

# 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



# Actually Works Affordable Way To Home Workout Routine With Free Tools

**Terry C. Jones**



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In some sort of inundated with screens and the cacophony of fast conversation, the profound power and emotional resonance of verbal beauty usually diminish in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, situated within the musical pages of **Actually Works Affordable Way To Home Workout Routine With Free Tools**, a interesting work of literary beauty that pulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus books readers on an emotional odyssey, lightly revealing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect its charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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