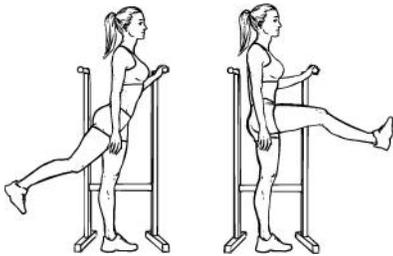


Beginners Whole Body BW

48 min · Arms, Back, Chest, Legs, Shoulders

This program will take under 30 mins to complete, so is great for those days where you want hit every muscle group.

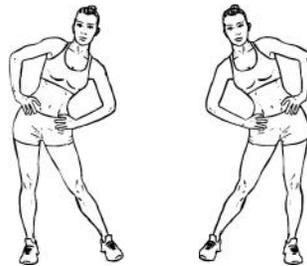
Forward Leg Hip Swings



3 sets 15 secs

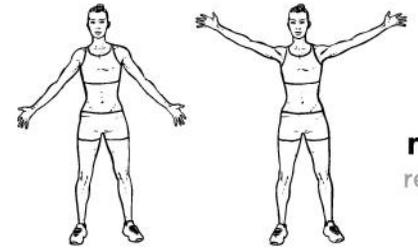
no rest

Hip Circles



3 sets 15 secs

Standing Arm Circles



2 sets 30 secs

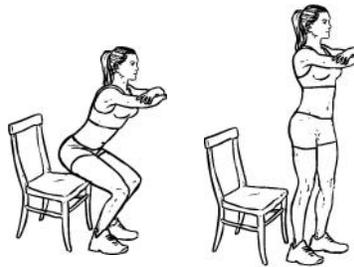
no rest

Neck Stretch



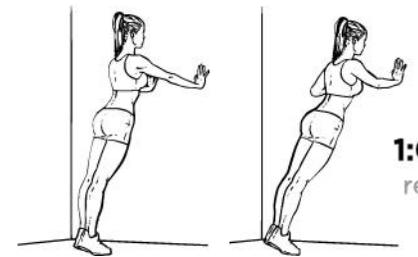
2 sets 10 secs

Chair Squats



3 sets 15 reps 60 sec rest

Wall Push-Ups

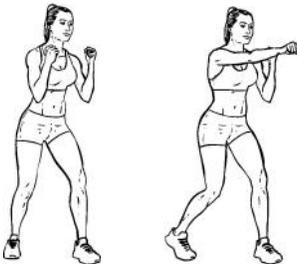


1:00 rest

1:00 rest

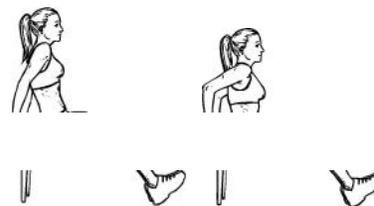
3 sets 12 reps 60 sec rest

Shadow Boxing



3 sets 30 secs 60 sec rest

Bench Tricep Dips

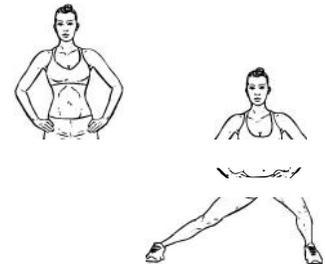


1:00 rest

1:00 rest

3 sets 12 reps 60 sec rest

Lateral Lunges

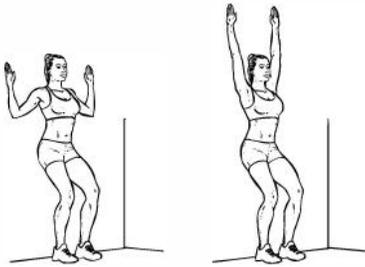


1:00 rest

3 sets 8 reps 60 sec rest

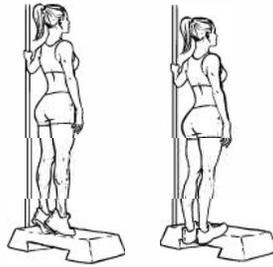
Disclaimer: If at any time you feel you are exercising beyond your current fitness abilities or feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately and consult your medical professional.

