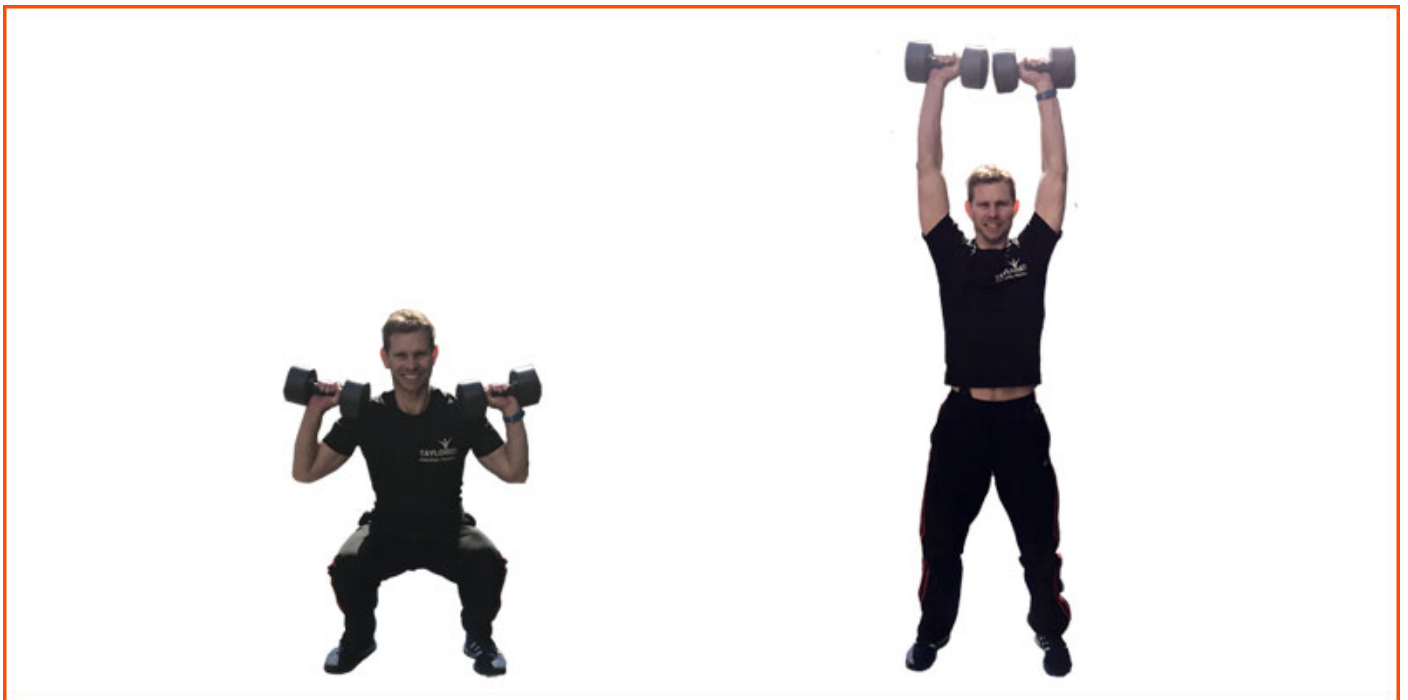


At Home Full Body Workout

Here is my full body workout. Repeat 3 times as a circuit with 2 mins rest between each circuit.

Squat to Overhead Press

Grip one dumbbell in each hand with the palm facing each other and hold them in front of each shoulder with the elbows close to the body. Push back into the hips and keep the back straight to lower into a squat holding the weights on the front of the shoulders. When the hips are below the knees in the squat, push both legs into the ground to stand up and at the same time press the dumbbells overhead by straightening the arms. Slowly return the weights to the shoulders.



Lunge Twist

1. Stand with your feet shoulder width apart, with a dumbbell held out at chest height in front of you. This will be your starting position.
2. Perform a rear lunge by stepping back with one foot and flexing the hips and front knee. As you do so, rotate your torso across the front leg.
3. After a brief pause, return to the starting position and repeat on the other side, continuing in an alternating fashion.



