

20 MINUTE FULL BODY (NO EQUIPMENT)



Description: 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

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

:30

Arm Circles

:30

Forward Lunge to
Overhead Reach

:30

Back Lunge to Trunk Twist

:30

Jumping Jacks

MAIN WORKOUT

BENDING/HINGING

:60 Bodyweight Squats

+ Modification - Do a 3/4 squat and reduce your Range of Motion (ROM)

30 SEC REST

:60 Bodyweight Good Mornings

+ Modification - Perform this movement from a seated position and slow down your pace

30 SEC REST

:60 Plank with Reach

+ Modification - Hold the high plank and squeeze your abs throughout

30 SEC REST

SINGLE-SIDED

:60 Alternating Forward Lunges

+ Modification - Take a large step forward instead of going into a deeper lunge

30 SEC REST

:60 Alternating Reverse Lunges

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

30 SEC REST

:60 Standing Elbow to Knee

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

30 SEC REST

ROTATIONAL

:60 Oblique (Russian) Twists

+ Modification - Instead of having your feet up, keep them flat on the ground and slow your pace

30 SEC REST

:60 Bicycle Crunches

+ Modification - Try doing one leg at a time and then progressing to two

30 SEC REST

:60 T-Plank Rotations (Right & Left)

+ Modification - Instead of adding the rotation, just hold the high plank position

30 SEC REST

PUSHING & PULLING

:60 Modified Push-ups

+ Modification - Use an elevated surface (like a flat bench or step platform on the 360) to minimize the intensity

30 SEC REST

:60 Modified Plyometric Push-up

+ Modification - Add a shoulder tap instead of allowing both hands to leave the ground at the same time

30 SEC REST

:60 Supermans

+ Modification - Instead of raising both hands and both feet, alternate one side at a time

30 SEC REST

COOL-DOWN

30 sec each

:30

Huggers

:30

Triceps Stretch

:30

Chest Openers