

NO EQUIPMENT HOME WORKOUTS: COMBINED WORKOUTS

Workouts that combine strength development and aerobic exercise are some of the more time-efficient ways to exercise. When adapting to working out at home, having some easy to follow routines that require no equipment can help with the transition.

This guide is designed to help you build or maintain strength and your aerobic fitness without equipment while away at home. Herein are weekly workouts for those that wish to train 2, 4, or 6 times each week. Each of these programs includes ways to make the exercises harder or easier depending on your fitness levels.

See the following pages and select the workout that is most appropriate for you. Above all, listen to your body and use your best judgement when approaching an exercise program on your own.

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2X/WEEK: BEGINNER

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.

| EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|---------------------------|--|---|---|--|---|
| Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| Bodyweight Squats | Quads, Glutes, Hamstrings | 2-4 | 8-10 reps | Dest | Sit back, heels down, knees open, squat low, hold onto counter as needed. |
| Modified Push-Up | Chest, Triceps, Shoulders | 2-4 | 8-10 reps | 1-2 min after | Use a counter or piece of sturdy furniture. |
| Walking Jacks | Whole Body | 2-4 | 30 sec | | Stay light on toes. |
| Door Frame Row | Back, Biceps, Grip | 2-4 | 8-10 reps | | Squeeze shoulder blades together, stop if grip starts to fatigue. |
| Split Squat | Quads, Glutes, Hamstrings | 2-4 | 6-8/leg | Rest 1-2 min after | Back straight, hold on for balance if needed. |
| <u>High Steps</u> | Whole Body | 2-4 | 30 sec | | Keep chest up. Skip video instruction on "high jog." |
| Penguin Crunch | Abs and Obliques | 2-4 | 15/side | NA/alladia alla aa | Tuck chin slightly, tap heels. |
| <u>Grapevine</u> | Whole Body | 2-4 | 30 sec | 5 min to cool | Stay light on toes. |
| Heel Touches | Whole Body | 2-4 | 30 sec | | Keep chest up. Perform slowly. |
| | Joint Mobility Warm-Up Bodyweight Squats Modified Push-Up Walking Jacks Door Frame Row Split Squat High Steps Penguin Crunch Grapevine | EXERCISEWORKEDJoint Mobility Warm-UpWhole BodyBodyweight SquatsQuads, Glutes, HamstringsModified Push-UpChest, Triceps, ShouldersWalking JacksWhole BodyDoor Frame Row Split SquatBack, Biceps, GripSplit Squat High StepsQuads, Glutes, HamstringsHigh StepsWhole BodyPenguin Crunch GrapevineAbs and Obliques | EXERCISEWORKEDSETSJoint Mobility Warm-UpWhole Body1Bodyweight SquatsQuads, Glutes, Hamstrings2-4Modified | EXERCISEWORKEDSETSREPS/TIMEJoint Mobility Warm-UpWhole Body15-10 minBodyweight SquatsQuads, Glutes, Hamstrings2-48-10 repsModified Push-UpChest, Triceps, Shoulders2-48-10 repsWalking JacksWhole Body2-430 secDoor Frame Row GripBack, Biceps, Grip2-48-10 repsSplit Squat HamstringsQuads, Glutes, Hamstrings2-46-8/legHigh StepsWhole Body2-430 secPenguin Crunch GrapevineAbs and Obliques2-415/side | EXERCISEWORKEDSETSREPS/TIMERESTJoint Mobility Warm-UpWhole Body15-10 minN/ABodyweight SquatsQuads, Glutes, Hamstrings2-48-10 repsRest 1-2 min afterModified Push-UpChest, Triceps, Shoulders2-48-10 repsRest 1-2 min afterWalking JacksWhole Body2-430 secDoor Frame Row Split SquatQuads, Glutes, Hamstrings2-46-8/legRest 1-2 min afterHigh StepsWhole Body2-430 secPenguin Crunch GrapevineAbs and Obliques2-415/sideWalk in place 5 min to cool down |



