

30 Minute Express Circuit

Get In. Get Fit. Get Going.

Fit 4 Less
by GoodLife



1. ELLIPTICAL

8 Minutes

- Press START
- Increase level gradually
- Maintain desired level



2. BIKE

8 Minutes

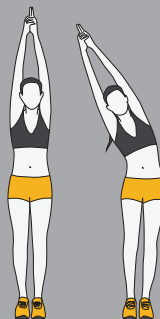
- Press START
- Increase speed gradually
- Maintain desired level



3. STRENGTH MACHINES

1 Minute Each

- When the timer starts to count down from 45 seconds, do an average of 10 reps
- The speed of the movement should be 3 seconds up + 3 seconds down
- When the timer starts to count down from 15 seconds, rest and move to next the machine



4. ABS AND STRETCHING

Need some ideas for ab exercises? Check out the **How-to Workout: Core handout** to get started

Stretching is an important part of every workout - check out some great stretches on our **How-to Workout: Stretching handout**