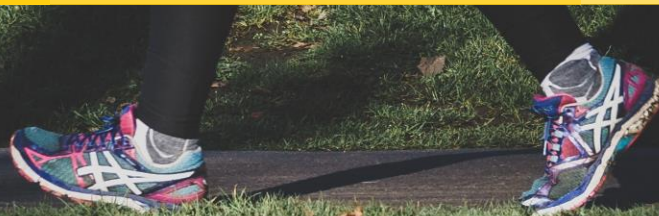


# Get Active!



## Build Your Own Circuit

Circuits can be a great way to get active without any special equipment. To build your own circuit, choose 3-4 activities from each list below. Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes. Repeat the circuit 2-3 times.

Cardio Exercises	Strengthening Exercises
Jumping jacks	Plank and side plank
Jumping rope	Pushups
Jogging or marching in place	Sit-ups or crunches
Stair-climbing or step-ups	Hip lift or bridge position
High knees	Triceps dips on a chair
Lunges	Squats or chair position
Burpees	Wall sits

Source: American Heart Association ([www.heart.org](http://www.heart.org))

*Always consult your healthcare provider before beginning a new exercise regimen. These materials are for informational purposes only and should not be considered medical advice. These materials are not intended to nor should they be construed as a substitute for the advice or treatment of a healthcare professional. By using these materials, you assume any related risks and acknowledge that in no case shall Caterpillar, Inc., its affiliates, directors, officers, or employees be liable for any claims, damages, or injuries directly related to such use.*