

30-MINUTE FULL-BODY WORKOUT FOR BEGINNERS

No Equipment. No Gym. Just You.

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■ Warm-Up (5 Minutes)

- Jumping Jacks – 2 minutes
- Arm Circles – 1 minute
- Hip Rotations – 1 minute
- High Knees – 1 minute

■ Main Workout (20 Minutes)

Perform each exercise back-to-back with short rests if needed. Repeat the full circuit 2x for maximum impact.

| Exercise | Duration | Target Area |
|-------------------|----------------|---------------------------|
| Push-Ups | 1 minute | Chest, shoulders, triceps |
| Bodyweight Squats | 2 minutes | Legs, glutes |
| Plank | 1 minute | Core |
| Lunges (each leg) | 1 minute | Legs, balance |
| Mountain Climbers | 2 minutes | Full body + cardio |
| Glute Bridge | 1 minute | Glutes, lower back |
| Burpees | 2 minutes | Full body + endurance |
| Russian Twists | 1 min per side | Obliques & core |
| Leg Raises | 1 minute | Core, lower abs |

■ Cool Down (5 Minutes)

- Deep Breathing – 1 minute
- Seated Hamstring Stretch – 2 minutes
- Shoulder Stretch – 1 minute
- Child's Pose – 1 minute

■ Bonus Tips

- Stay hydrated ■
- Rest for 30–60 seconds between rounds
- Do this routine 3–4x a week for visible results
- Modify as needed — listen to your body

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