

Brianne Hogan's At Home Full Body Workout (Beginners)

After your warm up, perform each five-exercise in Circuit One three times BEFORE moving onto Circuit Two, your Floor Work. Complete Circuit Two, and then repeat twice. Don't forget to rest for 5-10 seconds after each exercise! After you've completed both circuits three times, then Cool Down with 5 minutes of stretching.

Warm Up

- High Knees – 20 reps
- Arm Circles – 20 reps (10x each direction)
 - Wide Legged Squats – 20 reps
 - Jumping Jacks – 20 reps
 - Torso Twists– 20 reps

Circuit One

Burpees
10 reps

Front Lunge
20 reps (10x each leg)

Mountain Climbers
20 reps

Squat Jumps
10 reps

Rest for 30 seconds/Repeat 2x.

Circuit Two – Floor Work

Hip Bridges
20 reps

Push Ups
10 reps

Triceps on Floor
10 reps

Plank
Hold for 30 seconds

Rest- for 30 seconds/Repeat 2x.

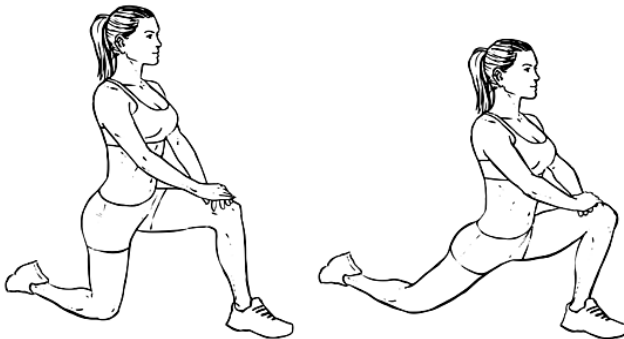
Workout Complete YASSS!

Stretching – Hold each stretch for 30 seconds. You should feel NO PAIN. If you do, STOP!

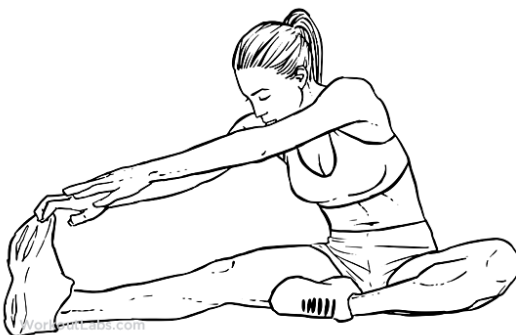


Downward Dog _____

Hip Flexor Stretch – Repeat on each leg



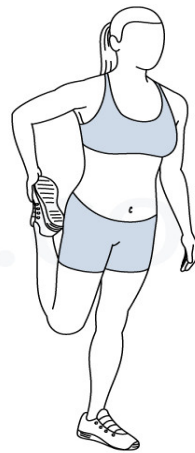
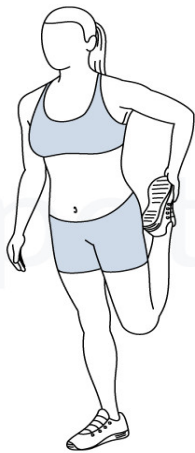
Hamstring Stretch – Repeat on each leg

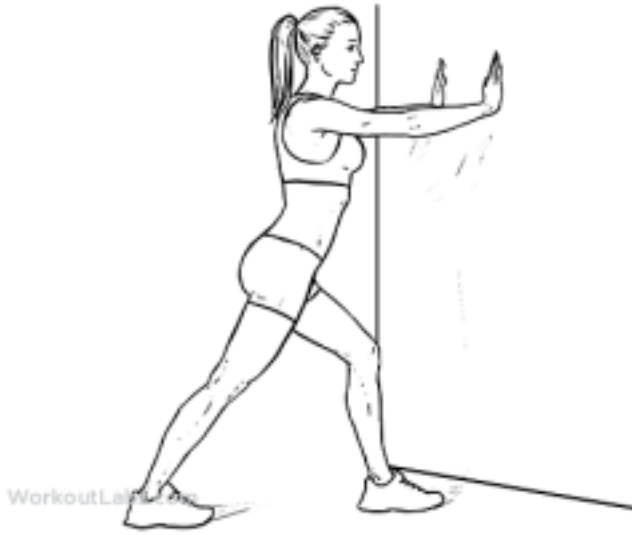


Child's Pose



Quad Stretch – Repeat on each leg





Repeat on each leg

Calf Stretch –

