

A FULLEST LIFE

WORKOUTS

CIRCUIT (NO EQUIPMENT)

PUSH UP

DEEP SQUAT

BACK EXTENSION
(LYING)

LEG RAISES

PUSH UP PLANK

EQUIPMENT- NIL

1-MINUTE PER EXERCISE

1-2 MINUTE REST IN BETWEEN ROUNDS

REPEAT ROUND 2-10 TIMES

IF TOO DIFFICULT REDUCE TIME TO 30 SECONDS PER EXERCISE