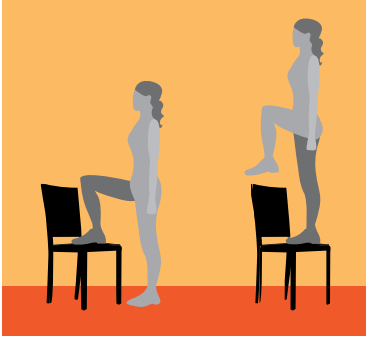


# Fit's Fall Circuit Workout

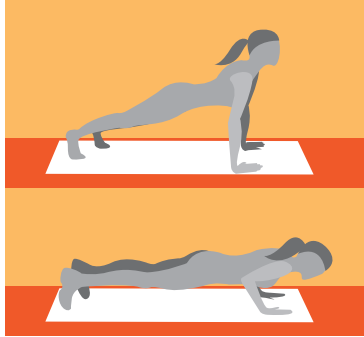
After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

## Circuit 1



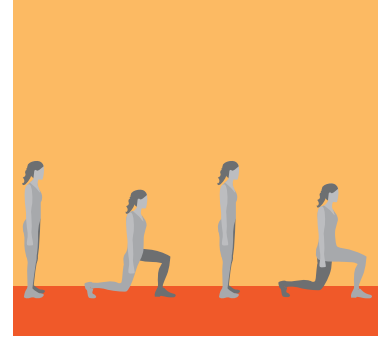
**Step-Ups**

*Do 20 steps total*



**Push-Ups**

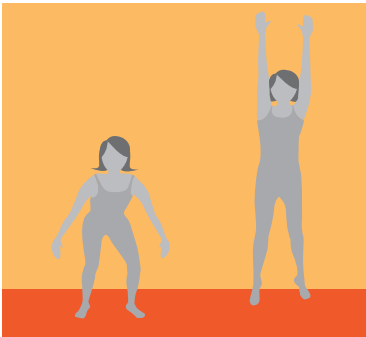
*Do 15, use your knees if necessary*



**Walking Lunges**

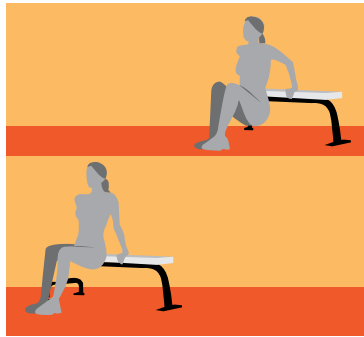
*Do 20 reps*

## Circuit 2



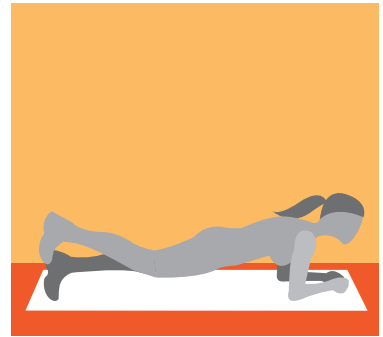
**Jumping Squats**

*Do 15 reps*



**Tricep Dips**

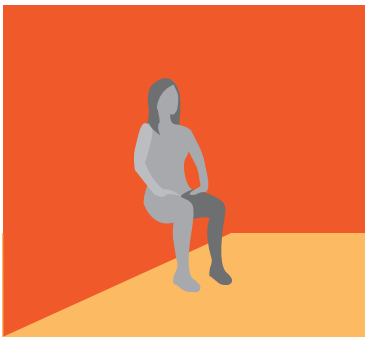
*Do 15 reps*



**Elbow Plank with Leg Lift**

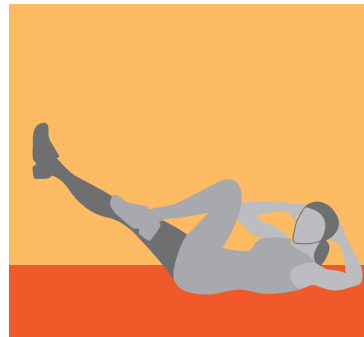
*Repeat, alternating legs for 60 seconds*

## Circuit 3



**Wall Sit**

*Hold for 30 seconds*



**Bicycle Crunch**

*Do 10 sets*



**Side Plank**

*Hold for 30 seconds and switch sides*