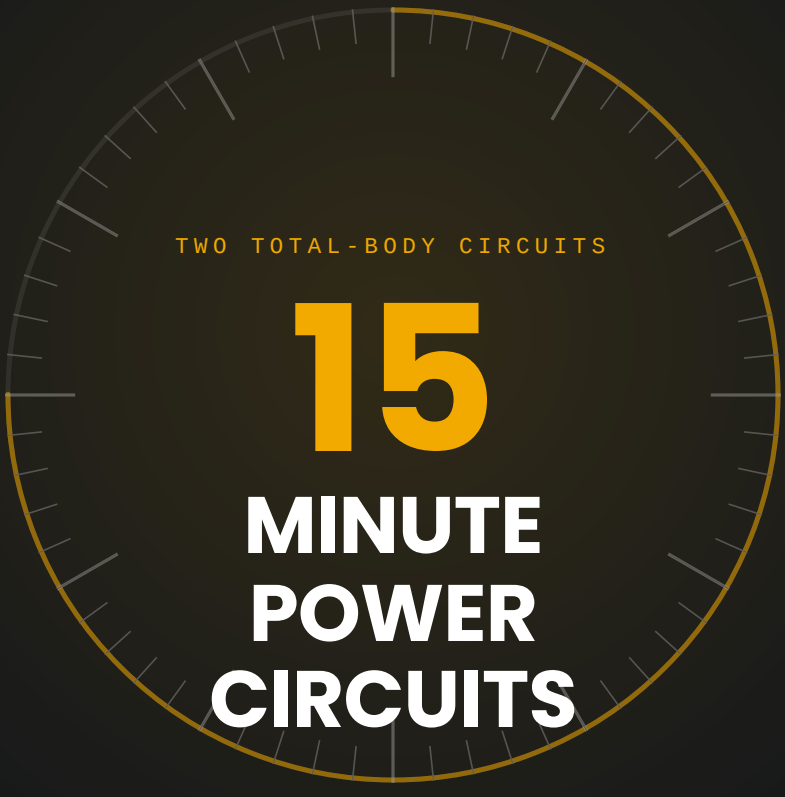


HOME · MINIMAL EQUIPMENT · 15 MINUTES

TWO TOTAL-BODY CIRCUITS



15 MINUTE POWER CIRCUITS

A CIRCUIT TRAINING GUIDE BY

RYAN

Short on time isn't short on options.

Don't let being short on time and equipment stop you from getting stronger and building muscle. Below are two total-body power circuits that will give you the pump your muscles crave. Do them 2–3 times per week to see maximum progress, or use them to supplement your current routine when time is tight.

There's a bodyweight option for those without access to any equipment, and a dumbbell routine for those with a limited home gym.

SIMPLE + CONSISTENT + PATIENCE = RESULTS

In your corner,

Ryan

Set a timer. Move with intent.

Do each exercise for 30–40 seconds with a 10 second rest between exercises.
Complete each circuit for 3 rounds.

30–40

SEC WORK

10

SEC REST

3

ROUNDS

TRACK 01

Bodyweight Circuit

No equipment needed — just floor space.

TRACK 02

Dumbbell Circuit

Built for a limited home gym setup.

Do them 2–3 times per week for maximum progress, or drop one in whenever your current routine is tight on time.

The Circuits

Bodyweight Power Circuit

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CIRCUIT 1 OF 2



BODYWEIGHT

Power Circuit

7 EXERCISES • 3 ROUNDS • ~15 MIN



UPPER BODY

Push-up Partial

(Flat or Incline)

SETUP

Place hands slightly wider than shoulder-width apart on the floor or an elevated surface (bench, couch, or wall). Form a straight line from head to heels.

ACTION

Lower your chest halfway down to the bottom of the movement, then press back up halfway, keeping constant tension on the chest and triceps without locking out at the top.

CUE

Keep your core braced and don't let your hips sag.



LOWER BODY

Glute Bridge Marches

SETUP

Lie on your back with knees bent, feet flat on the floor hip-width apart. Drive through your heels to lift your hips until your body forms a straight line from shoulders to knees.

ACTION

Hold the bridge high and lift one knee toward your chest in a controlled marching motion. Lower it back down and alternate legs without letting your hips drop.

CUE

Squeeze your glutes tightly and keep your pelvis level throughout the march.



LOWER BODY

Squat Pulses

SETUP

Stand with feet shoulder-width apart, toes turned slightly out.

ACTION

Lower into a deep squat. Instead of standing all the way back up, rise only 2–3 inches, then lower back down in a controlled, rhythmic pulsing motion.

CUE

Keep your chest up, weight in your heels, and maintain tension in your legs the entire time.



LOWER BODY

Full Squats

SETUP

Stand with feet shoulder-width apart, chest lifted, and core tight.

ACTION

Sit your hips back and down as if sitting into a low chair, lowering until your thighs are parallel to the ground (or lower if mobility allows). Press through your full foot to stand up fully and squeeze your glutes at the top.

CUE

Track your knees in line with your toes and keep your heels grounded.



