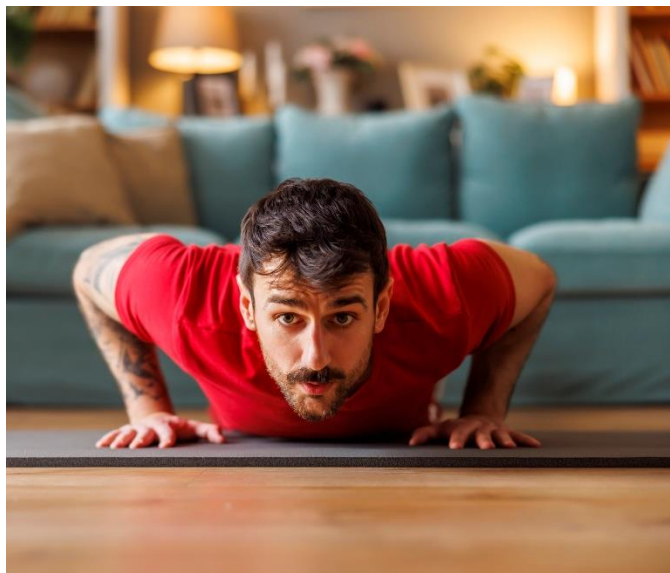


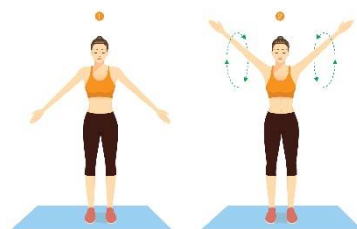
Full Body 20 Minute Circuit

Workout of the Month: August 2026



Warm up (2 Minutes):

- March in place
- Arm circles
- Hip hinges
- Light torso twists



Main Circuit (Repeat 3-4 Rounds):

Work 40 seconds, rest 20 seconds per move

- Squats — drive through your heels, keep chest tall
- Push-Ups — knees or toes, strong core
- Glute Bridges — squeeze at the top
- Reverse Lunges — alternate legs, slow and controlled
- Plank — forearms or hands, keep hips level



Cool down (1 Minute):

- Forward Fold Stretch — 40 seconds
- Standing Quad Stretch — 20 seconds each side