Wall Angles



3 sets 12 reps 60 lbs

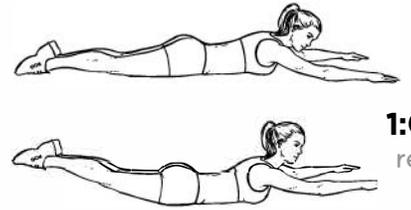
Bodyweight Calf Raises



1:00 rest

3 sets 12 reps 60 sec rest

Supermans



1:00 rest

1:00 rest

2 sets 10 reps 60 sec rest

Standing Hamstring Stretch



1 sets 45 secs

Overhead Triceps Stretch



1 sets 45 secs

Backward Camel Stretch



1 sets 45 secs

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Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

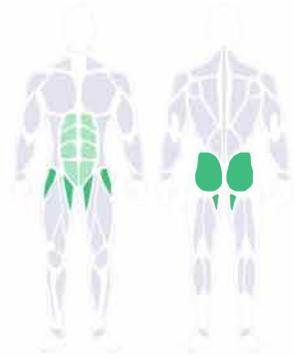
Abs

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Hip Circles

Primary muscle group(s):

Glutes & Hip Flexors

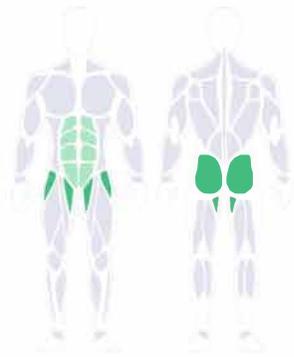
Secondary:

Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



Standing Arm Circles

Primary muscle group(s):

Shoulders

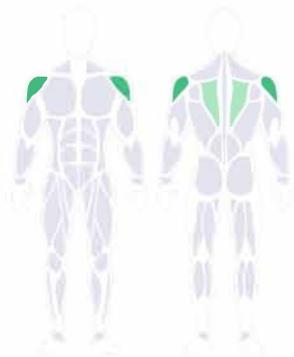
Secondary:

Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.

While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.

After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.



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Neck Stretch

Primary muscle group(s):

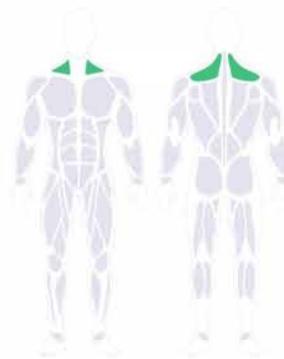
Neck & Upper Traps

Stand tall with your head facing forward.

Lower your left ear to your left shoulder as far as is comfortable.

Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck.

Release the stretch and repeat on the other side.



Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

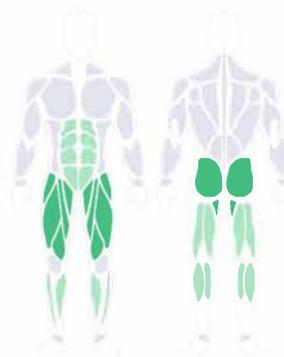
Secondary:

Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



Wall Push-Ups / Pushups / Standing Press Ups

Primary muscle group(s):

Chest, Triceps

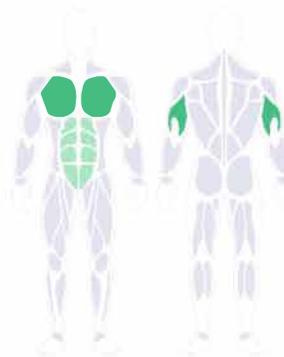
Secondary:

Abs

Stand in front of a wall, extend your arms out to measure the correct distance. Brace your core and place your hands against the wall.

