INDOOR CIRCUIT

Warm-up and stretch (5 minutes)

Cardio (12 minutes of 3-3-3-3)
Bike, Treadmill, Elliptical, Stepper

Weights (15-20 minutes of 15 reps each)
Do as a circuit (pin select) with little to no rest between stations
Work the entire body.

Cardio (12 minutes of 3-3-3-3)
Bike, Treadmill, Elliptical, Stepper

Cool-down and stretch (5 minutes)