Tired? Stressed? You look like you need some exercise!

So this exercise it’s a um it’s a circuit routine so there’s 6 exercises and I want you to do them one after another without a break um and just for beginners you can just do it once each and as you progress you can make the circuit longer so maybe do the circuit 3 times the next time 5 times the time after that
So exercise number 1 is squat jumps, so you want to do 10 of these. This is a little demo..

Number 2 is push-ups

Number 3 is sit-ups… so you want to do ten of these. Probably better like this..

Number 5 is dips.. you can just use your chair that you’ve been sitting on. So ten of these

So when youre studying youre never going to be short on these: Textbooks. So um you can do text book rows with them. The best way is just like this. So this will work your back muscles

Exercise number 6 is using the text books again.

Textbook overhead press. So ten of these as well. And that will work your shoulders and your chest.

Alright so that’s it guys, ah it’s just a quick workout that you can use um which will increase your concentration and help you study for longer.