
The Body Nurse™
FREE
QUICK BURNS
WORKOUT DOWNLOAD
Upper Body
Lower Body
Total Body
3–4 MIN EACH
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MAKEOVER

The Body Nurse™

FREE QUICK BURNS

FAT2FIT

TOTAL BODY MAKEOVER

Short, effective workouts you can do at home!

DISCLAIMER

Please read the following information carefully before doing the Free Quick Burns workout download. By using this program, you agree to the terms outlined below.

GENERAL INFORMATION

The Free Quick Burns workout is for educational and informational purposes only. It provides general fitness guidance and should not be considered medical advice, treatment or a personalised fitness plan.

CONSULT YOUR HEALTH PROFESSIONAL

Always consult your doctor or a qualified healthcare professional before starting this or any exercise program, especially if you have any medical conditions, injuries, are pregnant, postpartum or have concerns about your health or fitness.

YOUR RESPONSIBILITY

You are choosing to participate voluntarily and do so at your own risk. Listen to your body, work at a level that's right for you and stop immediately if you feel unwell, experience pain, dizziness or any unusual discomfort.

RISK OF INJURY

Exercise carries an inherent risk of injury. The Body Nurse™ and its creator are not responsible for any injury, illness or loss that may occur as a result of following this workout or using the information provided in this download.

PREGNANCY & POSTPARTUM

If you are pregnant or in your postpartum period, please seek medical clearance from your healthcare provider before participating and follow their specific recommendations.

INDIVIDUAL RESULTS

Results can vary from person to person and are not guaranteed. Your results will depend on several factors, including your starting point, consistency, effort, nutrition, lifestyle and individual body composition.

IMPORTANT REMINDER:

- ✓ This free workout is a fitness and wellness resource, not a substitute for professional medical advice.
- ✓ If you have any concerns about your ability to safely perform the exercises, please consult with a qualified healthcare professional.

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The Body Nurse™

QUICK BURNS
FAT2FIT
TOTAL BODY MAKEOVER

Short, effective finishers to boost strength, burn calories and build fitness!

WORKOUT LENGTH
APPROX. 3–4 MINUTES
(5 MOVES)

REPS / TIME
Follow the reps or time for each exercise.

REST BETWEEN MOVES
Minimal rest
(10–20 seconds)

REPEAT
1 round = 3–4 minutes
Repeat 2–3 rounds
if you have time.

UPPER BODY QUICK BURN

3–4 MINUTES | 5 MOVES

1 INCLINE PUSH-UPS
(BENCH / COUCH / WALL)



- Hands on a bench or sturdy surface
- Keep core tight
- Lower chest towards the bench
- Push back up

12 – 15 REPS

EASY OPTION: Higher surface (e.g. wall or bench)

2 RENEGADE ROW
(MODIFIED)



- Start in a high plank (on knees if needed)
- Row one weight to your ribcage
- Keep hips stable
- Alternate sides

10 EACH SIDE

EASY OPTION: Perform from knees

3 LATERAL RAISE



- Slight bend in elbows
- Lift arms to shoulder height
- Keep core engaged
- Lower with control

12 – 15 REPS

EASY OPTION: Use lighter weights

4 UPRIGHT ROW



- Pull weights up along the body
- Keep elbows higher than wrists
- Control the movement
- Keep core tight

12 REPS

EASY OPTION: Use lighter weights or resistance band

5 TRICEP DIPS
(CHAIR / BENCH)



- Hands on a sturdy chair or bench
- Bend elbows to lower
- Keep back close to the bench
- Push up to start

12 – 15 REPS

EASY OPTION: Keep knees bent and feet closer

LOWER BODY QUICK BURN

3–4 MINUTES | 5 MOVES

1 GOBLET SQUAT



- Hold a dumbbell or weight at your chest
- Feet shoulder width
- Squat down with control
- Drive through heels

12 – 15 REPS

EASY OPTION: Bodyweight squat

2 REVERSE LUNGE WITH FRONT KICK



- Step back into a lunge
- Drive through the front heel to stand
- Kick forward with control
- Alternate sides

10 EACH SIDE

EASY OPTION: Reverse lunge only (no kick)

3 SUMO SQUAT TO UPRIGHT ROW



- Feet wider than shoulder width
- Squat down
- Stand and pull weights to chest height
- Keep movement controlled

12 REPS

EASY OPTION: Sumo squat only

4 CURTSY LUNGE TO SIDE LEG LIFT



- Step back and across into a curtsy lunge
- Stand and lift the leg to the side
- Keep core tight
- Alternate sides

10 EACH SIDE

EASY OPTION: Curtsy lunge only

5 SINGLE-LEG ROMANIAN DEADLIFT



- Hinge forward at the hips
- Keep a slight bend in front knee
- Lift the back leg for balance
- Keep back flat and core tight

10 EACH SIDE

EASY OPTION: Keep back toe on the floor for support

TOTAL BODY QUICK BURN

3–4 MINUTES | 5 MOVES

1 BURPEE TO STANDING PRESS



- Squat, place hands down
- Step or jump to plank
- Step or jump in
- Stand and press weights overhead

8 – 12 REPS

EASY OPTION: Step back instead of jumping

2 SQUAT THRUSTER



- Squat with weights at shoulders
- Stand and press overhead
- A full-body power move
- Keep core tight

12 REPS

EASY OPTION: Squat and overhead reach (no weights)

3 MOUNTAIN CLIMBER
(CROSS-BODY)



- High plank position
- Drive knee to opposite elbow
- Keep hips low
- Keep a steady pace

20 TOTAL
(10 EACH SIDE)

EASY OPTION: Slow and controlled pace

4 PLANK JACKS



- High plank on hands
- Jump feet out and in
- Keep core tight
- Keep hips stable

20 REPS

EASY OPTION: Step feet out and in instead of jumping

5 SQUAT JUMP
(OR POWER SQUAT)



- Squat down with control
- Explode up into a jump
- Land softly, knees bent
- Keep core engaged

10 – 15 REPS

EASY OPTION: Fast bodyweight squats (no jump)

WAYS TO USE
- ✔ Add 1, 2 or 3 quick burns after the main workout.
- ✔ Use any quick burn on its own as a short workout.
- ✔ Repeat 2–3 rounds if you have time.

TIME GUIDE
- ✔ 1 quick burn = ~3–4 minutes
- ✔ 2 quick burns = ~6–8 minutes
- ✔ 3 quick burns = ~9–12 minutes

REMEMBER
- ✔ These quick burns are optional.
- ✔ Modify to your fitness level.
- ✔ Move with good form and control.
- ✔ Have fun!

The Body Nurse™ | THERE ARE NO EXCUSES. JUST PROGRESS.