

Mum in a Rush: Fitness

~it's never too late~

FULL BODY HOME WORKOUT

Exercise	Sets	Reps	Rest	Notes
3-part compound: Deadlift, squat shoulder press	4	8	Around 30 secs	
Resistance bands side steps	4	12	20 secs	
Modified 3 step burpee	4	10	Around 30 secs	Or unmodified burpee
Plank	3	30 secs	n/a	
Bent over kettlebell rows	4	10	20 secs	
Dumbbell bicep curls	4	10	20 secs	Choose lower weights
Kettlebell swings	3	12	10 secs	
Modified press ups (knees on floor)	3	10	20 secs	
Standing dumbbell triceps extensions	3	8	20 secs	

To turn this workout into a **HIIT training**:

Do **all exercises back to back**, with no rest for 30 secs for 3 rounds

with 1-minute rest between rounds

<https://muminarush.com/home-workouts-are-just-as-powerful/>