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Sweat now,  
shine later!



# *Home Workouts*

NO EQUIPMENT NEEDED

# CIRCUIT WORKOUTS

"There are no shortcut.  
It takes time to create a better,  
stronger version of yourself"



# WORKOUT 1:

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## **Circuit one: (7 min continuous)**

Step ups x12 each leg

Bench push ups x10

Jump squats x15

Russian Twists x30

2 min skipping

## **Circuit two: (7 min continuous)**

Plank x1 min

Jump lunges x15 per leg

X jumps x15 per leg

Wall sit x1 min

2 min skipping

Repeat each circuit twice

# WORKOUT 2:

---

## **Circuit one: (repeat 3x)**

10 high knees + burpee x30 sec

crunches x30 sec

mountain climbers x 30 sec

In and out squat pluses x30 sec

2 min skipping

## **Circuit two: (repeat 3x)**

Plank toe taps x30 sec

Snap jumps x30 sec

180 jump squat x30 sec

Leg raises x30 sec

2 min skipping

# WORKOUT 3:

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## **Circuit one: (repeat 3x)**

mountain climbers x 30 sec

Leg raises x 30 sec

Right side plank+pluses x30 sec

Left side plank + pluses x30 sec

Crunch scissor kicks x30 sec

10 burpees + 50 jumping jacks

## **Circuit two: (repeat 3x)**

Plank x30 sec

Heel tap crunches x30 sec

Star heel taps x30 sec

Ab bikes x30 sec

10 burpees + 50 jumping jacks

# WORKOUT 4:

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Do each exercise for 30 sec

**Circuit one: (repeat 2x)**

Jump squats

Jumping Jacks

Plank Jacks

Mountain Climber

Squat with leg lift (repeat for other side)

Commandos

Straight leg kick back (repeat for other side)

Side Plank and Tucks (repeat for other side)

**Circuit 2 on next page**

**Do each exercise for 30 sec**

**Circuit Two: (repeat 2x)**

Lay down push ups

Plank

Tricep Dips

Reverse Plank Dips

Push ups

Inner Leg Lift (repeat for  
other side)

Outer Leg Lift (repeat for  
other side)

Lunges



# CARDIO BURNERS

"A little progress each  
day adds up to big results"



# WORKOUT 5:

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400 m run

50 burpees

400 m run

50 sit ups

400 m run

50 push ups

400 m run

50 squats

400 m run

50 walking lunges

# WORKOUT 6:

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Repeat workout twice

Hill sprints x5

Push ups x15

Squats x20

Sit ups x30

Plank x1 min

rest x 2min

Hill sprints x5

Lunges x12 each leg

Sumo lunge walk x24

Mountain climbers x40

Leg lifts x12

# WORKOUT 7:

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400 m Run

50 Burpees

50 Tricep Dips

50 Sit ups

50 Push ups

400 m Run

100 Skips

100 Mountain climbers

100 Squats

2 min plank

# WORKOUT 8:

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40 Push ups

40 Squats

40 Lunges

40 Sit Ups

40 In-Out Squats

40 Jump Lunges

40 Burpees

40 Squats

40 Lunges

40 Skips



# **CROSSEFIT WORKOUTS**

"Remember that any exercise is better  
than no exercise"

# WORKOUT 9:

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Jump Lunges x10

Burpees x10

Jump Squats x10

Sit ups x20

Mountain Climbers x20

Calf Raises x20

Russian Twists x30

Jumping Jacks x30

High Knees x30

Plank x 1 min

Repeat 3x

# WORKOUT 10:

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Skipping x2 minutes

Burpees x20

Traveling Jump Squats x20

Push Ups x20

X Jumps x20

Lunge + Knee Up x10 each leg

In - out Squat pluses x20

Ab bikes x40

Raised Leg Toe Touches x20

Repeat 3x

# WORKOUT 11:

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Jumping Jacks x50

Step ups x 12 each leg

Skips x50

Push ups x 15

Squats x20

Crunches x 30

Mountain Climbers x40

400 m Run

Repeat 4x



# WORKOUT 12:

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Jumping Jacks x50

Squats x20

Squat jump + Pulse x20

Lunges x20 per leg

Burpees x15

Push Ups x25

Mountain Climbers x40

Crunches x50

Plank x 1 min

Repeat 3x

# WORKOUT 13:

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**Do Each Exercise For 1 min**

Invisible ball slam

Squat + tap backs

Side Plank + Tucks (other side)

Kneel to Squat

Plank

Lunge to knee up

Ab bikes

Push ups

Hip Thrusts

Mountain Climbers

Single leg Hip Lifts (other side)

Squat to calf raise

Split squats

Spider climbers

Russian twists