Wellness unLAOISed

Aerobic Circuit (Levels 1, 2 & 3)

Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 14-minute warm-up video.

Please do a cool-down of your choice for at least 5 minutes after completing the exercises in this circuit. Scan this QR code to watch a 5-minute cool down video.

Scan the QR code beside each exercise on this circuit below to view all variations of the exercise (level 1, level 2 and level 3).

As always, please work to your own ability.

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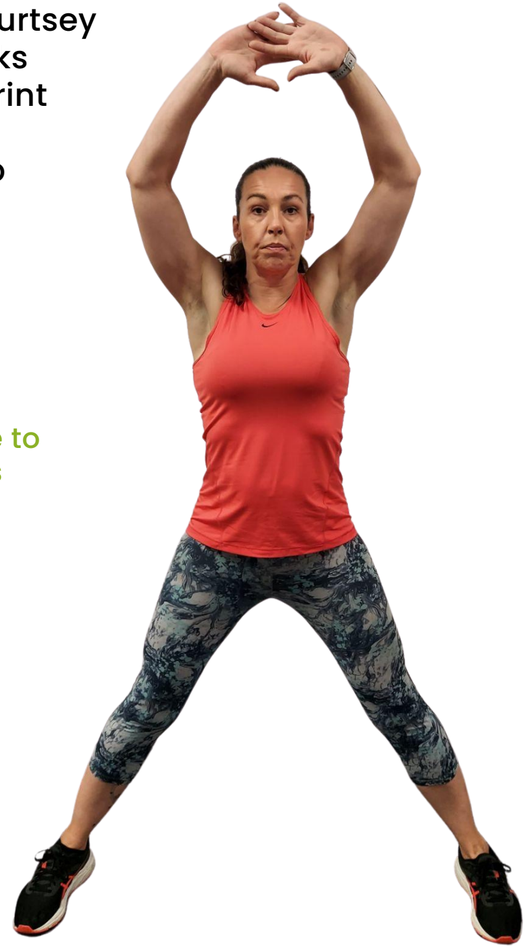
Exercises | Time 30-60 seconds

1. Armadillo
2. Squat
3. Twist & Punch
4. Heel Kicks
5. Step back & Row
6. Side step & Curtsey
7. Jumping Jacks
8. High Knee Sprint
9. Squat Taps
10. Squat & Chop

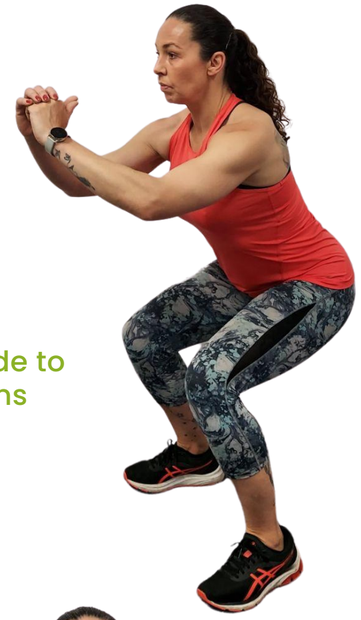
1. Armadillo

Scan this QR code to view all variations



2. Squat

Scan this QR code to view all variations



3. Twist & Punch

Scan this QR code to view all variations

Exercises | Time 30-60 seconds

4. Heel Kick

Scan this QR code to view all variations

5. Step back & Row

Scan this QR code to view all variations

6. Side step & Curtsey

Scan this QR code to view all variations

Exercises | Time 30-60 seconds

7. Jumping Jacks

Scan this QR code to view all variations

8. High Knee Sprint

Scan this QR code to view all variations

9. Squat Taps

Scan this QR code to view all variations

10. Squat & Chop

Scan this QR code to view all variations