

## Home Circuit Workout for All Moms

**Equipment:**

**Required:** Chair and Mat or carpeted area

**Optional:** Dumbbell, resistance bands, stepladders, stairs, ankle weights

### My Choices

Fill in the blanks based on your preferences

<i>Fitness Level</i>	<i>Cardiovascular</i>	<i>Duration</i>	<i>Intensity</i>	<i>Frequency</i>

**Notes**

<i>Exercise</i>	<i>1</i>	<i>2</i>	<i>3</i>
<i>Warm Up</i>			
Pushups			
Cardio			
Couch Tricep Dips			
Cardio			
Crunches			
Cardio			
Lying Back Extensions			
Cardio			
Squats			
Cardio			
Chair Leg Extensions			
Cardio			
Lying Floor Leg Curl			
Cardio			
Standing Chest Wrap			
Cardio			
Standing Pull Down			
Cardio			
Reverse Lunges			
Cardio			
<i>Cool Down</i>			