2X/WEEK: INTERMEDIATE

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|------------|--|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Bodyweight Squats | Quads, Glutes, Hamstrings | 3-4 | 12-15 reps | Rest 60-90 | Sit back, heels down, knees open, squat low. |
| 2B | <u>Push-Ups</u> | Chest, Triceps, Shoulders | 3-4 | 8-10 reps | sec after | Lower chest to ground. |
| 2C | Jumping Jacks | Whole Body | 3-4 | 45 sec | | Stay light on toes. |
| 3A | Table Row | Back, Biceps, Grip | 3-4 | 8-10 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| 3B | Single Leg Deadlift | Glutes, Hamstrings | 3-4 | 8-10/leg | Rest 60-90 sec after | Keep back straight, hinge at hips. |
| 3C | Skater Hops | Whole Body | 3-4 | 45 sec | | Keep weight back. Maintain knee alignment . |
| 4A | Up/Down Plank | Abs and Obliques | 3-4 | 8-10 reps |) I | Keep hips and shoulders square. |
| 4B | <u>High Knee</u> | Whole Body | 3-4 | 45 sec | Walk in place 5 min to cool down | Keep chest up. |
| 4C | <u>"Jump Rope"</u> | Whole Body | 3-4 | 45 sec | | As jump rope but no rope. |



2X/WEEK: ADVANCED

2x/week spaced evenly throughout week (e.g. M/Th, T/F, W/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|------------|--|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Jump Squats | Quads, Glutes, Hamstrings | 3-5 | 8 reps | B. + (5.50 | Land softly. Make each jump count, don't go too fast. |
| 2B | Feet Elevated Push-Ups | Chest, Triceps, Shoulders | 3-5 | 8-10 reps | Rest 45-60 sec after | Lower chest to ground. |
| 2C | <u>"Jump Rope"</u> | Whole Body | 3-5 | 60 sec | | As jump rope but no rope. |
| 3A | Table Row | Back, Biceps, Grip | 3-5 | 12-15 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| 3B | Single Leg Squat | Quads, Glutes, Hamstrings | 3-5 | 3-8/leg | Rest 45-60 sec after | Hold on for balance as needed. Keep heel flat. |
| 3C | <u>Burpee</u> | Whole Body | 3-5 | 4-8 reps | | Jump as high as possible. |
| 4A | <u>V-Up</u> | Abs | 3-5 | 8-10 reps | | Keep hips tucked under. |
| 4B | <u>Dand Push-ups</u> | Triceps, Shoulder, Chest | 3-6 | 12-15 reps | Walk in place 5 min to cool down | Swoop chest over ground. |
| 4C | <u>Baithak Squats</u> | Quads, Glutes, Hamstrings | 3-6 | 15-20 reps | | Build good cadence. |



4X/WEEK: BEGINNER

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2). Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).

| EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|---------------------------|---|---|--|--|---|
| Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| Bodyweight Squats | Quads, Glutes, Hamstrings | 2-4 | 8-10 reps | Past | Sit back, heels down, knees open, squat low, hold onto counter as needed. |
| Modified Push-Up | Chest, Triceps, Shoulders | 2-4 | 8-10 reps | 1-2 min after | Use a counter or piece of sturdy furniture. |
| Walking Jacks | Whole Body | 2-4 | 30 sec | | Stay light on toes. |
| Door Frame Row | Back, Biceps, Grip | 2-4 | 8-10 reps | | Squeeze shoulder blades together, stop if grip starts to fatigue. |
| Split Squat | Quads, Glutes, Hamstrings | 2-4 | 6-8/leg | Rest 1-2 min after | Back straight, hold on for balance if needed. |
| <u>High Steps</u> | Whole Body | 2-4 | 30 sec | | Keep chest up. Skip video instruction on "high jog." |
| Penguin Crunch | Abs and Obliques | 2-4 | 15/side | | Tuck chin slightly, tap heels. |
| <u>Grapevine</u> | Whole Body | 2-4 | 30 sec | 5 min to cool | Stay light on toes. |
| <u>Heel Touches</u> | Whole Body | 2-4 | 30 sec | 23111 | Keep chest up. Perform slowly. |
| | Joint Mobility Warm-Up Bodyweight Squats Modified Push-Up Walking Jacks Door Frame Row Split Squat High Steps Penguin Crunch Grapevine | Bodyweight Squats Whole Body Modified Push-Up Chest, Triceps, Shoulders Walking Jacks Whole Body Door Frame Row Grip Split Squat Quads, Glutes, Hamstrings Walking Jacks Whole Body Back, Biceps, Grip Split Squat Quads, Glutes, Hamstrings High Steps Whole Body Penguin Crunch Abs and Obliques Grapevine Whole Body | EXERCISEWORKEDSETSJoint Mobility Warm-UpWhole Body1Bodyweight SquatsQuads, Glutes, Hamstrings2-4Modified Push-UpChest, Triceps, Shoulders2-4Walking JacksWhole Body2-4Door Frame RowBack, Biceps, Grip2-4Split SquatQuads, Glutes, Hamstrings2-4High StepsWhole Body2-4Penguin CrunchAbs and Obliques2-4GrapevineWhole Body2-4 | EXERCISEWORKEDSETSREPS/TIMEJoint Mobility Warm-UpWhole Body15-10 minBodyweight SquatsQuads, Glutes, Hamstrings2-48-10 repsModified Push-UpChest, Triceps, Shoulders2-48-10 repsWalking JacksWhole Body2-430 secDoor Frame RowBack, Biceps, Grip2-48-10 repsSplit SquatQuads, Glutes, Hamstrings2-46-8/legHigh StepsWhole Body2-430 secPenguin CrunchAbs and Obliques2-415/sideGrapevineWhole Body2-430 sec | EXERCISEWORKEDSETSREPS/TIMERESTJoint Mobility Warm-UpWhole Body15-10 minN/ABodyweight SquatsQuads, Glutes, Hamstrings2-48-10 repsRest 1-2 min afterModified Push-UpChest, Triceps, Shoulders2-48-10 repsRest 1-2 min afterWalking JacksWhole Body2-430 secDoor Frame RowBack, Biceps, Grip2-48-10 repsRest 1-2 min afterSplit SquatQuads, Glutes, Hamstrings2-46-8/legRest 1-2 min afterHigh StepsWhole Body2-430 secWalk in place 5 min to cool down |



4X/WEEK: INTERMEDIATE

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2). Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|------------|--|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Bodyweight Squats | Quads, Glutes, Hamstrings | 3-4 | 12-15 reps | Doct | Sit back, heels down, knees open, squat low. |
| 2B | <u>Push-Ups</u> | Chest, Triceps, Shoulders | 3-4 | 8-10 reps | Rest 1-2 min after | Lower chest to ground. |
| 2C | Jumping Jacks | Whole Body | 3-4 | 45 sec | | Stay light on toes. |
| 3A | Table Row | Back, Biceps, Grip | 3-4 | 8-10 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| 3B | Single Leg Deadlift | Glutes, Hamstrings | 3-4 | 8-10/leg | Rest 1-2 min after | Keep back straight, hinge at hips. |
| 3C | Skater Hops | Whole Body | 3-4 | 45 sec | | Keep weight back. Maintain knee alignment. |
| 4A | Up/Down Plank | Abs and Obliques | 3-4 | 8-10 reps | | Keep hips and shoulders square. |
| 4B | High Knee | Whole Body | 3-4 | 45 sec | Walk in place 5 min to cool down | Keep chest up. |
| 4C | <u>"Jump Rope"</u> | Whole Body | 3-4 | 45 sec | 2.3 | As jump rope but no rope. |



4X/WEEK: ADVANCED

4x/week spaced evenly throughout week (e.g. M/T/Th/F, T/W/F/Sa).

- This workout is built around multiple sets of three exercises. Alternate sets of exercises A/B/C and rest in between groups of exercises.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2). Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|------------|--|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Jump Squats | Quads, Glutes, Hamstrings | 3-5 | 8 reps | Rest 45-60 | Land softly. Make each jump count, don't go too fast. |
| 2B | Feet Elevated Push-Ups | Chest, Triceps, Shoulders | 3-5 | 8-10 reps | sec after | Lower chest to ground. |
| 2C | "Jump Rope" | Whole Body | 3-5 | 60 sec | | As jump rope but no rope. |
| 3A | Table Row | Back, Biceps, Grip | 3-5 | 12-15 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| 3B | Single Leg Squat | Quads, Glutes, Hamstrings | 3-5 | 3-8/leg | Rest 45-60 sec after | Hold on for balance as needed. Keep heel flat. |
| 3C | <u>Burpee</u> | Whole Body | 3-5 | 4-8 reps | | Jump as high as possible. |
| 4A | <u>V-Up</u> | Abs | 3-5 | 8-10 reps | | Keep hips tucked under. |
| 4B | Dand Push-ups | Triceps, Shoulder, Chest | 3-6 | 45 sec | Walk in place 5 min to cool down | Swoop chest over ground. |
| 4C | Baithak Squats | Quads, Glutes, Hamstrings | 3-6 | 45 sec | GOWII | Build good cadence. |



