

# 20 Minute Full Body -No Equipment

**Description:** This bodyweight full body strength routine will target every muscle in your body from your upper body, lower body, and core.

**Club Area:** 360 Area

**Equipment Needed:** None

**Judgement Free Tip:** Performing proper breathing techniques while working out will significantly help you push through each rep. Remember, exhale on effort and inhale on resistance.



## Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

## Warm-up/30 sec each

1. Arm Circles
2. Forward Lunge to Overhead Reach
3. Back Lunge to Trunk Twist
4. Jumping Jacks

## Main Workout

### 1. Bending/Hinging (60:30)

Do each exercise for 60 seconds and rest for 30 seconds before moving onto the next exercise.

- Bodyweight Squats  
+ **Modification** - Do a  $\frac{3}{4}$  squat and reduce your Range of Motion (ROM)
- Bodyweight Good Mornings  
+ **Modification** - Perform this movement from a seated position and slow down your pace
- Plank with Reach  
+ **Modification** - Hold the high plank and squeeze your abs throughout

### 2. Single-sided (60:30)

Do each exercise for 60 seconds and rest for 30 seconds before moving onto the next exercise.

- Alternating Forward Lunges  
+ **Modification** - Take a large step forward instead of going into a deeper lunge

- Alternating Reverse Lunges

+ **Modification** - Take a half step back and shorten your ROM in the lunge focusing on balance & stability

- Standing Elbow to Knee

+ **Modification** - Shorten your range of motion and squeeze your abs through the exercise

### 3. Rotational (60:30)

Do each exercise for 60 seconds and rest for 30 seconds before moving onto the next exercise.

- Oblique (Russian) Twists  
+ **Modification** - Instead of having your feet up, keep them flat on the ground and slow your pace
- Bicycle Crunches  
+ **Modification** - Try doing one leg at a time and then progressing to two
- T-Plank Rotations (Right & Left)  
+ **Modification** - Instead of adding the rotation, just hold the high plank position

## Pushing & Pulling (60:30)

Do each exercise for 60 seconds and rest for 30 seconds before moving onto the next exercise.

- Modified Push-ups
    - + **Modification** - Use an elevated surface (like a flat bench or step platform on the 360) to minimize the intensity
  - Modified Plyometric Push-up
    - + **Modification** - Add a shoulder tap instead of allowing both hands to leave the ground at the same time
  - Supermans
    - + **Modification** - Instead of raising both hands and both feet, alternate one side at a time
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## Cool-down/30 sec each

1. Huggers
2. Trunk Rotations
3. Hamstring to Calve Stretch

