

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

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

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



Start Home Workout Routine Tools Comparison Organically How To Start

KJ Lindholm-Leary



Start Home Workout Routine Tools Comparison Organically How To Start:

This book delves into Start Home Workout Routine Tools Comparison Organically How To Start. Start Home Workout Routine Tools Comparison Organically How To Start is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Start Home Workout Routine Tools Comparison Organically How To Start, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Start Home Workout Routine Tools Comparison Organically How To Start
 - Chapter 2: Essential Elements of Start Home Workout Routine Tools Comparison Organically How To Start
 - Chapter 3: Start Home Workout Routine Tools Comparison Organically How To Start in Everyday Life
 - Chapter 4: Start Home Workout Routine Tools Comparison Organically How To Start in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Start Home Workout Routine Tools Comparison Organically How To Start. The first chapter will explore what Start Home Workout Routine Tools Comparison Organically How To Start is, why Start Home Workout Routine Tools Comparison Organically How To Start is vital, and how to effectively learn about Start Home Workout Routine Tools Comparison Organically How To Start.
 3. In chapter 2, this book will delve into the foundational concepts of Start Home Workout Routine Tools Comparison Organically How To Start. This chapter will elucidate the essential principles that must be understood to grasp Start Home Workout Routine Tools Comparison Organically How To Start in its entirety.
 4. In chapter 3, this book will examine the practical applications of Start Home Workout Routine Tools Comparison Organically How To Start in daily life. This chapter will showcase real-world examples of how Start Home Workout Routine Tools Comparison Organically How To Start can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Start Home Workout Routine Tools Comparison Organically How To Start in specific contexts. The fourth chapter will explore how Start Home Workout Routine Tools Comparison Organically How To Start is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Start Home Workout Routine Tools Comparison Organically How To Start. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Start Home Workout Routine Tools Comparison Organically How To Start.

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