



30 Day Beginner Total Body Circuit Program

Complete this routine 3 days per week. Perform each exercise for 1–2 sets of 10 reps during Days 1–15. Increase to 2 sets of 12 reps during Days 16–30. Rest 30 seconds between sets.

| Exercise | Sets | Reps | Weight |
|-----------------------------------|------|-------|--------|
| Chest Press | 1–2 | 10–12 | |
| Lat Pulldown | 1–2 | 10–12 | |
| Seated Row | 1–2 | 10–12 | |
| Leg Press | 1–2 | 10–12 | |
| Leg Extension | 1–2 | 10–12 | |
| Leg Curl | 1–2 | 10–12 | |
| Shoulder Press | 1–2 | 10–12 | |
| Ab Crunch Machine | 1–2 | 10–12 | |

Circuit - Cardio/Strength Training – Complete 1–2 Rounds

[Leg Raise Roller](#) x 5 per leg

[Kettlebell Goblet Squats](#) x 8–10

[Light Dumbbell Shoulder Press](#) x 8

[Medic Ball Lunge Twist](#) x 8–10

[Bosu Squat Jump](#) x 4–8 jumps per leg

[Plyo Box Run in Place](#) x 20–30 steps

Cardio - Goal 10–20 minutes on workout days – choose Treadmill, Elliptical, Bike, Row or combo. 6,000–8,000 steps a day on non-workout days, building toward 10,000.