TRY AN EXERCISE CIRCUIT

An exercise circuit (a cycle of 5-6 moves, run a few times through) is a great way to stave off boredom and get a lot done in a short amount of time. You can create your own mini-circuits at home. Ideally, your circuit will include a cardio burst of 1-2 minutes, followed by 3-5 exercises that work various parts of your body.

JUMP ROPE, JOG IN PLACE OR RUN YOUR STEPS: Start with 1 minute and progress to 2 minutes.

10 PUSHUPS: You can modify with knees down if you are having trouble holding a straight body pushup position; remember to keep your palms flat on the floor.

20 CRUNCHES: With feet flat and knees up, legs bent in the air at 90 degrees, straight up, or your favorite variation.

20 HIP LIFTS: Flat on your back, arms down on the ground at your sides with fingertips pointing toward feet, feet flat with knees bent at 90 degrees; press feet and shoulders into floor as you lift your hips as high as you can; lift and lower.

30-SECOND PLANK HOLD: Holding a pushup position; body as a straight line, or with knees down.

10 TRICEP DIPS ON A CHAIR/COUCH: Sit on chair with feet flat and knees bent at 90 degrees; hands at sides, palms pressed into the chair with fingertips facing forward; take one large step with right foot, and join left foot beside it. Bend your arm to 90 degrees as you lower and lift; keep abs tight.

The beauty of exercise circuits is that you can be creative. Mix and match your favorite moves to keep your routine fresh.

Sources: American Heart Association, Cold Weather Fitness Guide