

Fitness Circuit - Intermediate - No equipment

Warm-up: 2-3 mins
 Number of stations: 15
 Number of Reps: 4
 Interval time: 30 secs work
 Rest time: 20 secs rest
 Stretch: 10 minutes
 Total Time: 60 minutes

Equipment: 6 individual mats

| Station # | Exercise | Less Difficult | More Difficult |
|-----------|--------------------------|-------------------------|-----------------------------|
| 1 | Chameleon Crunch Push-up | Just Chameleon | Chameleon at bottom |
| 2 | Wall-sit | Knees > 90 degrees | One-leg (10 secs each) |
| 3 | Quick Feet | Slower pace | One leg |
| 4 | Plank (Elbows) | Top of push-up | Bottom of Push-up |
| 5 | Prison Cell Push-up | No push-up in between | Jumping Jack at the top |
| 6 | Sumo-Chair | Just hold Chair | Lower |
| 7 | Rest | N/A | N/A |
| 8 | Crunchy Frog | Feet can touch | Hold out-stretched |
| 9 | Dive Bombers | Stay up coming back | One-leg |
| 10 | Skaters | Foot touches every time | No foot touch |
| 11 | Jumping Jacks | N/A | N/A |
| 12 | Squat Run | Less of a squat | Any form of weight |
| 13 | X-Push-ups | From knees | Switch feet at the bottom |
| 14 | Toe Lunges | Can come off toes | Arm extension added |
| 15 | Candle-stick Crunch | No up stroke | Feet do not touch at bottom |