6X/WEEK: BEGINNER

6x/weeks. Perform strength exercise 2-3x/wk. You must take a rest day.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2).
- Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).
- · Every 5th workout, take an additional day off.

Click on the exercise for a video. Rest time is after each pair of exercises.

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|-----------|----------------------------------|---|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Bodyweight Squats | Quads, Glutes, Hamstrings | 2-4 | 8-10 reps | Rest | Sit back, heels down, knees open, squat low, hold onto counter as needed. |
| 2B | Modified Push-Up | Chest, Triceps, Shoulders | 2-4 | 8-10 reps | 1-2 min after | Use a counter or piece of sturdy furniture. |
| 2C | Walking Jacks | Whole Body | 2-4 | 30 sec | | Stay light on toes. |
| 3A | Door Frame Row | Back, Biceps, Grip | 2-4 | 8-10 reps | | Squeeze shoulder blades together, stop if grip starts to fatigue. |
| 3B | Split Squat | Quads, Glutes, Hamstrings | 2-4 | 6-8/leg | Rest 1-2 min after | Back straight, hold on for balance if needed. |
| 3C | High Steps | Whole Body | 2-4 | 30 sec | | Keep chest up. Skip video instruction on "high jog." |
| 4A | Penguin Crunch | Abs and Obliques | 2-4 | 15/side | | Tuck chin slightly, tap heels. |
| 4B | <u>Grapevine</u> | Whole Body | 2-4 | 30 sec | Walk in place 5 min to cool down | Stay light on toes. |
| 4C | <u>Heel Touches</u> | Whole Body | 2-4 | 30 sec | | Keep chest up. Perform slowly. |



6X/WEEK: INTERMEDIATE

6x/weeks. Perform strength exercise 2-3x/wk. You must take a rest day.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2).
- Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).
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Click on the exercise for a video. Rest time is after each pair of exercises.

| # | EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|----|---------------------------|------------------------------|------|------------|--|--|
| 1 | Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| 2A | Bodyweight Squats | Quads, Glutes, Hamstrings | 3-4 | 12-15 reps | | Sit back, heels down, knees open, squat low. |
| 2B | <u>Push-Ups</u> | Chest, Triceps, Shoulders | 3-4 | 8-10 reps | Rest 1-2 min after | Lower chest to ground. |
| 2C | Jumping Jacks | Whole Body | 3-4 | 45 sec | | Stay light on toes. |
| 3A | Table Row | Back, Biceps, Grip | 3-4 | 8-10 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| 3B | Single Leg Deadlift | Glutes, Hamstrings | 3-4 | 8-10/leg | Rest 1-2 min after | Keep back straight, hinge at hips. |
| 3C | Skater Hops | Whole Body | 3-4 | 45 sec | | Keep weight back. Maintain knee alignment. |
| 4A | Up/Down Plank | Abs and Obliques | 3-4 | 8-10 reps | Walk in place 5 min to cool down | Keep hips and shoulders square. |
| 4B | <u>High Knee</u> | Whole Body | 3-4 | 45 sec | | Keep chest up. |
| 4C | "Jump Rope" | Whole Body | 3-4 | 45 sec | | As jump rope but no rope. |



6X/WEEK: ADVANCED

6x/weeks. Perform strength exercise 2-3x/wk. You must take a rest day.

- This workout is built around multiple sets of paired exercises. Alternate sets of exercises A/B and rest in between pairs.
- The length of the workout varies by how many sets you choose. Start low and work your way up.
- Every other workout, perform in reverse order (i.e. A4/B4, A3/B3, A2/B2).
- Every 3rd workout, decrease each set by 1 over the previous workout (i.e. if you performed 3 sets last workout, drop to 2).
- · Every 5th workout, take an additional day off.

