



Full Body Resistance Workout

Warm-up

[Prisoner Squat](#) – 12 reps

[Pushup](#) – 12 reps

[Rolling Stability Ball Hip Raise](#) – 12 reps

Jumping Jacks – 30 seconds

Rest 30 seconds then repeat the warm-up 1 more time

Superset 1

[Side to Side Pushups](#) – 15 reps

[Squat Walk](#) – Across room and back 2 times

[Side Plank](#) – 25 seconds each side

Jumping Jacks – 30 seconds

Rest 30 seconds then repeat the superset 1 more time

Superset 2

[Deep Swimmer Presses](#) – 10 reps

[Dumbbell Swing](#) – 15 reps

[Crunch and Hold with Leg Scissors](#) – 20 to 30 reps

Jumping Jacks – 30 seconds

Rest 30 seconds then repeat the superset 1 more time

Superset 3

[1 Arm Elbow Out Row](#) – 10 reps per arm

[1 Leg Bridge](#) – 12 reps per side

[Oblique Crunches](#) – 15 reps each side

Jumping Jacks – 30 seconds

Rest 30 seconds then repeat the superset 1 more time

Stretching

[Shoulders](#)

[Back](#)

[Hamstrings](#)

[Abdominals](#)

[Chest](#)

[Quadriceps](#)

[Lower Back](#)