



FULL BODY AT-HOME WORKOUT

20 minutes

Start this full body workout with a thorough warm up and finish with a set of static stretches. Repeat this circuit 4 times and rest for 60 seconds between sets.



a l i v e 4 h e a l t h . c o m

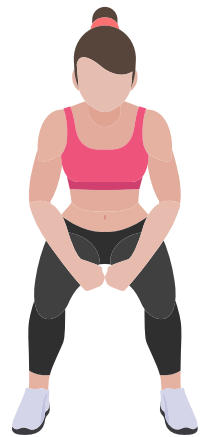


Lunges with rotation 45 sec ON 15 sec OFF

Step one foot out into a lunge position, bending both knees, and rotate your arms and torso over your lead leg. Rotate back to neutral and stand up. Step forward into a lunge with the opposite leg while rotating your arms and torso over that lead leg

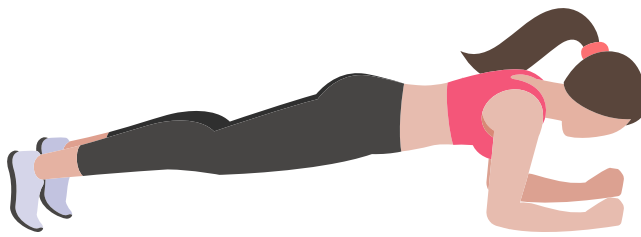
Wall Sit 45 sec ON 15 sec OFF

Engage your abdominal muscles and slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet so your knees are directly above your ankles (rather than over your toes)



Plank 45 sec ON 15 sec OFF

Lay on the floor with your elbows under your shoulders, hands flat on the floor and core engaged. Keeping your forearms and knees on the floor slowly raise yourself upwards until your body is in a straight line from your knees to your head. Hold the position for as long as you can.



Plank shoulder taps 45 sec ON 15 sec OFF

Raise one hand off the floor and move it up and across to tap the opposite shoulder, then repeat on the opposite side. Move deliberately, and engage your core and glutes to ensure that your hips don't rock from side to side as you move your arms.



Glute brinidge 45 sec ON 15 sec OFF

Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Hold your bridged position for a couple of seconds before easing back down.

