

# Quarantined at Home Full-Body Workout

**Equipment needed: Yoga Mat, Resistance bands, Pull-up bar, Kettlebells, Jump rope.**

**Take a short 1 min long break in between sets/rounds.**

## **Full-Body Workout:**

- 1. Push-ups – 4x12**
- 2. Air-Squats – 4x15\***
- 3. Pull-ups – 4x8\***
- 4. Banded Lateral-raise – 3x20**

## **Ab Circuit – Crunches 3x10\***

**Lying leg raises – 3x15**

**Cardio – Jump rope 5 rounds of 4 minutes**

## **Notes\*:**

**As you do this routine you can add more weight or reps to make this more intense.**

**Squats: If you need to you can add more weight depending on the day I may or may not add more weight.**

**Pull-ups: If you can do pull-ups without any assistance then you don't need to read any further. But if you are like me you need some assistance, so take a resistance band of your choosing and set it up so you can complete the 8 reps.**

**Crunches: If the amount of reps is not enough try adding some weight to add another level of intensity to your workout.**