

# FULL BODY AT HOME WORKOUT

## Day 1 - Lower Body & Abs

1. Jump Squats



2. Lunges



3. Split Squat



4. Side Lunges



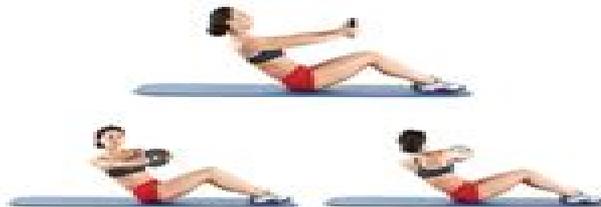
5. Back Extension



6. Jackknife



7. Russian Twist



8. Plank



**CIRCUIT A: 1-2**  
**CIRCUIT B: 3-4**  
**CIRCUIT C: 5-8**

3 sets of 10 reps each

# Top Method For Home Workout Full Tutorial 13284

**Tobias Bleicker**



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