

Full Body Workout #1

Reps and Sets will depend on your abilities. 2-3 sets of 8-12 reps is suggested!

1. WARM UP – Jumping Jacks (3 x 20 reps)

Stand with your feet together and hands at your side. Raise your arms and jump enough to spread your feet out wide at the same time. Reverse this movement and repeat. Alternatively, you can perform a basic side touch. Stand hip width apart and step your left foot towards your right foot. Then, step your left foot back to starting position and step your right foot towards your left foot. Repeat this sequence.



2. WARM UP – Alternating Rear Lunges (2 x 20 reps)

Stand with your feet hip-width distance apart and take a large step backwards with your left foot and bend your left knee. Lower your hips so your right thigh is parallel to the floor. Make sure your knee is directly above your ankle. Return to standing position by pressing your right heel into the floor while bringing your left leg forward to complete one repetition.



3. LEGS - Squats

Stand with your feet shoulder-width apart. Flex your knees and hips, and sit down as if there was a chair behind you. The weight should stay in your heels. Slowly return to starting position.



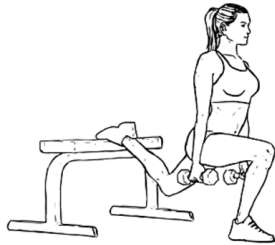
4. BACK – Bent Over Row with Dumbbell

Stand shoulder-width apart with one dumbbell in each hand. Bend your knees and lean forward at the hips. At the same time, keep your spine straight. Let your arms hang straight below your shoulders and slowly raise the weight until your elbows are parallel with your spine. Slowly lower back to starting position.



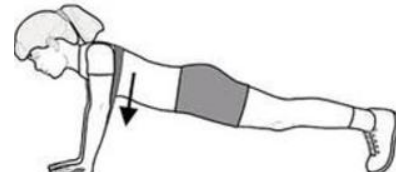
5. LEGS – Bulgarian Split Squat

Stand in front of a bench. With a dumbbell in each hand, rest the top of one foot on the bench behind you. Bend the forward knee until the back knee is slightly above the floor (or until the front leg is parallel to the ground). Stay upright and your chest high. Slowly return to starting position.



6. CHEST – Push Ups

Start in a high plank position. Have your hands under your shoulders. Lower your body by bending your elbows while keeping your back flat. Avoid dipping or sticking out your buttocks. Your body should be a straight line as you lower yourself. Slowly return to starting position. Alternatively, you can place your knees on the floor.



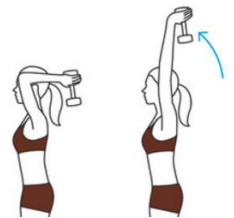
7. ARMS – Bicep Curls

Stand up and hold a pair of dumbbells at your sides, palms facing out. Keep your elbows close to your torso and bend your elbows toward you until shoulder height. When lifting, keep every other part of your body still. Slowly return to starting position.



8. ARMS – Standing Overhead Arm Extension

With two hands, hold one dumbbell overhead. Lower your arms by flexing your elbows and raise the dumbbell overhead by extending elbows. Keep your elbows close together.



9. CORE McGill Curl Up

Lie on your back with your legs straight. Bend right leg and plant the right foot on the floor next to your left knee. Place your hands under your lower back and curl your head, neck, and shoulders off of the ground. Do not tuck your chin or let your head fall back. Hold yourself up at the top for around 8 seconds. Lower your head back down.



10. CORE – Mountain Climbers

Start in a high plank position. Draw in your abdominals by driving one knee into the chest and switching legs immediately. It is as your knees are “running” into the chest.

