Full Body At Home Workout 2
22 min · Glutes, Abs, Back, Cardio, Legs, Shoulders

Perform each move for 40 seconds. Rest for 20 seconds and move on to the next move. Repeat until you’ve done 1-2 sets of each move.

**Cardio – Running**
- Jog in place
  - 1 min

**Contralateral Limb Raises**
- 1-2 sets
- 40 secs
- 20 sec rest

**Lateral Shuffles**
- 1-2 sets
- 40 secs
- 20 sec rest

**Donkey Kicks**
- 1-2 sets
- 40 secs
- 20 sec rest

**Butt Kicks**
- 1-2 sets
- 40 secs
- 20 sec rest

**Supermans**
- 1-2 sets
- 40 secs
- 20 sec rest

**Front Kicks**
- 1-2 sets
- 40 secs
- 20 sec rest

**Wall Angles**
- 1-2 sets
- 40 secs
- 20 sec rest

**Lateral Shuffles**
- 1-2 sets
- 40 secs
- 20 sec rest
Wall Sits
1-2 sets 40 secs 20 sec rest

Butt Kicks
1-2 sets 40 secs 20 sec rest

Bird Dogs
1-2 sets 40 secs 20 sec rest

Front Kicks
1-2 sets 40 secs 20 sec rest

Plank to Push-Up
1-2 sets 40 secs 20 sec rest

Lateral Shuffles
1-2 sets 40 secs 20 sec rest

Lateral Lunges
1-2 sets 40 secs 20 sec rest

Butt Kicks
1-2 sets 40 secs 20 sec rest

Reverse Crunch
1-2 sets 40 secs 20 sec rest
Front Kicks
1-2 sets 40 secs 20 sec rest

Cardio – Running
1 min
Jog in place
Cardio – Running / Jogging / Treadmill

Primary muscle group(s):  
Quadriceps

Secondary:  
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

Contralateral Limb Raises

Primary muscle group(s):  
Glutes & Hip Flexors, Upper Back & Lower Traps

Secondary:  
Lower Back, Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down in front of you, and your legs outstretched with your soles facing up.

Simultaneously lift your right arm and left leg off the floor.

When you reach your flexion point, hold for a second before slowly lowering back down to the floor.

Repeat the same movement with your left arm and right leg.

Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):  
Hamstrings, Quadriceps

Secondary:  
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.

Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.

Now, jump to the left, bringing your right leg behind you and your right arm in front of you.

Repeat the movement, alternating back and forth.
**Donkey Kicks**

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Abs

Position yourself on all fours on a mat.
Position your hands underneath your shoulders and place your knees under your hips.
Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.
Lower the knee without touching the floor and repeat the lift.
Once you've completed the reps on the right leg, switch legs.

**Butt Kicks**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.
Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):
Lower Back
Secondary:
Abs

Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

This exercise can be done using one arm and it’s opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.

Front Kicks

Primary muscle group(s):
Hamstrings, Quadriceps
Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right foot is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.
**Wall Angles**

Primary muscle group(s):
Quadriceps, Shoulders

Secondary:
Abs, Hamstrings

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.

**Side / Lateral Shuffles / Hops / Skaters**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.

Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.

Now, jump to the left, bringing your right leg behind you and your right arm in front of you.

Repeat the movement, alternating back and forth.
Wall Sit / Squats / Chair

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Stand tall against a wall with your head and back touching the wall.
Position your feet so that they are shoulder-width apart and a few inches away from the wall.
Rest your arms at your sides.
Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position
Return to starting position by straightening your knees and standing tall again.

Butt Kicks

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.
Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.
Continue this back and forth motion, keeping your arms swinging in motion.
**Bird Dogs / Alternating Reach & Kickbacks**

Primary muscle group(s):
Abs, Lower Back

Secondary:
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.

**Front Kicks**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.
Plank to Push-Up / Pushups / Walking Plank Up-Downs

Primary muscle group(s):
Abs, Shoulders

Start in the plank position with your elbows shoulder-width apart.
Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line.
Slowly return to the starting plank position the same way, one arm at a time.
Repeat the movement alternating sides.

Side / Lateral Shuffles / Hops / Skaters

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves

Keep your core tight and back flat as you bend slightly forward.
Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground. At the same time, bring your left arm in front of you.
Now, jump to the left, bringing your right leg behind you and your right arm in front of you.
Repeat the movement, alternating back and forth.
Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):
Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:
Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.

Butt Kicks

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.
Reverse Crunch

Primary muscle group(s):
Abs

Lie flat on an exercise mat on the floor.
Extend your legs fully and place your hands palms down, flat on the floor beside you.
Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.
Continue the movement until your knees are touching your chest, or as far as comfortable.
Hold for a count of one.
In a controlled movement, return your legs to the start position, exhaling as you do so.
Repeat.

Front Kicks

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.
Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.
Begin by extending your right leg up, leading with your knee.
Next, extend your foot out. Immediately, retract it back to the starting position.
Repeat on the other side.
Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.