Stephanie Thomas FITNESS

Full Body Workout

Activation

1. Lateral band steps — 12 ALTERNATING

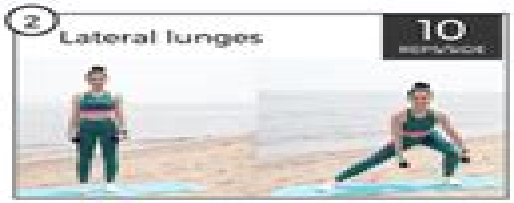
2. Crossbody toe touches — 12 ALTERNATING

3. Bird dog — 12 ALTERNATING

Circuit 1

1. Reverse lunges — 10 REPS/SIDE

2. Lateral lunges — 10 REPS/SIDE



3. Sumo squats — 10 REPS

Circuit 2

1. Shoulder presses — 10 REPS

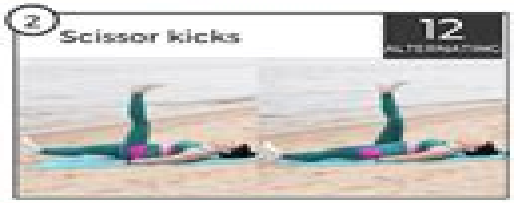
2. Hammer curls — 10 REPS

3. Alternating tricep kickbacks — 12 ALTERNATING

Circuit 3

1. Slow X mountain climbers — 12 ALTERNATING

2. Scissor kicks — 12 ALTERNATING

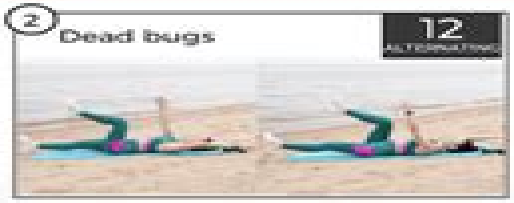


3. Banded donkey kicks — 10 REPS/SIDE

Burnout

1. Banded clamshells — 15 REPS/SIDE

2. Dead bugs — 12 ALTERNATING



How To Start Home Workout Full Tutorial

Thomas Griffiths

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