

Total Body Home Workout

Short Video Explanation:

<https://youtu.be/OlcMMfmI-II>

Abs and Core

- On your back- Extend legs. Slowly walk hands to R ankle as you come to sitting and lift lower back off mat. Return to start keeping your right heel off the mat x 20
- High plank lift right leg up for 3-leg Dog then bring knee forward to chest, pause and hold. Return to 3-leg Dog x 20
- Repeat both on left side.
- On back, lift alternating legs, coming up to sitting x 10 each side
- Hi plank x 1 min bringing alternating knees forward towards chest.

Upper Body

- 1 min Jumping Jack (or Starburst)/ squat thrust
- Right arm reverse fly to bent over row x 20 [4-count]
- 1 min Jumping Jack (or Starburst)/ squat thrust
- Left arm reverse fly to bent over row x 20 [4-count]
- 1 min Jumping Jack (or Starburst)/ squat thrust
- Both weights Bent-over row to tricep kickback x 20

Lower Body

- Squat jump 1 minute
- Right leg Good Morning with both weights x 1 minute
- Squat jump 1 minute
- Left leg Good Morning with both weights x 1 minute
- Squat jump 1 minute
- Basic Good Mornings x 1 minute

Abs

- Mountain Climbers 1 minute
- Bicycles X 50 double count
- Mountain Climbers 1 minute
- Scissor kicks X 50 double count
- Mountain Climbers 1 minute
- Flutter kicks X 50 double count

Upper Body

- Knee-ups right leg, on step x 45 sec
- Push ups, right toe up or rest on left heel x 20 (or 45 seconds max)
- Knee-up left leg, on step x 45 sec
- Push ups, left toe up or on right heel x 20 (or 45 seconds max)
- Step ups, weights optional (or toe taps) x 45 seconds
- 20 Push ups lifting alternating toes as you bring chest down (or 45 seconds max)

Bonus— 1 Minute Each:

- Run high knees or fast feet
- Lunge forward alternating legs -weights optional
- Run high knees
- Reverse lunges
- Run high knees
- Side lunges