

the lightning round circuit workout

This workout is made up of 3 circuits, each of which has 3 moves. You'll repeat the moves in the first circuit as many times as you possibly can in 6 minutes, then hop on the treadmill for two 1-minute flat-out sprints. Then you'll move into circuits 2 and 3, again completing as many cycles of the exercises as you can before sprinting again. Feel free to use dumbbells wherever you like for an extra challenge.

circuit

1

As many rounds as possible in 5 mins:

15 jump squats

15 sumo squats

15 curtsy lunges per side

..... **treadmill sprints:**

1 min sprint, 1 min walk, 1 min sprint, 2 mins walk

circuit

2

As many rounds as possible in 5 mins:

10 single-leg burpees per side

20 walking lunges

10 single-leg deadlifts per side

..... **treadmill sprints:**

1 min sprint, 1 min walk, 1 min sprint, 2 mins walk

circuit

3

As many rounds as possible in 5 mins:

16 frog jumps

10 push-ups

30 mountain climbers

..... **treadmill sprints:**

1 min sprint, 1 min walk, 1 min sprint, 2 mins walk

Total: 30 mins