

# 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

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## 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

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## 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



# Home Workout Routine For Creators And Bloggers Without Experience Home

**SJ Ball**



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