

30 MINUTES FULL BODY HOME WORKOUT

JOHANNES KLÆBO

START EVERY MINUTE

WARMING UP (3 SETS)

- 5 Squats
- 5 Push-ups
- 10 Sit-ups
- 5 Burpees

60 sec rest

ROUND ONE (MIN 0 TO MIN 4)

- 10 Push-ups
- 10 Squats
- 10 Skate jump

REST (min 4 - 5)

ROUND TWO (MIN 5 TO MIN 9)

- 12 Burpees

REST (min 9 - 10)

ROUND THREE (MIN 10 TO MIN 14)

- 5 Running lunges
(each leg)
- 8 Plank ups

REST (min 14 - 15)

ROUND FOUR (MIN 15 TO MIN 19)

- 15 Mountain
climbers
- 10 In and Out squat

REST (min 19 - 20)

ROUND FIVE (MIN 20 TO MIN 30)

30 sec Low scissors (head comes of the mat)

15 sec rest

20 sec Boat pose leg scissors

10 sec rest

20 sec Flutter kicks

10 sec rest

20 sec Reverse Bicycles

10 sec rest

20 sec Bicycle crunch

10 sec rest

30 sec Raised knee crunches
(elbows fwd)

15 sec rest

30 sec Opposite Arm and
Leg Raise (five on each side -
twice)

15 sec rest

30 sec Swimming