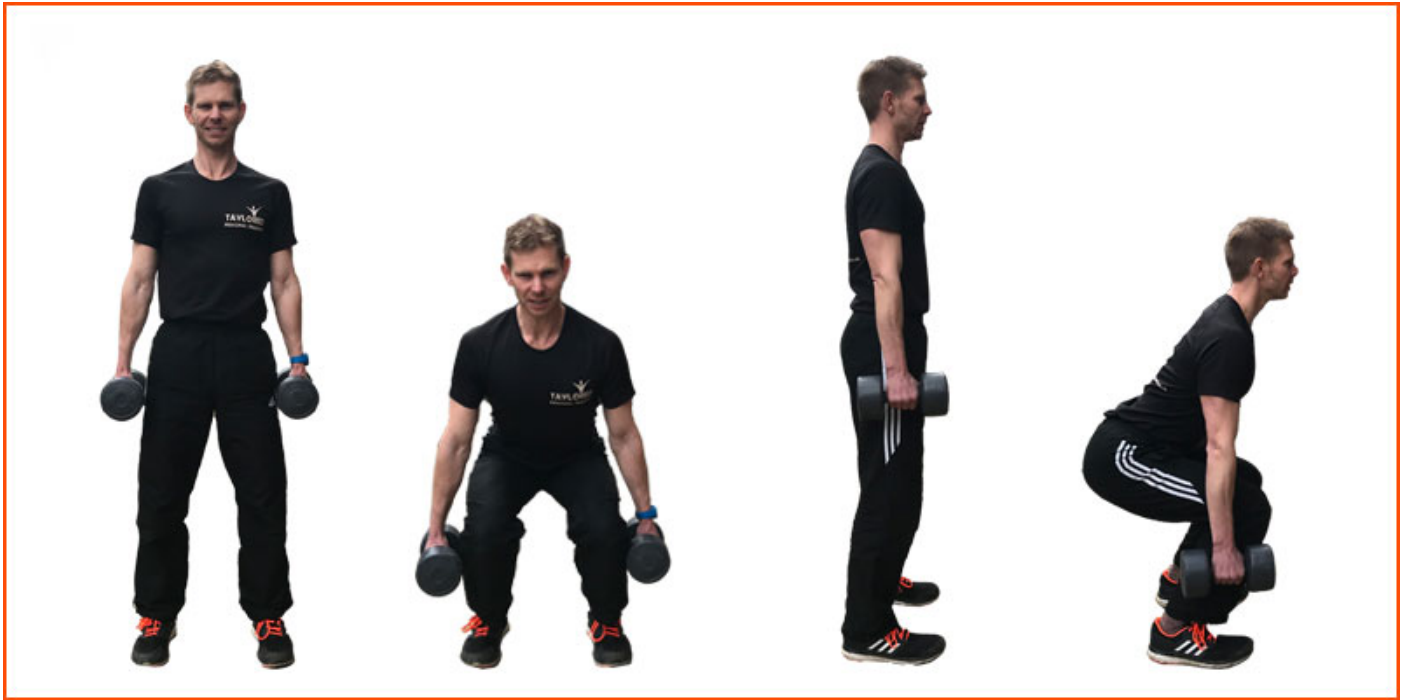
Push Up Hold

1. Position yourself in a plank position, supporting your body with your toes and place your hands underneath your shoulders with elbows extended. Keep your abs engaged and prevent letting your hips sag.
2. Lower your chest to the floor and hold for 30 seconds.
3. Straighten up to starting position.



