

# FULL-BODY WORKOUTS



## 10 Minute Full-Body Bodyweight Workout

Perform each exercise in the circuit for one full minute, resting 15 seconds between exercises. Complete the circuit twice and you're done.

1. Perform a **bodyweight squat to reverse lunge** for 1 minute.
2. Perform a **push-up to slow mountain climber** (incline if necessary) for 1 minute.
3. Perform **glute bridges** for 1 minute.
4. Perform **bird dogs** for 1 minute.



## 15 Minute Full-Body Bodyweight Workout

Set a timer for 15 minutes and perform as many rounds of the following circuit as possible with good form, resting 15 seconds between each exercise.

1. Perform **10 split squats each side**.
2. Perform a **side plank for 20 seconds each side**.
3. Perform **10 plank to push-ups**, alternating arms each time.
4. Perform **20 feet-elevated glute bridges**.



## 20 Minute Full-Body Bodyweight Workout

Set a timer for 20 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 push-ups** or **10 incline push-ups**.
2. Perform **10 bodyweight squats** or **10 bodyweight jump squats**.
3. Perform **10 bear crawls**.
4. Perform 10 jumping jacks.



## 25 Minute Full-Body Bodyweight Workout

Set a timer for 25 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 bodyweight squats.**
2. Perform **a bear crawl forward and backward** for 5 yards each.
3. Perform **10 reverse lunges on each side.**
4. Perform **10 slow mountain climbers on each side.**



## 30 Minute Full-Body Bodyweight Workout

Set a timer for 30 minutes. Perform the following circuit, doing as many rounds as possible with good form. Rest 15 to 30 seconds between exercises, and 30 to 60 seconds between each round.

1. Perform **10 walk-outs** (can add a **push-up**, if desired).
2. Perform **10 bodyweight single-leg Romanian deadlifts on each side.**
3. Perform **10 dead bugs each side.**
4. Perform **10 wall slides.**
5. Perform **10 lateral lunges each side.**