

## *Short & Sweet Home Workout*

EN > Perform each exercise in this circuit routine for 40 seconds with a break of 10 seconds between exercises.

Pt – BR> Faça cada exercício deste circuito por 40 segundos e descanse por 10 segundos entre um exercício e outro



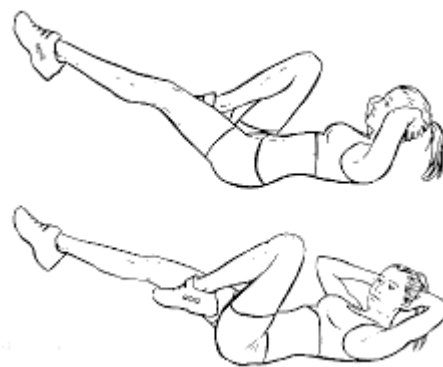
Star Jumps - 40 seconds



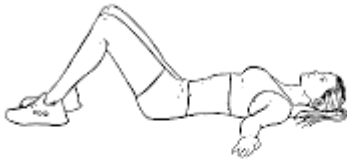
Bodyweight Squat – 40 seconds



High Knees – 40 seconds



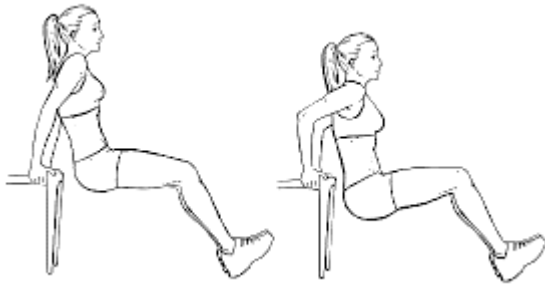
Cross Body Crunch – 40 seconds



Hip Raise Butt Lift Bridge – **40 seconds**



Mountain Climbers – **40 seconds**



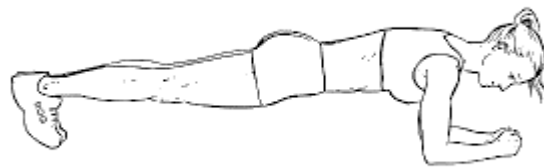
Chair Triceps Dip – **40 seconds**



Frog Jumps – **40 seconds**



Jackknife Sit- Up / Crunch – **40 seconds**



Plank - **40 seconds**

*Thanks for downloading!*

*Carla Fit Life*

Personalized Meal Plans & Personal Training Online Programs  
[www.carlafitlife.com](http://www.carlafitlife.com)