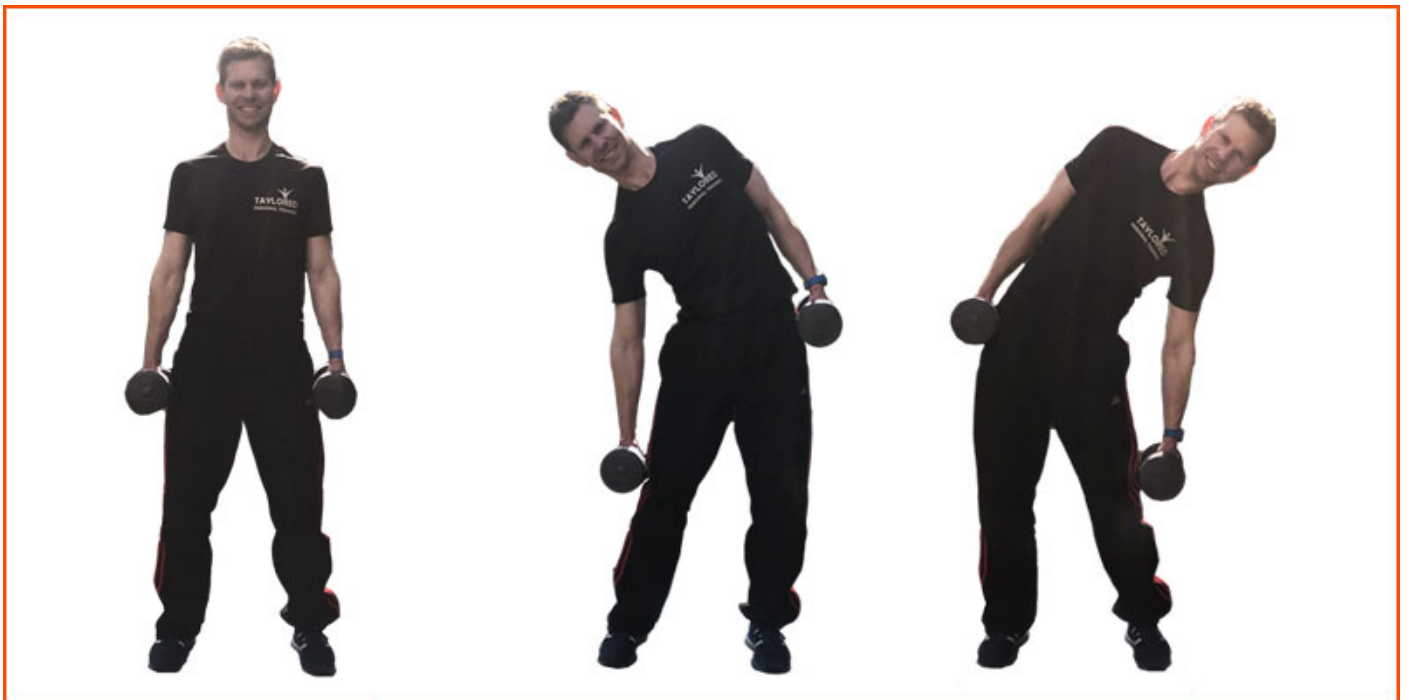
Dumbbell Deadlifts

1. Grab the dumbbells and stand with your feet shoulder width apart.
2. Slowly lower the dumbbells to the floor in front of your body. Slightly bend your legs.
3. Stand back up and this completes one repetition.



