WHY MUSCLE MATTERS
NO WEIGHTS, NO PROBLEM CIRCUITS

CIRCUIT TRAINING
A combination of a resistance training set followed immediately by an aerobic exercise interval

WATER BOTTLE AND BODY WEIGHT CIRCUIT
Front raise
Bicep curls with bottles

BODY WEIGHT CIRCUIT
Textbook swings (kettlebell swings)
Goblet squats with book

MUSCLE ENDURANCE CIRCUIT
Chair tricep dips
Wall sits

MUSCULAR STRENGTH CIRCUIT
Shoulder press
Holding the book

Turbulence Training. (2013). 5 at-home exercises you can use to build muscle without equipment. Retrieved From: https://youtu.be/xCRUFI0Xc80

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