

FULL BODY WORKOUT AT HOME

Monday

Round 1

- Legs and cardio
- 12 dumbbell squats
- 12 dumbbell deadlifts
- 12 dumbbell backward lunges
- 12 kettlebell swings
- 12 glute bridges
- REPEAT 2X

Cardio

- 15 rockstar jumps
- 15 sec rest
- 20 jumping jacks
- 15 sec rest
- 15 rockstar jumps
- 15 sec rest
- 20 high knees

Round 2

- 12 bodyweight jump squats
- 12 single leg deadlifts (6 each leg)
- 30 sec wall sits
- 12 dumbbell side lunge(6 each leg)
- 12 donkey kicks (6 each leg)
- REPEAT 2X

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Wednesday

Round 1

- 20 Russian twists
- 12 crunches
- 12 reverse crunches
- 30 sec planks
- 12 flutter kicks
- REPEAT 2X

Cardio

- 30 jumping jacks
- 15 mountain climbers
- 12 rockstar jumps
- 30 butt kicks
- 15 burpees
- 30 skaters
- 30 high knees
- REPEAT 3X

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Friday

Round 1

- 12 triceps kickbacks
- 12 bicep curls
- 12 lying triceps extensions
- 12 hammer curls
- 12 pushups
- REPEAT 3X

Cardio

- 15 burpees
- 15 sec rest
- 15 mountain climbers
- 15 sec rest
- REPEAT 2X

Round 2

- 12 dumbbell floor chest press
- 12 bent over dumbbell rows
- 12 overhead shoulder press
- 12 supermans
- 12 lateral raise
- REPEAT 3X

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Tuesday

Round 1

- 12 triceps kickbacks
- 12 bicep curls
- 12 lying triceps extensions
- 12 hammer curls
- 12 pushups
- REPEAT 2X

Cardio

- 15 burpees
- 15 sec rest
- 15 mountain climbers
- 15 sec rest
- REPEAT 2X

Round 2

- 12 dumbbell floor chest press
- 12 bent over dumbbell rows
- 12 overhead shoulder press
- 12 supermans
- 12 lateral raise
- REPEAT 2X

Cardio

- 15 burpees
- 15 sec rest
- 15 mountain climbers
- 15 sec rest
- REPEAT 2X



Thursday

Round 1

- Legs and cardio
- 12 dumbbell squats
- 12 dumbbell deadlifts
- 12 dumbbell backward lunges
- 12 kettlebell swings
- 12 glute bridges
- REPEAT 3X

Cardio

- 15 rockstar jumps
- 15 sec rest
- 20 jumping jacks
- 15 sec rest
- 15 rockstar jumps
- 15 sec rest
- 20 high knees
- REPEAT 2X

Round 2

- 12 bodyweight jump squats
- 12 single leg deadlifts (6 each leg)
- 30 sec wall sits
- 12 dumbbell side lunge (6 each leg)
- 12 donkey kicks (6 each leg)
- REPEAT 3X

Cardio

- 15 rockstar jumps
- 15 sec rest
- 20 jumping jacks
- 15 sec rest
- 15 rockstar jumps
- 15 sec rest
- 20 high knees



Home Workout Routine With Free Tools Without Experience Home Workout

Sebastian Brünink



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The No-Equipment Home Workout Hero: Effective Bodyweight Exercises That Require No Gym Membership Brian Smith, The No Equipment Home Workout Hero is a comprehensive guide to achieving fitness goals without the need for a gym membership or expensive equipment This book provides a variety of bodyweight exercises that can be done in the comfort of your own home offering the convenience and flexibility to fit workouts into any schedule Key Topics Covered 1 Introduction to No Equipment Home Workouts Benefits of Home Workouts Setting Up Your Home Workout Space Safety Tips for Home Workouts 2 Warm Up Exercises Dynamic Stretching Cardio Warm Up Routines 3 Upper Body Exercises Push Up Variations Tricep Dips Plank Variations 4 Lower Body Exercises Squats Variations Lunges Variations Glute Bridges 5 Core Strengthening Exercises Crunches and Sit Ups Russian Twists Mountain Climbers 6 Full Body Circuit Workouts Tabata Intervals EMOM Every Minute on the Minute Circuits AMRAP As Many Rounds As Possible Workouts 7 Flexibility and Mobility Training Static Stretching Routine Foam Rolling Techniques Yoga Poses for Mobility 8 HIIT High Intensity Interval Training Workouts Best HIIT Exercises Designing Your HIIT Workouts Benefits of HIIT Training 9 Progression and Regression Principles Modifying Exercises for Beginners Challenging Variations for Advanced Athletes Staying Consistent with Progression 10 Recovery and Regeneration Techniques Importance of Rest Days Post Workout Recovery Strategies Incorporating Self Massage 11 Nutrition Tips for Home Workouts Pre Workout Snack Ideas Hydration for Home Workouts Post Workout Nutrition Essentials 12 Motivation and Goal Setting Setting Realistic Fitness Goals Motivational Strategies for Home Workouts Tracking Progress and Celebrating Achievements 13 Incorporating Resistance Bands and Household Items Utilizing Resistance Bands in Workouts Home Objects as Workout Equipment Creative Ways to Add Resistance at Home 14 Building a Home Workout Routine Creating a Weekly Workout Schedule Balancing Cardio Strength and Flexibility Adapting Workouts to Fit Your Lifestyle 15 Conclusion and Final Tips Summary of Key Takeaways Staying Committed to Your Fitness Journey Seeking Professional Guidance if Needed **Home Workout: How to Get Ripped With Minimal Equipment at Home (The Complete Home Workout Blueprint for Getting Ripped and Adding Lean Muscle)** Nancy

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