



Disclaimer: This basic circuit training routine is for educational and entertainment purposes only. Please review this routine with your trusted healthcare provider and have written permission to begin your chosen fitness routine before doing so. All physical movement has risks. By printing out this document, you are assuming responsibility for your own fitness. If you do not understand a certain term or exercise, it is your job to educate yourself on correct form prior to potentially injuring yourself by doing that exercise incorrectly. The Humbled Homemaker is not liable for any injury/death incurred by you or anyone around you when you're using these exercises. Pushing your body past its limits is a choice for which you accept responsibility. If something hurts, stop exercising. If you experience pain, bleeding, numbness, tingling, dizziness, nausea (or you feel worse after exercising, not better) discontinue what you are doing and consult a knowledgeable professional or physician about your concerns. By reading this and/or printing it out for personal use, you are agreeing to this disclaimer. Thank you!

## Basic Circuit Training Routine for Busy Homemakers

### What is circuit training?

Circuit training is a basic strength and cardio workout that can be done in very little time from the privacy of your own home. You spend 30-90 seconds in each "station" of the circuit, take a brief rest break in between and then move on to the next station. It's ideal to go through the circuit at least 2-3 times, but even one time through the circuit is better than none!

This is the type of routine I did right before getting pregnant with my second child.

I like circuit training because many of the exercises can also involve your kids!

## An Example Circuit Routine:

Spend a set 30-90 seconds (you determine the time!) in each station before moving onto the next. Take a 15-30 second break in between stations, but keep moving during your break. Go through each circuit at least once--but 2-3 times is best!

1. Squats (with or without an overhead press using weights)  
See [this article](#) for information on how to do this exercise.

2. Jumping Jacks (just like grade school!)

3. Knee Lifts (with or without weights overhead)  
See [this article](#) for information on how to do this exercise.

4. Bouncing/Dribbling a Basketball

5. Tummy Safe Path Ab Work

Crunches and planks are not always safe--especially for postpartum women! **See [Fit2B](#) for instructions on a tummy safe workout for your abs.** See how to get your first month FREE [here](#). **OR, all Humbled Homemakers can get a 3-month membership for only \$15 using code: 3for15bucks!**

6. Run Up & Down Stairs (or jog in place)

7. Lunges (with or without bicep curls)  
See [this article](#) for information on how to do this exercise.

8. Front Kick with Squat  
See [this article](#) for information on how to do this exercise.

If you do not use weights, you can always just move your arms as if they were lifting weights, or you can use canned goods as weights. **Work with what you have on hand and work at your own level and pace. If an exercise makes you feel uncomfortable, move on to the next exercise.**

Follow along with this series at The Humbled Homemaker ([www.thehumbledhomemaker.com](http://www.thehumbledhomemaker.com)), where the community is full of women JUST LIKE YOU who need motivation to form the exercise habit and get healthy! Join our [Facebook](#) page for regular updates, and [subscribe via email](#) to not miss a post!

Sources:

<http://exercise.about.com/od/abs/l/blbasicstrengthcardiocircuit.htm>

<http://www.sport-fitness-advisor.com/circuit-training-workout.html>