

FULL BODY WORKOUT

EQUIPMENT FREE

Squat + High Punches

30 secs



Jumping Jacks

30 secs



Lunge + Kick (L and R)

60 secs



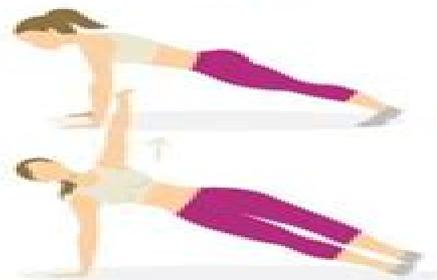
Bird dog (L and R)

60 secs



Alternate Side Plank

60 secs



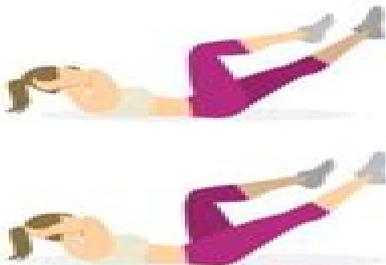
Reverse Dips

30 secs



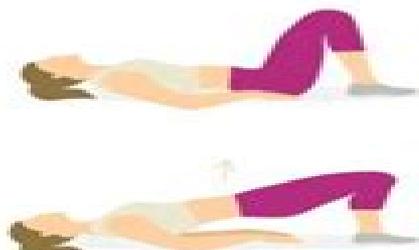
Bicycle Crunches

30 secs



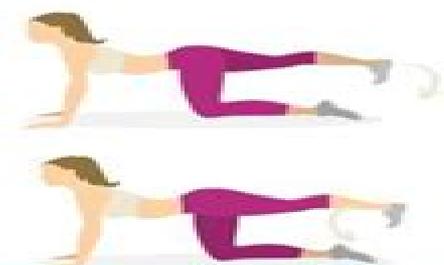
Glute Bridges

60 secs



Rainbow Leg Lift (L and R)

60 secs



Top Method For Home Workout Full Tutorial For Creators

Jin-Ying Zhang



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