

DO ANYWHERE  
**TONING**  
— **CIRCUIT** —

**1 MINUTE: SQUATS**

[Rest 12 Seconds]

**1 MINUTE: LUNGES**

[Rest 12 Seconds]

**1 MINUTE: PUSH-UPS**

[Rest 12 Seconds]

**1 MINUTE: BRIDGE**

[Rest 12 Seconds]

**1 MINUTE: PLANK**

[Rest 12 Seconds]

Repeat 6-minute circuit 3 times  
for a total of 18 minutes.

**POPSUGAR**