

# NO EQUIPMENT FULL BODY HOME WORKOUT

BY: BRITTANY GABRIEL

## ROUND 1:

**30 JUMPING JACKS**  
**20 SQUATS**  
**10 PUSHUPS**  
**30 SECOND REST**

## ROUND 3:

**30 PULSING SQUATS**  
**20 BURPEES**  
**10 PUSHUPS**  
**30 SECOND REST**

## ROUND 2:

**30 MOUNTAIN CLIMBERS**  
**20 LUNGES**  
**10 PUSHUPS**  
**30 SECOND REST**

## ROUND 4:

**30 BICYCLE CRUNCHES**  
**20 JUMP SQUATS**  
**10 PUSH UPS**  
**30 SECOND REST**

## IMPORTANT NOTES:

- FULL BODY WORKOUT**
- REST 30 SECONDS AFTER EACH ROUND**
- AFTER COMPLETING LAST ROUND, REPEAT FOR DESIRED WORKOUT DURATION**



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