**Mr. Eddie’s Circuit Training At Home**

* *Warm up*
  + Right arm across your chest, using your left hand pull your right arm closer to your body for 10 seconds and then switch arms.
  + Arms out to your sides and up like a cross, you’ll make 10 tiny circles with your arm. Then you’ll make 10 medium circles and then 10 huge circles.
  + While standing bring your feet together and reach for your toes for 10 seconds
  + Next spread your feet apart and reach for your right foot for 10 seconds and then move to your left foot for 10 seconds.
* *Squat (equipment: Couch or chair) / Shoulder press (equipment: something you can lift over your head)*
  + Squat down into a seat position 10 times and then grab an item and lift it over your head 10 times. Rest for 30 secs and then repeat 2 more times
* *Push ups / sit ups (equipment: mat or towel to lay on)*
  + Do 5 push ups and then lay down on your back and do 5 sit ups. Rest for 30 seconds and repeat 2 more times.
* *Plank / wall sit (equipment: empty wall space)*
  + Get into a push up position or on your elbows, making sure your back is flat and your hips are up and hold for 30 secs. Then find a spot on the wall. Put your back against the wall, feet slightly in front. Squat down a little bit and pretend to sit down. Go down as far as you can and hold it for 30 seconds. Rest for 1 minute and repeat 2 more times.
  + On the last time, push yourself and see how long you can hold the plank and/ or wall sit!
* *Cool Down*
  + Find a seat on the floor or on a couch or chair. Make sure your back is nice and straight. Close your eyes with your hands on your lap. Take 10 deep breaths. Repeat if needed. You’re all done! Great job! Make sure you drink some water with a healthy snack!