

# Intense At-Home Circuit Workout

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Warm up!

**10 burpees**

**100 jumps (with a jump rope or jumping jacks)**

**10 push-ups**

**100 jumps (with a jump rope or jumping jacks)**

**25 squats**

**50 heismans**

**25 mountain climbers**

**40 alternating lunges (20 per leg)**

**25 crunches**

***Repeat circuit 2 more times for a total of 3 rounds!***

Cool Down!