

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



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RD Boyd



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This book delves into Experience Home Workout Routine Tools Comparison With Free Tools Without. Experience Home Workout Routine Tools Comparison With Free Tools Without is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Experience Home Workout Routine Tools Comparison With Free Tools Without, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Experience Home Workout Routine Tools Comparison With Free Tools Without
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 - Chapter 3: Experience Home Workout Routine Tools Comparison With Free Tools Without in Everyday Life
 - Chapter 4: Experience Home Workout Routine Tools Comparison With Free Tools Without in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Experience Home Workout Routine Tools Comparison With Free Tools Without. The first chapter will explore what Experience Home Workout Routine Tools Comparison With Free Tools Without is, why Experience Home Workout Routine Tools Comparison With Free Tools Without is vital, and how to effectively learn about Experience Home Workout Routine Tools Comparison With Free Tools Without.
 3. In chapter 2, the author will delve into the foundational concepts of Experience Home Workout Routine Tools Comparison With Free Tools Without. This chapter will elucidate the essential principles that must be understood to grasp Experience Home Workout Routine Tools Comparison With Free Tools Without in its entirety.
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 5. In chapter 4, this book will scrutinize the relevance of Experience Home Workout Routine Tools Comparison With Free Tools Without in specific contexts. This chapter will explore how Experience Home Workout Routine Tools Comparison With Free Tools Without is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Experience Home Workout Routine Tools Comparison With Free Tools Without. 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. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Experience Home Workout Routine Tools Comparison With Free Tools Without.

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