

Bodyweight 30 Minute Circuit Workout

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The 30-minute circuit training will sweat you out, pump your heart, and fuel you up at home without equipment.

This moderate-intensity thirty-minute circuit workout may help you burn 300 to 350 calories and support weight loss.

However, you can also do this if you want only to maintain your weight while developing overall fitness.

It is suitable for both men and women.

Summary:

- There will be six circuits a day.
- One Circuit: 6 Exercises
- Duration for one exercise: 20-seconds
- Total time for one round: 2-minutes
- Rest between circuits: 3-minutes
- Frequency – 3 times a week (you can increase to six if you like)

Monday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Jumping jacks	Half Burpees	Shadow Boxing
Butterfly Situp	Heel Touches	Sumo Squat
Plyo Lunges	Side Drills	Pushup
Squats	Floor IYT Raise	Glute Bridge
Pushup	Reverse Lunges	Sumo Squat
V ups	Floor Wiper	Plank

Wednesday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Burpees	Plyo Lunges	Floor IYT Raises
Pushup	Narrow Pushup	Chair Pose
Floor IYT Raises	Butterfly Situp	Bird Dog
Squats	Butterfly Situp	Locust Pose
Half Jack	Frog Jump	Chair Pose
Situp	Leg Raises	Side Plank

Friday

Circuit 1-4	Circuit 2-5	Circuit 3-6
Squat Jump	Burpee	Bear Crawl
Floor IYT Raises	Mountain Climber	Plyo Lunges
Mountain Climber	Shoulder Tap	Pushup
Squats	Butterfly Situp	Tuck ups
Bear Crawl	Frog Jump	Calf Raises
Chair Pose	Glute Bridge	V ups

Is 30-Minute Circuit Training Enough?

If you work out at home without equipment, a 30-min of circuit training is enough for a healthier and fitter life.

Training for 30 minutes a day burns many calories, maintains and helps weight loss, improves physical and mental health, and enhances the quality of life.

A light-intensity training for half an hour a day may also reduce the risk of death incurred by sitting – suggested in a study published by the NIH.

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