

# Jump, Lift, and Twist

## CALORIE-TORCHING CIRCUIT

Warm up with five minutes of light cardio, then repeat each three-exercise circuit three times. Start with 10 reps of each exercise, building up to 15 reps of each move as you get stronger. Start with five-pound dumbbells, and work up to heavier weights.

### CIRCUIT 1



**HIGH KNEE SKIP**  
30 SECONDS



**GATE SWING**  
15 REPS



**SHOULDER PRESS & SIDE CRUNCH**  
15 REPS  
ALT. SIDES

### CIRCUIT 2



**SPLIT LUNGE JUMP**  
15 REPS  
ALT. SIDES



**SINGLE-ARM CHEST PRESS**  
15 REPS  
ALT. SIDES



**V CRUNCH**  
15 REPS

### CIRCUIT 3



**JUMP SQUAT**  
15 REPS



**DUMBBELL CROSSOVER PUNCH**  
15 REPS  
ALT. SIDES



**PLANK JACK**  
20 REPS