

45 Minute Full Body Workout (B)

Workout A

Exercise	Area	Sets	Reps	Rest
Wall Plank	Core	3	45s	60s
A-Kettlebell Swing	Glutes, Hamstrings	3	12	60s
A-Inverted Row	Upper Back	3	12	60s
B-Goblet Squat	Quadriceps	3	12	60s
B-Bench, Dumbbell Press	Chest	3	12	60s

Workout B

Exercise	Area	Sets	Reps	Rest
Swiss Ball Rollout	Core	3	12	60s
A-Back Squat	Quadriceps	3	12	60s
A-Chinups, Pullups	Lats	3	12	60s
B-Cable Pull Through	Glutes, Hamstrings	3	12	60s
B-Shoulder Press	Shoulders	3	12	60s

Notes

Alternate workout A and B with one day between. For example:

Monday - Workout A

Wednesday - Workout B

Friday - Workout A

Monday - Workout B

Wednesday - Workout A

Friday - Workout B

Give yourself a day between workouts for recovery.

The exercises beginning with "A" or "B" can be supersetted together if desired.