

≡ ULTIMATE ≡ 
**FREE PRINTABLE
FULL BODY WORKOUT**

5-7 MINUTE VERSION

- ✓ No Equipment
- ✓ At Home
- ✓ Fast & Effective
- ✓ Time-Poor Approved



HOW IT WORKS

123

Follow the reps for each exercise.



Complete all 10 exercises in order. Rest as needed. Repeat the circuit.

1 ROUND = APPROX. 5 MINUTES | 2 ROUNDS = APPROX. 7 MINUTES



SHORT ON TIME? BIG ON RESULTS.

This quick, no-equipment workout is designed to boost your energy, burn calories and strengthen your entire body – anytime, anywhere.

THE WORKOUT

COMPLETE IN ORDER

1 SQUAT + REACH



15 REPS

Squat down, then drive up reaching your arms overhead. Engage your core.

2 PUSH-UP (OR KNEES)



10-15 REPS

Lower your chest to the floor with control. Keep your core tight and back flat.

3 REVERSE LUNGE + KNEE DRIVE



10 REPS EACH LEG

Step back into a lunge, then drive your knee up explosively. Alternate legs.

4 SQUAT SHOULDER PRESS



12 REPS

Squat down, then drive up pressing your arms overhead. Use light dumbbells or water bottles for best results.

5 MOUNTAIN CLIMBERS



20 REPS

Drive your knees in alternating. Keep a fast but controlled pace.

6 GLUTE BRIDGE



15 REPS

Drive through your heels, squeeze your glutes at the top. Keep your core engaged. (Pause at the top for 1 sec)

7 PLANK SHOULDER TAPS



20 REPS

In high plank, tap opposite shoulder. Keep hips steady and core tight.

8 HIGH KNEES



20 REPS

Drive your knees up high and pump your arms.

9 SIDE LUNGE



10 REPS EACH LEG

Step to the side, sit back into your hip, push back to centre. Alternate sides.

10 DEAD BUG



10 REPS EACH SIDE

Slow and controlled. Keep your lower back pressed into the floor.

2-MIN BOOTY FINISHER 

A. FIRE HYDRANTS



1 MIN

Lift knee out to the side keeping it bent. Squeeze your glute at the top. (Switch sides halfway)

B. DONKEY KICKS



1 MIN

Kick your leg back and up, squeezing your glute. Keep core tight. (Switch legs halfway)

2-MIN CORE FINISHER 

A. BICYCLE CRUNCHES



1 MIN

Bring elbow to opposite knee. Keep core engaged.

B. PLANK HOLD



1 MIN


Hold a strong plank. Keep your core tight and don't drop your hips.



READY FOR MORE?

Let's transform together!

Unlock structured programs, meal plans, fat loss phases, recipes, guides & 24/7 support to help you get real results.

Real plans. Real results. Real you. 



- ✓ Structured workouts & training plans
- ✓ Delicious recipes & meal plans
- ✓ Fat loss phases that actually work
- ✓ Guides, printables & 24/7 support

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