



# Beginners Circuit Program

Before starting any exercise program, get the green light from your doctor



**Warm Up:** (1–2 min): Light jogging in place to prep muscles

Exercise	Muscles Worked	Reps	Rest	Suggested Weight	Notes
<b>Dumbbell Squat</b>	Quads, Glutes, Hamstrings	12–15	30 sec	5–8 lbs (dumbbells)	Hold dumbbells at sides, keep knees over toes, back straight, squat to knee level.
<b>Dumbbell Lunge</b>	Quads, Glutes, Hamstrings	12–15 (each leg)	30 sec	3–5 lbs (dumbbells)	Step forward, keep front knee over ankle, alternate legs, hold dumbbells at sides.
<b>Ballet Squat</b>	Inner Thighs, Glutes, Quads	12–15	30 sec	Bodyweight or 3 lbs	Feet wide, toes out, squat low, keep back straight, optional dumbbell at chest.
<b>Stiff-Legged Deadlift</b>	Hamstrings, Lower Back, Glutes	12–15	30 sec	5–8 lbs (dumbbells)	Hinge at hips, keep legs straight, lower dumbbells to shins, back flat.
<b>Standing Calf Raise (1 Leg)</b>	Calves	15–25 (each leg)	30 sec	Bodyweight or 3 lbs	Stand on one leg, hold dumbbell in one hand, raise heel, lower slowly.
<b>Upright Row</b>	Shoulders, Upper Back	12–15	30 sec	3–5 lbs (dumbbells)	Pull dumbbells to chest, elbows high, keep wrists straight, avoid shrugging.
<b>Standing Calf Raise (2 Legs)</b>	Calves	15–25	30 sec	Bodyweight or 5 lbs	Stand on both legs, hold dumbbells, raise heels, lower slowly.
<b>Tricep Kickback</b>	Triceps	12–15	30 sec	3–5 lbs (dumbbells)	Bend forward, extend dumbbells back, keep upper arms parallel to ground.
<b>Circuit Rest</b>			30 sec		Rest, stretch lightly, or do cardio bursts (e.g., jumping jacks).

**Repeat** for 2–3 circuit sets, resting 30 seconds after each circuit.

**Cool Down:** Finish with a 5–10 min. full body stretch. Make sure to relax into your stretch and breathe.



## TIPS:

- **Form is king:** For each rep, **lift weights in 2 seconds** (exertion phase), **lower in 4 seconds** (return phase). Exhale on exertion, inhale on return—don't hold your breath!
- **Rest between exercises:** 30 seconds to keep the circuit flowing, then 30 seconds after each circuit—stretch lightly, do cardio bursts (e.g., jumping jacks), or jam to your tunes.
- **Off-days:** Hit cardio or a yoga class to stay loose.
- **Log it:** After each workout, log it into your workout chart. Plan your next session—bump reps, sets, or weight if it's too easy.