



Full Body Home Workout

Full body 1

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Push up	3	AMRAP	3110	0	Focus on shoving hands together while pressing
A2	Towel row	3	12	2012	60	Lie on stomach, pull towel towards chest while pulling it apart
B1	Step up	3	12	3010	0	
B2	Wall sit	3	30sec		60	
C1	Lying ball curl	3	10		0	Use bosu ball to curl in
C2	Lunge with rotation	3	10		75	Hold chair or medicine ball to rotate

D1	Squats	4	50		45	Control on the way down, elevate heels if necessary

Full body 2

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Squats	3	50		0	Keep arms out in front
A2	Push ups	3	AMRAP		0	Shoulder width
A3	Skip or jumping jacks	3	2mins		1min	
B1	Lunges	4	50		0	Keep weight in heel
B2	Push ups	4	AMRAP		0	Wide stance
B3	High knees	4	1min		1min	

Full body 3

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Incline press up	4	20	2111	60	Keep bum up in air and come down slowly
B1	Banded row or pull up	4	20	3011	60	If you don't have pull up bar or band, do towel row again
C1	Tricep dips	4	20	3010	45	Keep shoulders down and elbows in

D1	Crunches	3	15	2111	30	Everyone does these far too quick - slow down and hold at top
E1	Downward & Upward dog	4	10		30	Continuous slow motion for full 10
F1	Reverse lunges or split squats	4	15		45	For split squat, elevate back leg and come down using front leg

Full body 4

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Frog squat jumps	3	20		45	Keep tummy on thigh and elevate hips (knee bends)
B1	Squats	4	50	4110	45	Smooth and controlled - focus on quad contraction
C1	Reverse Lunges	4	25ea	3010	45	Keep weight in front heel and body slightly leaned forward
D1	Calf raises	4	30		45	1 sec hold at the top, keep legs full straight (ideally on stairs)
E1	Push ups	3	AMRAP	3010	60	Keep back contracted and lower slowly
F1	Tricep dips	3	20	2110	45	Keep shoulders down and elbows in

Full body 5

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	Burpees	5	15		45	Make sure to get height at top with jump
B1	Superman	4	10		45	
C1	Hip Thrusts	4	30	3112	45	
D1	Crunches	3	15	2112	45	Hold for 2sec at the top
E1	Downward & Upward dog	4	10		0	
E2	Prone shoulder press	4	15	2111	60	Lying face down with arms out, complete shoulder press motion

Full body 6

	Exercise	Sets	Reps	Tempo	Rest	Notes
A1	High knees	4	30sec		0	
A2	Squat jumps	4	30sec		0	
A3	Burpees	4	30sec		0	
A4	Mountain climbers	4	30sec		0	
A5	Hip Thrusts	4	30		90	
B1	Crunches	3	15		0	Hold for sec at top and blow air out for hold

