

THE 6 WEEK CIRCUIT TRAINING PROGRAM

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6 Week Circuit Workout Training at Home

Summary:

- **Daily workout duration:**
 - First two weeks: 15 minutes
 - Third and fourth week: 20 minutes
 - Last two weeks: 30 minutes
- **Target Gender:** Male and Female
- **Equipment Needed:** None
- **Number of rounds:** 3
- **Rest between rounds:** 2-3 minutes
- **Activity time for each exercise:** 15 seconds
- **Interval time between exercises:** 15 seconds

Week 1

Monday	Wednesday	Friday
Jumping jacks	Half Burpees	Ankle Hops
Mountain Climber	Heel Touches	Sumo Squat
Lunges	Side Drills	Pushup
Squats	Floor IYT Raise	Glute Bridge
Pushup	Reverse Lunges	Situps
Flutter Kicks	Floor Wiper	Bear Crawl
High Knees	Plank	Side Plank

Week 2

Monday	Wednesday	Friday
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Burpees	Plyo Lunges	Floor IYT Raises
Pushup	Narrow Pushup	Plank Ankle Taps
Squats	Lunge Front Kick	Inchworm
Floor IYT Raises	Situp	Squats
Crossbody Mt Climber	Shoulder Tap	Jumping Jacks
Jumping Lunges	Bear Crawl	Push-ups to Plank
Russian Twist	High Knees	Alternate Heel Tap

Week 3

Monday	Wednesday	Friday
Squat Jump	Plyo Lunges	Squat Pulses to Jump
Pushups	Burpees	Mountain Climber
Floor IYT Raises	Shoulder Tap	Air squats
Bicycle Crunch	Jumping Jacks	Kneeling Jump
Squats	Situp	Tuck ups
Mountain Climber	Plank Ankle Taps	Bear Crawl
Prone Superman Raise	Frog Jump	Pushup
Side Plank Hip Raise	Reverse Crunches	Side Plank
Glute Bridge	Plank	Shoulder Tap

Week 4

Monday	Wednesday	Friday
Jumping jacks	Half Burpees	Squat Jump
Side Drills	Heel Touches	Shadow Boxing
Squat Thrust	Curtsy Lunge	Flutter Kicks
Mountain Climber	Flutter Kicks	Pushup
Flutter Kicks	Plank Ankle Taps	Bear Crawl
Squats	Floor IYT Raise	Leg Raises
Inchworm	Ankle Hope	Bear Crawl
Pushup	Forward Lunges	Sumo Squat
Bear Crawl	Glute Bridge	Side Plank Dips

Week 5

Monday	Wednesday	Friday
Burpees	Plyo Lunges	Floor IYT Raises
Pushup	Narrow Pushup	Inchworm
Dead Bug Crunches	Diver Pushup	Russian Twist
Jumping Jack	Frog Jump	Plank Jacks
Alternate Heel Tap	Pushup Jack	Tuck Jump
Alternate Heel Tap	High Knees	Drop Squats
Squats	Situp	Shoulder Tap
Grappler pushup	Sit Outs	Plank Jack

Half Jack	Frog Jump	Squats
Situp	Leg Raises	Side Plank

Week 6

Monday	Wednesday	Friday
Jumping jacks	Half Burpees	Shadow Boxing
Butterfly Situp	Heel Touches	Sumo Squat
Kneeling Squat Jump	Pushups	Flutter Kicks
Plyo Lunges	Side Drills	Pushup
Squats	Floor IYT Raise	Glute Bridge
Knee Tap Push-Up	Lunge Front Kick	High Knees
Leg Raises	Situp	Shoulder Tap
Pushup	Reverse Lunges	Situps
Squat Jump	Side Plank Rotation	Burpee
V ups	Floor Wiper	Plank

6 Week Circuit Training Program at Gym

Summary:

- **Daily workout duration:**
 - First three weeks: 30 minutes
 - Last three weeks: 45 minutes
- **Target Gender:** Male and Female
- **Equipment Needed:** Barbells, Dumbbells, Kettlebells, and other Gym Equipment
- **Number of rounds:** 3
- **Rest between rounds:** 2-3 minutes
- **Activity time for each exercise:** 15 reps or 30 seconds
- **Interval time between exercises:** 30 seconds

Week 1

Monday	Wednesday	Friday
Burpees	Jump Squat	Air Squats
Dumbbell Thrusters	Bench Press	Military Press
Pushups	Burpees	Sit-ups
Kettlebell Swings	Barbell Clean	Pendlay Rows
Mountain Climbers	Push Press	Arm Changing KB Swings
Dumbbell Squat	Jumping Lunges	High Knees

Plank	High Pulls	Dumbbell Step-up
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Week 2

Monday	Wednesday	Friday
Lunge Front Kicks	High Knees	Squat Jumps
Bench Press	Power Clean	Pull-ups
Mt. Cimber	Bar Dips	Pushups
Back Squat	Thruster	Pendlay Rows
Bar Over Burpees	Deadlift	Shoulder Taps
Power Clean	KB swings	Push Presses
Plank Ankle Taps	Turkish Get-Up	Overhead Squats

Week 3

Monday	Wednesday	Friday
Squat Jump	Lunges	Push Presses
Front Squat	KB Swings	Bent-over Row
Military Press	Bench Press	Romanian Deadlift
Step-up	Lateral Raises	Mountain Climber
Pullup	Chinups	Turkish Get-up
Dips	Flutter Kicks	Dips
Situps	Plank	Russian Twist

Week 4

Monday	Wednesday	Friday
Burpees	Power Maker	Lunges to Front Kick
Clean and Press	Pendlay Row	KB Swings
Bench Press	Thruster	Push Press
Situps	Squats	Pullups
Chinups	High Pull	Romanian Deadlift
Hanging Knee Raise	Knee to Elbows	Dips
Plank	Side Plank	Toe to Bar

Week 5

Monday	Tuesday	Wednesday
Push Press	Lunges	DB Front Squat
KB Swings	Clean and Jerk	Thruster
Bench Press	Landmine Press	Bent-over Row
Squats	Step-up	Pushups
Inverted Row	Dips	Situps
Dips	Hanging Knee Raise	Barbell Curl
Plank	Side Plank	Rear Delt Fly

Week 6

Monday	Wednesday	Friday
Pullups	Front Lunges	Off Block Deadlift
Dips	Chinups	Thruster
Dumbbell Squat	Bench Press	High Pull
KB Swings	Step-up	Dips
Lateral Raises	Bent-over Barbell Row	Rear Delt Fly
Wood Chop	Situps	Box Jumps
Front Plank	Side Plank	Hanging Knee Raises

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [The Ultimate HIIT Exercises List](#)
3. [Dumbbell Weight Loss Exercises](#)
4. [Complete List of CrossFit Exercises](#)
5. [20 Best Crossfit Barbell Workouts](#)
6. [14 Best Crossfit Kettlebell Workouts](#)
7. [30 Best Dumbbell CrossFit Workouts](#)

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