



A Guiltless Life Workout: Spice Up Your Gym Routine circuit workout

CIRCUIT 1 (repeat 3 times without rest):

- [Ball Power Punch](#) x 10 each side
- [Swiss ball pike with push-up](#) x 10
- [Dumbbell press and core roll](#) x 10 each side

Rest 2 minutes.

Cardio blast:

Tabata intervals alternating between:

- mountain climbers
- jumping jacks

Rest 2 minutes.

CIRCUIT 2 (repeat 3 times without rest):

- [Squat with overhead press](#) x 10 (on a Bosu for challenge)
- [Deadlift with row](#) x 10
- [Curtsy lunge with hammer curl](#) x 10 each side

Rest 2 minutes.

Cardio blast:

Tabata intervals alternating between:

- hold 2-3lb weights in each hand and do fast air punches
- plie squat and pulse for length of interval

Rest 2 minutes.

CIRCUIT 3 (repeat 3 times without rest):

- [Standing side crunch with leg up](#) x 10 each side
- [Russian twist](#) with toe taps (hold medicine ball or heavy dumbbell) x 10 - *Twist to the left and when you're back in centre, tap the floor with your left foot, raise it back up, tap with the right, raise it back up. Then twist to the right. That is 1 repetition.*

Rest 2 minutes.

Cardio blast:

Tabata intervals alternating between:

- running on the spot, knees high
- [abdominal hold](#) (challenge = hold throughout the rest interval as well for a total of 30 seconds each)

Cool down and stretch!