Keeping a tight core, slowly lower your chest towards the wall.

Pause once your upper arms form a 90 degree angle. Contract the chest muscles and push yourself back up to the starting position. Repeat.



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Shadow Boxing

Primary muscle group(s):

Abs, Biceps, Shoulders, Triceps

Secondary:

Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.



Chair / Bench Tricep Dips

Primary muscle group(s):

Triceps

Secondary:

Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.



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Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

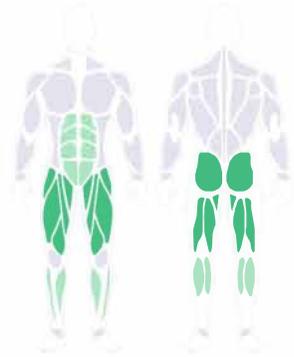
Secondary:

Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Wall Angles

Primary muscle group(s):

Quadriceps, Shoulders

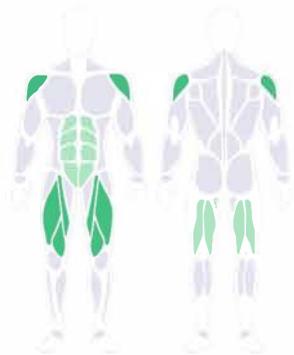
Secondary:

Abs, Hamstrings

Stand against a wall with your feet at shoulder-width. Walk your feet out about 2 or 3 steps. There will be a bend in your knees.

Keep your core tight as you raise your hands up and next to your ears. Place your shoulders and arms against the wall.

Push your arms above you, maintaining contact with the wall. Slowly, lower your arms and immediately begin again.



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Bodyweight Calf Raises

Primary muscle group(s):

Calves

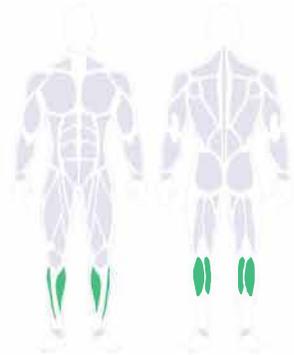
Stand straight with a tight core and flat back.

Keep your hands at your sides or hold on to a wall for balance.

Bring your feet to be hip distance apart.

Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.

Pause at the top of the movement and slowly return to the starting position.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

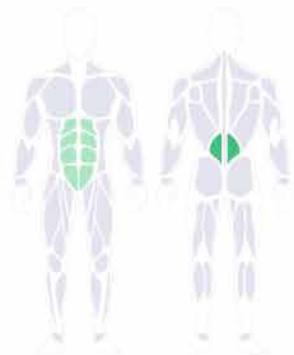
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

i This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



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Standing Hamstring Stretch

Primary muscle group(s):

Hamstrings

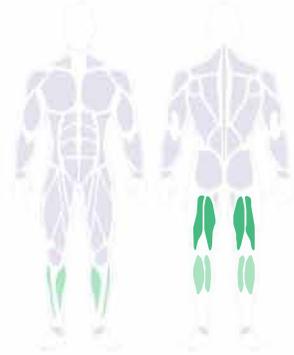
Secondary:

Calves

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Overhead Triceps Stretch

Primary muscle group(s):

Triceps

Secondary:

Shoulders

Standing up straight with a tight core, extend your left arm straight into the air.

Keep the elbow up as you bend your arm behind your head.

Take the right hand and gently pull the left elbow towards the right.

Hold this stretch then switch to the other side.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

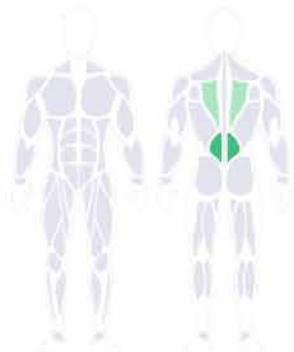
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



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