

FULL BODY MORNING ROUTINE

DURATION: 20 MINUTES LEVEL: INTERMEDIATE EQUIPMENT: NONE

DONE	EXERCISE	REPETITION / TIME	FOCUS AREA
	Jumping Jacks	60 Seconds	Cardio / Warm-up
	Bodyweight Squats	20 Reps	Quads & Glutes
	Push-Ups	15 Reps	Chest & Triceps
	Plank Hold	45 Seconds	Core Stability
	Lunges (Alternating)	10 Per Leg	Lower Body / Balance
	Mountain Climbers	30 Seconds	Core / High Intensity
	Bird-Dog	12 Reps	Back & Balance
	Cobra Stretch	30 Seconds	Flexibility / Cool-down

Note: Perform circuit 2-3 times for maximum results. Stay hydrated.