



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.