

10 min Home/Stairs Full Body Workout

Circuit #1: Circuit the following exercises for 10 minutes

<i>Exercise</i>	<i>Weight</i>	<i>Reps</i>
Fast Squats	N/A	10
Pulsing Squats	N/A	10
Squat Jumps	N/A	10
Run up stairs (every 2 steps)	N/A	1x/walk back down
Push-ups	N/A	10
Plank Hold w/ butt lift	N/A	10