees	Squat Jump
Mountain Climb	Flutter Kicks	Pushup
Squats	Floor IYT Raise	Leg Raises
High Knees	Forward Lunges	Sumo Squat
V ups	Standing Calf Raise	Side Plank

Wednesday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Burpee	High Knees	Forward Lunges
Mountain climbers	Glute Bridge	Bird Dog Plank
Jumping Split Squat	Narrow Pushup	Diamond Pushup
Standard Pushup	Jump Squat	Lateral Squat
Reverse Crunches	Shadow Boxing	Superman Pull

Friday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Squat Jump	Plyo Lunges	Chair Pose
Floor IYT Raises	Shoulder Tap	Air squats
Squats	Butterfly Situp	Tuck ups
Kneeling Diamond Pushups	Frog Jump	Pushup
Heel Touch Crunches	Leg Raises	Plank

Can A 15-Minute Workout Be Effective?

Yes, you train your total body in just fifteen minutes of circuit training.

Working out even for 15 minutes a day will help you nurture your physical and mental health.

Doing workouts for just 15 minutes a day can increase life expectancy by three years and cut the mortality rate by 14%, research from Taiwan suggests.

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