Small Space Circuit April 2021

Working out at home can be a challenge if you don't have much space to move around. The space used to complete this program was 6 feet x 4 feet. After you warm up this workout will take approximately 35 to 40 minutes. Do 1 set of each exercise, 15 to 20 reps with resistance of your choice. We used 8 and 12 lb dumbbells. The order of exercises is designed to give the shoulders a rest, every other exercise.

*consult with a physician before beginning an exercise program and modify the intensity to match your strength.

Side Lunge – Lunge stepping out to your left 15-20 times all to one side. You can hold one heavy dumbbell or no weight, and you can add a band if you have one. Repeat on the other leg lunging in the other direction.

Squat to stand with Overhead Press – Holding one dumbbell with both hands on the outside, at chest level sit on a bench/chair and as you stand up reach the weight overhead in front of body.

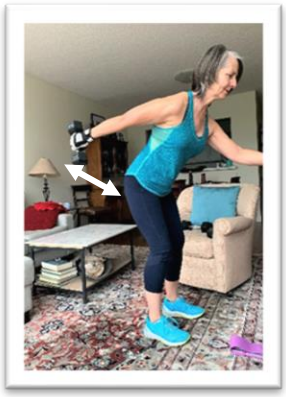
Bulgarian Split Squat – one foot up on bench, same hand as the leg holds the wt. Slow and control lower knee towards floor and wt 10x, repeat other side, then do another set of 10x each side. If you can do 20 reps in a row – go for it!

Overhead shoulder press, one leg & one arm – standing on one leg, core engaged, lift one arm overhead 20x, repeat on other side.

Wide Leg Goblet Squat – Traditionally done holding one heavy weight at chest height with legs wide apart, toes pointing out, keep back straight and drop down, 2 pulses and stand up pressing through heels. Squeeze butt and exhale as you stand up. If you don't have a heavy weight, or kettlebell you can just hold 2 lighter weights.

Lunge back and Narrow squat, repeat SAME leg 15-20x then repeat on the other leg. rear lunge and narrow squat.

Rear Deltoid raise – slightly bent over, hand on table, 1 wt move arm from beside to behind body, squeezing shoulder blades 10x, switch sides and repeat 10x with the other arm. Do a second set on each side.



Glute Bridge with Chest Press – Using 2 wts as you hip lift do a narrow arm chest press 20x. Part #2. Keep wt up in air, hold hips up and do abductions with legs against band.

Tricep French Press while Cross Legs Core – Keep band on from previous exercise, cross ankles and bring knees to chest. Holding outside of dumbbell with arms straight up, bend elbows 90 degrees to a French press, careful not to hit head. Add core by moving feet towards the floor on each extension.

One Arm Plank – keeping hips level and feet shoulder width apart, engage your core and lift one arm to the side and hold for as long as possible. Repeat other side.

Core One Leg Raise – Continuing to hold the outside of the dumbbell, arms straight up in the air and both legs straight up. SLOWLY lower one leg towards the mat and back up **10x, change legs 10x. Repeat.**