

Fit with Wit outline and benefits. A total of 15 stations/exercises are worked for one minute then rotating to the next station. Recommended rest between stations/exercises is one minute. Exercise circuit can be completed in roughly 30 minutes. Your choice on time for rest between stations/exercises. Some want to speed it up to 30 seconds rest between stations/exercises while some like one minute. The stations/exercise work the entire body from the Trapezius muscle in your neck to your Calve muscles along with Cardio benefits!!!

Station 1

Ball Squat (muscle worked leg and calves)

Place ball on lower back, lean back and squat until legs are horizontal!

Station 3

Abdomen Roll (muscle worked abdomen)

Knees on the ground, grab handles and roll away from legs slowly!

Station 8

Leg Lounges (muscle worked leg, calves, core)

Feet together step out with one foot and squat until opposite knee is close to or on the ground!

Station 9

Leg Raises (muscle worked abdomen)

Sit on the end of chair, lean back and raise legs to your chest!

Station 4

Jump Rope (muscle worked leg, calves, core)

Start jumping rope and go until time is up!

Station 5

Sit Ups (muscle worked abdomen)

Lay on ground, bent knees, and sit up!

Station 10

Stairs (muscle worked leg and calves)

Jog up and down stairs and repeat!

Station 11

Plank (muscle worked core)

Lay on ground – get on forearms and toes. Hold position as long as possible!

Station 14

Step Ups (muscle worked leg and calves)

Step with one foot on step raising other leg up to touch your hands. Continue by rotating legs!

Station 2

Step Jumps (muscle worked leg and calves)

Stand next to step and jump up on step, then step off – repeat!

Station 12

Step Jog (muscle worked leg and calves)

Stand by step – lift one foot and touch step, then rotate each foot until a jog!

Station 6

Stepper (muscle worked leg and calves)

Place feet on steps and start rotating legs!

Station 13

Bicep Curls (muscle worked biceps and forearms)

Step on middle of cord and grab handles.

Curl from waste to shoulders!

Station 15

Shoulder Raises (muscle worked shoulders)

Step on cord and raise arms from waste to shoulder height!

Station 7

Push Ups (muscle worked chest, shoulders, and triceps)

Kneel on ground hands shoulder width, feet, or knees apart on ground and push up!