

FULL BODY HOME WORKOUT PLAN

NO EQUIPMENT NEEDED

1. Squats

3 x 15-20 reps
60 secs Rest

Feet shoulder-width apart. Move with hips first. Lower body down & stop at 90° angle. Hold 1-2 secs. Squeeze glutes to push up.

2. Vertical Pulls

3 x 10 reps
60 secs Rest

Feet either side of door. Hold & lean back till arms fully extended. Pull body up to door. Keep elbows close to body. Engage core. Keep body straight.

3. Push Ups

3 x 15-20 reps
60 secs Rest

From plank position, lower body to floor keeping the body straight. Stop once elbows reach 90° angle. Hold 1-2 secs and push back up to plank.

4. Standing Calf Raises

3 x 15-20 reps
60 secs Rest

Stand on a raised surface, heels off the edge. Drop the heels slightly. Push the heels up (tiptoe). Pause 1-2 secs & lower.

5. Ab Crunches

3 x 15-20 reps
60 secs Rest

Lie down, feet on floor, knees at 90° angle. Squeeze abs & raise shoulders off the ground -6 inches. Hold 1-2 secs and lower.

6. Stretch

10-20 mins

Stretch the full body for at least 10 mins. Stretches include: hamstring stretches, hip openers, side stretches, quad stretches.

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Jicheng Xie



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