



Full Body Workout #1

5 Minute Warm Up

Perform each warm up move for 15 seconds repeating 3x!



Wide Leg Butt Kickers

Stand with feet wider than hip width distance apart. Bend your right knee and lightly touch your ankle to your butt. Repeat on other side.



Overhead Arm Raises

Start with feet hip width distance apart. Raise your right arm over your head to the left side while straightening your right leg out to the side.

Repeat on other side.

Warm Up Continued on next page

Warm Up Continued...



High Knees

Stand with your feet hip width apart. Pull your right knee high up toward your chest and quickly place it back on the ground. Follow immediately by pulling your left knee up toward your chest. Continue to do this as quickly as possible!



Squat with Overhead Arm Raises

Start with feet wider than hip width distance apart with toes pointed at 45 degrees. Squat down as low as you can while keeping your spine straight. Straighten legs while squeezing your glutes and raising your arms out then over your head (like a big circle!)



Jumping Jacks

Begin by standing with a slight bend in knees and hands resting to the side. Keeping the knees bent, jump your legs out to the side wider than your shoulders while arms go out and above the head. Reverse & repeat quickly.

Time for your workout!

Perform each move for 45 seconds with a 10 second break in between. Take this time to grab some water, rest, or I recommend running in place with your set of weights in both hands... Or dance! (pictured below)

Repeat this routine 3x!

Or dance it out!!



Run In Place



Squat to Press

Start with feet hip width distance apart. Toes pointed forward. Raise dumbbells to the shoulders with palms facing inward. Squat down as low as you can with a straight spine. Straighten legs while squeezing your glutes and pushing your arms up to straighten. Reverse and Repeat.



Deadlift to Row

Start with feet hip width distance apart with palms facing your thighs. Keeping the knees stationary, lower the dumbbells to over the top of your feet by bending at the waist and keeping your back straight, head forward. Squeeze glutes and bend at the waist back up. When you reach the top, bend & lift your arms, keeping them close to your body, until you've reached below your chin. Reverse & Repeat.



Calf Raise to Triceps Extension

Stand tall with core engaged. Raise your arms over your head with palms facing forward, dumbbells touching. Raise your heels until you're standing on the balls of your feet. Lower down then bend the elbows to 90 degrees behind your head. Reverse & Repeat.



Push Ups

Start in plank position. Hands placed shoulder width apart with your back straight and core engaged. Bend your elbows until your chest hits the ground (or as low as you can go!). Push back up keeping your back straight. Repeat. Also, you can always lower to your knees if you need too!



Seated Bicep Curl Knee Tucks

Sit on your butt with dumbbells in hand. Raise knees up in front of you at 90 degrees in reverse tabletop position. Straighten arms to your sides with palms facing to the sky. Perform a bicep curl by bending elbows till your palms reach your shoulders. Return arms then extend legs out to perform a knee tuck. Reverse & Repeat.



Reverse Triceps Extension w/ Leg Extension

Start by lying down on your back. Raise your legs up & bend your knees at a 90 degree angle into reverse table top position. Raise arms in front of you with palms facing each other and dumbbells touching. Extend legs down keeping them 2 inches off the floor while simultaneously lowering arms down by your ears. Reverse and Repeat.

Cool Down - Hold each stretch for 15 Seconds



Standing Fold

Stand tall with a slight bend in your knees. Raise your arms out and up over your head then fold at your hips while keeping your spine lengthened. Place your hands on your knees, calves, feet, or floor (wherever you can!!)

Rest here & BREATHE!



Standing Lunge to Kneeling Hamstring Stretch

Step your left foot back while bending your right knee into a lunge. Place hands above your knee. After holding, place your left knee down to the ground while straightening your right knee. Keep your spine straight and hips squared forward.



**Repeat Previous Moves
on Other Side**



Wide Angle Seated Forward Bend - Left, Middle, Right

Sit on the floor with your legs open wide in front of you. Bending at your hips, place chest on top of your right thigh while reaching your arms toward your foot. Rest. While staying bent, walk your arms toward the center. Rest. Again, while staying bent, walk your arms to the left. Rest.



Seated Spinal Twist

Begin seated with both legs out in front of you. Bend your right knee and place your right foot on the ground outside of your left thigh while keeping your left leg long. Turn your torso to the right and take your right hand to the ground behind you then wrap your left arm around your right leg.

Repeat on other side.



Cross-Body Shoulder Stretch

Lift both arms out the the side parallel to the floor. Cross your right arm over your chest while pulling it in with your left hand above the elbow. Look over your right shoulder. Repeat on other side.



Overhead Triceps Stretch

Lift both arms straight up overhead. Bend your right arm down behind your head to touch your back. Place your left hand below the elbow to pull and increase the stretch.

Be sure to keep your neck straight, not letting your chin touch your chest.

Repeat on other side.



Wide Arm Circles

Make wide arms circles forward then reverse!