

# At Home WORKOUT

## 25 x 30 x 2 FULL BODY PROGRAM

### No gym? No problem!

We've got you covered with our energizing at home workout circuit. This full body workout hits every muscle and adds a burst of cardio activity. Get your heart pumping, feel a little muscle burn and sweat! Let's get to it!

### 25 reps / 30 sec HIIT / 2 rounds

Perform 1 set of 25 reps of each exercise with a 30 second HIIT move in between. If you have dumbbells or resistance bands, use a lighter weight or resistance than you would normally. Make sure you track the weight you are lifting. When it gets easier, increase the weight. Are you ready??!!

### 30 second HIIT move - Side Shuffle Squat:

Set a timer for 30 seconds. Standing with feet a little wider than hip distance apart, with a slight bend in your knees. Take a few quick steps to your right, then squat down, touching your right hand to the floor. Return to an upright position and repeat, this time moving left.



**Shoulder Press**  
Deltoids



**Bicep Curl**  
Biceps



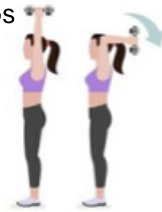
**Push Up**  
Pectoral



**1 Arm Bent Row**  
Latissimus dorsi



**Reverse Flye**  
Posterior delts, rhomboids,  
trapezius



**Skull Crusher**  
Triceps



**Squat**  
Glutes, Quads



**Sumo Squat**  
Glutes, Adductors

#### TIP:

Start with a quick warm up for 1 - 2 min

#### TIP:

Concentrate on lifting & lowering the weight

#### TIP:

Add some abdominal exercises

#### TIP:

Don't forget to stretch and cool down