

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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SA Adler



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