

## TOTAL BODY HOME WORKOUT

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### Warm-Up

#### 1 min jumping jacks

<https://sweat.com/exercises/jumping-jacks>



### Total body activation

#### 1/ Inchworms 3x10

<https://sweat.com/exercises/inchworm>



### Abs and arms

#### 2/ Plank shoulder taps (2x10)x3

<https://sweat.com/exercises/shoulder-tap>



#### 3/ Commando plank 3x10 (10 ridicări)

<https://sweat.com/exercises/commando>



## Legs

### 4/ sumo squat 3x10

<https://sweat.com/exercises/sumo-squat>



### 5/ reverse lunges (2x10)x3 - câte 10 pe fiecare picior, 10 și 10 (nu alternativ)

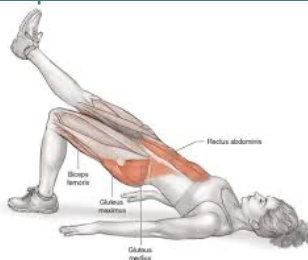
<https://sweat.com/exercises/bodyweight-reverse-lunge>



## Glutes

### 6/ glute bridge & extension (2x10)x3 - câte 10 pe fiecare picior, 10 și 10 (nu alternativ) *abdomenul încordat, fundul sus*

<https://sweat.com/exercises/glute-bridge-extension>



## Abs

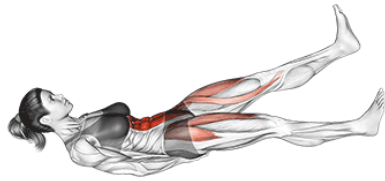
### 7/ mountain climbers (2x10)x3 – câte 10 pe fiecare picior *abdomenul încordat*

<https://sweat.com/exercises/mountain-climber>



**8/ leg flutters (2x10)x3 – câte 10 pe fiecare picior, alternativ**

<https://sweat.com/exercises/flutter-kicks>



## Finishers

**Burpees AMAP 3x? – as many as possible, 3 serii**

*(la început, și dacă e o serie cu o singură sau două repetiții, e ok).*

<https://sweat.com/exercises/burpee>

