

# DAY 1 FULL BODY WORKOUT



## AMRAP - 40 MINUTES

Set a timer for 40 minutes and complete as many rounds as possible of the given exercises.

### WHOLEBODY BODYWEIGHT WORKOUT

Exercise	Reps
Prisoner Squats	30
Burpees	10
High Knees	30
Press Ups	10
Reverse Lunges	30
Dips	10
Mountain Climbers	30
Get Ups	10

**Prisoner squats** - feet shoulder width apart, hands linked together behind your head and squat as low as is comfortable.

**Burpees** - start from a full press up position, jump your feet towards you then stand up, repeat process in reverse to complete a full burpee. To make the exercise easier use your sofa or chair to elevate your chest.

**High knees** - hands out in front at waist height and run on the spot striking your knees to meet your hands.

**Press ups** - if you're unable to complete full press ups simply drop down to your knees. if this is still a challenge place your hands on the edge of the sofa/chair and do them off there

**Reverse lunges** - stand feet shoulder width apart and step backwards in to a lunge lowering the back knee to a comfortable depth, be careful not to touch the floor.

**Dips** - using your sofa/chair, position your hands so that your palms are down beside your side, move your torso off the chair with your arms extended, carefully lowering your body bending at the elbows. keep your torso close into the chair to prevent any shoulder pain.

**Mountain climbers** - into a full press up position alternate your knees as close to your torso as possible, start off slow then speed up until desired reps are completed.

**Get ups** - from a lying down position using your whole body stand up using as little amount of contact with your hands on the floor as possible. once stood up repeat the movement back down to the floor to complete a repetition.