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Click on the exercise for a video. Rest time is after each pair of exercises.

| EXERCISE | MUSCLES WORKED | SETS | REPS/TIME | REST | NOTES |
|---------------------------|--|--|---|--|--|
| Joint Mobility Warm-Up | Whole Body | 1 | 5-10 min | N/A | Use video or your own dynamic warm up. |
| Jump Squats | Quads, Glutes, Hamstrings | 3-5 | 8 reps | Doct (5.00 | Land softly. Make each jump count, don't go too fast. |
| Feet Elevated Push-Ups | Chest, triceps, shoulders | 3-5 | 8-10 reps | sec after | Lower chest to ground. |
| <u>"Jump Rope"</u> | Whole Body | 3-5 | 60 sec | | As jump rope but no rope. |
| <u>Table Row</u> | Back, biceps, grip | 3-5 | 12-15 reps | | Only perform on sturdy table. If not sturdy, use door frame row above. |
| Single Leg Squat | Quads, glutes, hamstrings | 3-5 | 3-8/leg | Rest 45-60 sec after | Hold on for balance as needed. Keep heel flat. |
| Burpee | Whole Body | 3-5 | 4-8 reps | | Jump as high as possible. |
| V-Up | Abs | 3-5 | 8-10 reps | | Keep hips tucked under. |
| Dand Push-ups | Triceps, Shoulder, Chest | 3-6 | 45 sec | Walk in place 5 min to cool | Swoop chest over ground. |
| Baithak Squats | Quads, Glutes, Hamstrings | 3-6 | 45 sec | | Build good cadence. |
| | Joint Mobility Warm-Up Jump Squats Feet Elevated Push-Ups "Jump Rope" Table Row Single Leg Squat Burpee V-Up Dand Push-ups | Joint Mobility Warm-Up Jump Squats Peet Elevated Push-Ups "Jump Rope" Whole Body Table Row Back, biceps, grip Single Leg Squat Burpee Whole Body V-Up Abs Dand Push-ups Triceps, Shoulder, Chest Chest, triceps, shoulders Whole Body Table Body Triceps, Shoulder, Chest Baithak Squats Quads, Glutes, Chest Quads, Glutes, Chest | EXERCISEWORKEDSETSJoint Mobility Warm-UpWhole Body1Jump SquatsQuads, Glutes, Hamstrings3-5Feet Elevated Push-UpsChest, triceps, shoulders3-5"Jump Rope"Whole Body3-5Table RowBack, biceps, grip3-5Single Leg SquatQuads, glutes, hamstrings3-5BurpeeWhole Body3-5V-UpAbs3-5Dand Push-upsTriceps, Shoulder, Chest3-6Baithak SquatsQuads, Glutes, Quads, Glutes,3-6 | EXERCISEWORKEDSETSREPS/TIMEJoint Mobility Warm-UpWhole Body15-10 minJump SquatsQuads, Glutes, Hamstrings3-58 repsFeet Elevated Push-UpsChest, triceps, shoulders3-58-10 reps"Jump Rope"Whole Body3-560 secTable RowBack, biceps, grip3-512-15 repsSingle Leg SquatQuads, glutes, hamstrings3-53-8/legBurpeeWhole Body3-54-8 repsV-UpAbs3-58-10 repsDand Push-upsTriceps, Shoulder, Chest3-645 secBaithak SquatsQuads, Glutes, Chest3-645 sec | EXERCISEWORKEDSETSREPS/TIMERESTJoint Mobility Warm-UpWhole Body15-10 minN/AJump SquatsQuads, Glutes, Hamstrings3-58 repsFeet Elevated Push-UpsChest, triceps, shoulders3-58-10 reps"Jump Rope"Whole Body3-560 secTable RowBack, biceps, grip3-512-15 repsSingle Leg SquatQuads, glutes, hamstrings3-53-8/legRest 45-60 sec afterBurpeeWhole Body3-54-8 repsV-UpAbs3-58-10 repsDand Push-upsTriceps, Shoulder, Chest3-645 secWalk in place 5 min to cool downBaithak SquatsQuads, Glutes, Chest3-645 sec |