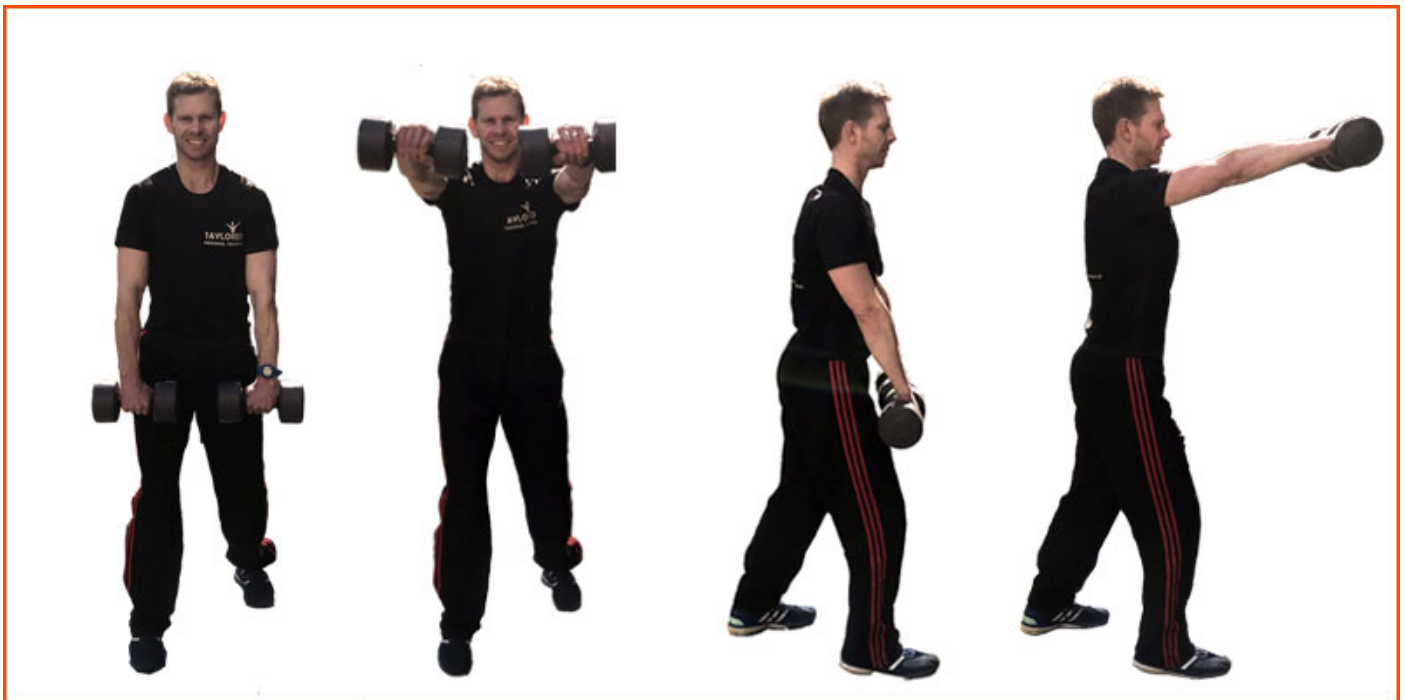
Dumbbell Side Bend

1. Stand holding a dumbbell by your side, with your elbow very slightly bent.
2. You can place your free hand behind your head (as in the illustration), on your hip, or you can just keep it by your side.
3. Inhale as you lower the dumbbell by laterally flexing your waist until you feel a mild stretch in your side.
4. Exhale as you laterally flex your waist equally as much in the opposite direction to raise the dumbbell.
5. Repeat for the prescribed number of repetitions.
6. Repeat the exercise with your opposite arm.