FULL BODY

Hindu Push-ups

SETUP

Start in a wide downward dog position with hips high in the air, hands and feet shoulder-width apart.

ACTION

Bend your elbows and swoop your chest low toward the floor between your hands, pressing upward into an upward dog position (chest up, hips low). Reverse the swoop or lift hips back up to return to downward dog.

CUE

Move fluidly like a wave — chest low on the way down, driving up through the palms.



CORE & BACK

Supermans to Super Star

SETUP

Lie face down on the floor with arms extended straight overhead and legs extended back.

ACTION

Lift your chest, arms, and legs off the ground simultaneously into a Superman hold. From this lifted position, sweep your arms and legs wide apart into an "X" position (Super Star), then bring them back to center before lowering down.

CUE

Squeeze your upper back, glutes, and lower back at the top; avoid straining your neck.



LOWER BODY & CORE

Reverse Lunge to Standing Crunch

(Alternating)

SETUP

Stand tall with feet hip-width apart and hands behind your head or elbows out wide.

ACTION

Step one foot backward and drop into a lunge until both knees are bent at roughly 90 degrees. Drive off the front heel to stand up, bringing the back knee up toward your opposite elbow for an oblique crunch. Return to the starting position and repeat on the other leg.

CUE

Stay balanced over your front mid-foot and focus on driving the knee up with your abs.

CIRCUIT 2 OF 2



DUMBBELL

Power Circuit

7 EXERCISES • 3 ROUNDS • ~15 MIN



UPPER BODY

Chest Press to Flyes

SETUP

Lie flat on your back on a bench or the floor (floor press) with knees bent, holding a dumbbell in each hand directly above your chest, palms facing each other.

ACTION

Lower the dumbbells straight down by bending your elbows out at a 45-degree angle for a press, then drive them back up. On the next rep, lower the dumbbells outward in a wide arc with a slight bend in your elbows for a flye, then squeeze your chest to bring them back together. Alternate press and flye each rep.

CUE

Keep your lower back pressed firm against the floor or bench throughout both movements.



FULL BODY

Squat Press

(Thrusters)

SETUP

Stand with feet shoulder-width apart, holding a dumbbell in each hand at shoulder height, palms facing each other or forward.

ACTION

Lower into a deep squat, keeping your chest up and weight in your heels. Drive up explosively through your legs; as you reach full standing height, use that upward momentum to press the dumbbells directly overhead. Lower the weights back to your shoulders as you sink into the next squat.

CUE

Make it one fluid movement — use the drive from your legs to help launch the weights overhead.



UPPER BODY & BACK

Bent-Over Rows

SETUP

Stand with feet hip-width apart, knees slightly bent. Hinge forward at the hips with a flat back until your torso is nearly parallel to the floor, letting the dumbbells hang at arm's length, palms facing each other.

ACTION

Pull the dumbbells up toward your hip bones, keeping your elbows close to your torso and squeezing your shoulder blades together at the top. Lower the weights under control back to the starting position.

CUE

Pull through your elbows, not your hands, and keep your neck relaxed in line with your spine.



UPPER BODY

Chest Press Partial

SETUP

Lie on your back on a bench or floor, holding dumbbells directly over your chest with palms facing forward or angled inward.

ACTION

Lower the dumbbells all the way to your chest, then press back up halfway, maintaining continuous tension on the chest muscles. Add a little pause at the bottom for an extra burn.

CUE

Keep the movement smooth and controlled — don't let momentum take over.



ARMS

Curls

SETUP

Stand tall with feet shoulder-width apart, core tight, holding a dumbbell in each hand at your sides with palms facing forward (or palms facing each other for hammer curls).

ACTION

Keeping your upper arms glued to your sides, bend your elbows and curl the weights up toward shoulder level. Pause for a second at the top to squeeze your biceps, then lower under control.

CUE

Keep your torso still — no swinging at the hips to bounce the weights up.



ARMS

Lying Triceps Extensions

(Skull Crushers)

SETUP

Lie flat on your back on a bench or floor. Extend arms straight up over your shoulders, holding a dumbbell in each hand (or one dumbbell held horizontally with both hands) with palms facing each other.

ACTION

Keeping your upper arms fixed perpendicular to the floor, bend only at the elbows to lower the dumbbells down toward the sides of your forehead/ears. Use your triceps to extend your arms back up to the starting position.

CUE

Lock your elbows in place; don't let them flare outward or drift forward and back.



LOWER BODY

Bulgarian Split Squats

SETUP

Stand a couple of feet in front of a bench, chair, or sturdy step. Place the top of one foot behind you on the elevated surface, holding a dumbbell in each hand at your sides.

ACTION

Lower your back knee straight down toward the floor until your front thigh is nearly parallel to the ground. Press through the mid-foot/heel of your front leg to drive back up to the starting position. Complete all reps on one side before switching legs.

CUE

Keep your chest upright and stay far enough forward that your front knee doesn't drift excessively past your front toes.



THAT'S THE WORKOUT.

Fifteen minutes, two circuits, zero excuses. Run them back 2-3 times a week and stay patient with the process.

SIMPLE + CONSISTENT + PATIENCE = RESULTS

In your corner,

Ryan