



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



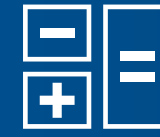
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WORKOUTS FOR WOMEN: 2 BODYWEIGHT CIRCUITS YOU CAN DO AT HOME

No time to make it to the gym or don't have a gym membership? These 2 bodyweight circuits are exactly what you're looking for to help you get in shape!

Link to Workout: <https://www.muscleandstrength.com/workouts/2-at-home-circuit-workouts-for-women>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 15 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-60 Mins

Equipment: Bodyweight

Author: Team Muscle & Strength

Circuit 1

Exercise	Sets	Reps
Bodyweight Squats	3 - 6	10 - 15
Push Ups	3 - 6	10 - 15
Bodyweight Lunge	3 - 6	10 - 15
Chin Up or Resistance Band Pulldown	3 - 6	10 - 15
Glute Kick Back	3 - 6	10 - 15
Tricep Bench Dip	3 - 6	10 - 15

Circuit 2 (More Advanced)

Exercise	Sets	Reps
Bodyweight Squat Jumps	3 - 6	10 - 15
1 Leg Pushups	3 - 6	10 - 15
Jumping Lunge	3 - 6	10 - 15
Pull Up	3 - 6	10 - 15
Burpees	3 - 6	10 - 15
Glute Bridge or "Frog Pumps"	3 - 6	10 - 15
Lying Back Extension	3 - 6	10 - 15