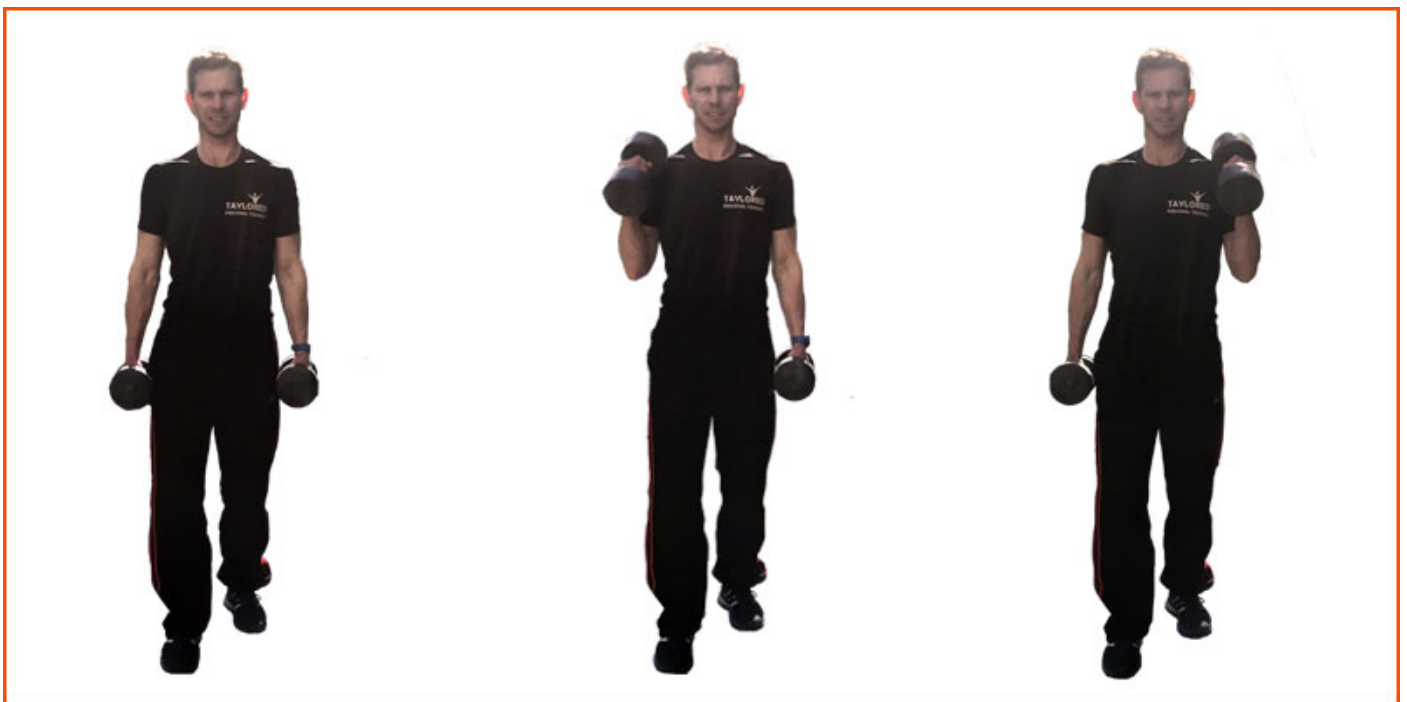
Front Dumbbell Raises

1. Pick a couple of dumbbells and stand with a straight torso and the dumbbells on front of your thighs at arm's length with the palms of the hand facing your thighs. This will be your starting position.
2. While maintaining the torso stationary (no swinging), lift the left dumbbell to the front with a slight bend on the elbow and the palms of the hands always facing down. Continue to go up until you arm is slightly above parallel to the floor. Exhale as you execute this portion of the movement and pause for a second at the top. Inhale after the second pause.
3. Now lower the dumbbell back down slowly to the starting position as you simultaneously lift the right dumbbell.
4. Continue alternating in this fashion until all of the recommended amount of repetitions have been performed for each arm.



Hammer Curls

1. Stand up with your torso upright and a dumbbell on each hand being held at arm's length. The elbows should be close to the torso.
2. The palms of the hands should be facing your torso. This will be your starting position.
3. Now, while holding your upper arm stationary, exhale and curl the weight forward while contracting the biceps. Continue to raise the weight until the biceps are fully contracted and the dumbbell is at shoulder level. Hold the contracted position for a moment as you squeeze the biceps.
4. Tip: Focus on keeping the elbow stationary and only moving your forearm.
5. After the brief pause, inhale and slowly begin to lower the dumbbells back down to the starting position.
6. Repeat for the recommended amount of repetitions.



Triceps Kickbacks

1. Start with a dumbbell in each hand and your palms facing your torso. Keep your back straight with a slight bend in the knees and bend forward at the waist. Your torso should be almost parallel to the floor. Make sure to keep your head up. Your upper arms should be close to your torso and parallel to the floor. Your forearms should be pointed towards the floor as you hold the weights. There should be a 90-degree angle formed between your forearm and upper arm. This is your starting position.
2. Now, while keeping your upper arms stationary, exhale and use your triceps to lift the weights until the arm is fully extended. Focus on moving the forearm.
3. After a brief pause at the top contraction, inhale and slowly lower the dumbbells back down to the starting position.
4. Repeat the movement for the prescribed amount of repetitions.



Plank (Hold For 30 Seconds)

1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder.
2. Keep your body straight at all times, and hold this position as long as possible. To increase difficulty, an arm or leg can be raised.

