

# 28 MINUTE WORKOUT

## FULL BODY AT HOME

- Up & down the stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 40 bicep curls (10 lb weights)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 lunges
- 20 push-ups
- 1 minute plank
- 40 tricep curls (10 lb weight)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 sumo squats
- 20 push-ups
- 1 minute plank
- 40 shoulder press (10 lb weights)
- 60 bicycle crunches
- Up & down stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 60 bicycle crunches
- Stretch

Set your timer  
and do as much  
as you can!

# How To Home Workout Tips

**JS Bruner**



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