Full Body At Home Workout 3
22 min · Glutes & Hip flexors, Abs, Back, Cardio, Chest, Legs

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

Wall Push-Ups

Burpees

Bodyweight Walking Lunges

Jumping Jacks

Russian Twists

Tuck Jumps

Floor T Raises

Burpees
Alternating Curtsy Lunge
1-2 sets 40 secs 20 sec rest

Jumping Jacks
1-2 sets 40 secs 20 sec rest

Side Plank
1-2 sets 40 secs 20 sec rest

Tuck Jumps
1-2 sets 40 secs 20 sec rest

Static Push-up
1-2 sets 40 secs 20 sec rest

Burpees
1-2 sets 40 secs 20 sec rest

Body Weight Sumo Squats
1-2 sets 40 secs 20 sec rest

Jumping Jacks
1-2 sets 40 secs 20 sec rest

Double Crunches
1-2 sets 40 secs 20 sec rest
Tuck Jumps

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.

**Wall Push-Ups / Pushups / Standing Press Ups**

Primary muscle group(s):
Chest, Triceps

Secondary:
Abs

Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place your hands against the wall.

Keeping a tight core, slowly lower your chest towards the wall.

Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.
Burpees / Squat Thrusts

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

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.
Bodyweight Walking Lunges

Primary muscle group(s):
Quadiceps

Secondary:
Calves, Glutes & Hip Flexors

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you. Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

⚠️ Try to keep your hands on your hips at all times, using your obliques to keep your balance.
Jumping Jacks / Star Jumps

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

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠️ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
**Russian / Mason / V-Sit Twists**

Primary muscle group(s):
Abs

Secondary:
Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.

Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.

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**Tuck Jumps**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.
**Floor T Raises / Back Flyes**

Primary muscle group(s):
Middle Back / Lats, Upper Back & Lower Traps

Secondary:
Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down, either side of your body (your body should look like a perfect T from above).

Simultaneously lift both arms off the ground to semi-full flexion and pinch your upper back together; hold for a full second.

Slowly lower both arms back to the ground to complete a full rep.

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**Burpees / Squat Thrusts**

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

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position. Repeat.
Alternating Curtsy Lunge

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Calves, Glutes & Hip Flexors

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width.

Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.

Jumping Jacks / Star Jumps

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

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠️ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
**Side Plank**

**Primary muscle group(s):**
- Obliques

**Secondary:**
- Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.

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**Tuck Jumps**

**Primary muscle group(s):**
- Hamstrings, Quadriceps

**Secondary:**
- Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.
**Static Push-up / Pushup Hold**

Primary muscle group(s):
Abs, Chest

Secondary:
Abs, Shoulders, Triceps

Position yourself in a plank position, supporting your body with your toes and place your hands underneath your shoulders with elbows extended. Keep your abs engage and prevent letting your hips sag.

Lower your chest to the floor and hold for 30 seconds.

Straighten up to starting position.

**Burpees / Squat Thrusts**

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

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.
**Body Weight Sumo / Wide Stance Squats**

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

**Secondary:**
Hamstrings

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.

Keeping your back straight, lower your body towards the ground by bending your knees.

As you reach a fully squatting position (legs are bent at a 90-degree angle), hold the pose for 1 second before driving your feet into the floor and slowly push your body back up to the starting position.

For a bonus, tense your glutes at the top of the movement.

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**Jumping Jacks / Star Jumps**

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

**Secondary:**
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

* This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
Double Crunches

Primary muscle group(s):
Abs

Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.

Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.

Pause and return to the starting position.

Tuck Jumps

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.

Cardio – Running / Jogging / Treadmill

Primary muscle group(s):
Quadriceps

Secondary:
Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.