

25-Minute FULL BODY Workout

WARMUP

2 ROUNDS

- 4 squats + overhead reach (R arm)
- 4 lateral lunges + R hand to L foot
- 4 large arm circle to the front
- 4 squats + overhead reach (L arm)
- 4 lateral lunges + L hand to R foot
- 4 large arm circles to the left

BLOCK 1

90 SECONDS
if finished, rest until time's up!

- 8 squats
- 4 single-leg deadlifts
each side
- 16 skater lunges
total

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 2

90 SECONDS
if finished, rest until time's up!

- 8 push ups
- 16 plank shoulder taps
total
- 16 plank jacks
total

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 3

90 SECONDS
if finished, rest until time's up!

- 8 straight-leg raises
- 8 toe touches
- 8 v-ups

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 4

90 SECONDS
if finished, rest until time's up!

- 8 squats
- 8 pulsing half squats
- 8 jump squats

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 5

90 SECONDS
if finished, rest until time's up!

- 8 high-to-low planks
total
- 8 plank punches
total
- 16 mountain climbers
total

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 6

90 SECONDS
if finished, rest until time's up!

- 8 side-plank crunches
each side
- 16 rock the boats
total
- 16 bicycles
total

**30 SEC
PLANK**

**30 SEC
BREAK**

BLOCK 7

2 ROUNDS
*Complete all on the LEFT then all on the RIGHT
for 2 total rounds!*

- 8 kneeling
fire hydrants
- 8 kneeling
donkey kicks
- 8 kneeling
ninja kicks
- 8 kneeling
leg raises

**30 SEC
PLANK**

**30 SEC
BREAK**

COOL DOWN

30 seconds each side

- Standing Side Bend
- Standing Quad Stretch
- Cross-Body Stretch
- Runner's Lunge
- Figure 4 Stretch