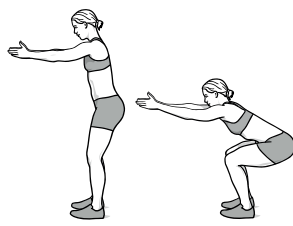


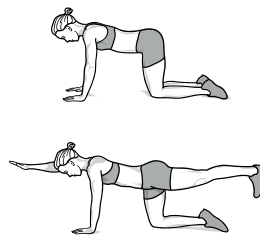
# FULL BODY WORKOUT FOR BEGINNERS

Total Time Round            6 min  
 Rest Between Rounds        1-3 min  
 Rounds                            1-3  
 Equipment                        none

	<b>Exercise</b>	<b>Work</b> [sec]	<b>Rest</b> [sec]	<b>Int.</b>
1	Squat	30	15	1
2	Quadruped Opposite Extension	30	15	1
3	Rope Skipping	30	15	1
4	Short Lever Push Up	30	15	1
5	Alternating Superman	30	15	1
6	Basic Bridge	30	15	1
7	Run in Place	30	15	1
8	Short Lever Side Plank	30	15	1



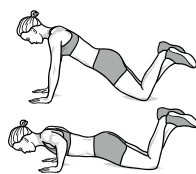
**1** Squat



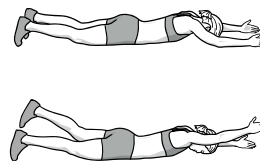
**2** Quadruped Opposite Extension



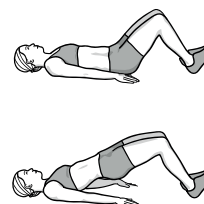
**3** Rope Skipping



**4** Short Lever Push Up



**5** Alternating Superman



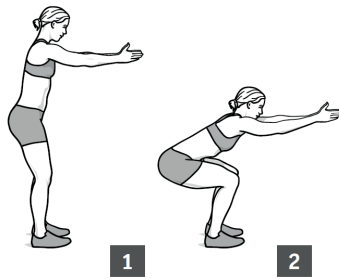
**6** Basic Bridge



**7** Run In Place

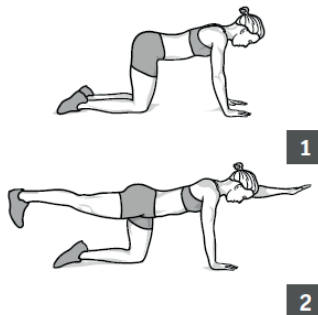


**8** Short Lever Side



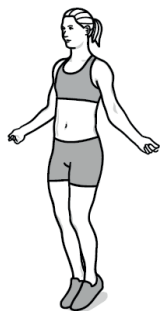
## Squat

1. Take a shoulder-wide stance. The tips of your feet point forward.
2. Bend your knees and hips at the same time and push your buttocks down backwards. The knees remain above the metatarsus. Then stand upright again.



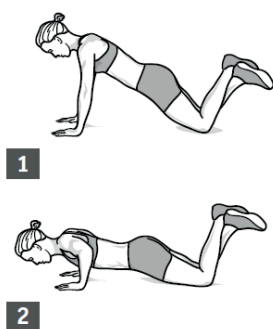
## Quadruped Opposite Extension

1. Take a quadruped position. The hands are under the shoulders, the knees under the hips.
2. Extend the right arm and left leg. The pelvis remains parallel to the floor. Hold this position.



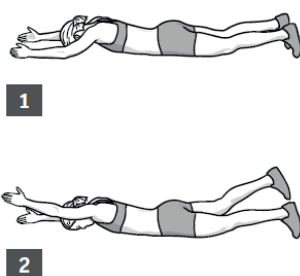
## Rope Skipping

Take an upright, hip-wide stand. Keep your hands clenched in fists slightly to the side away from your body. Imitate the movement of the rope jump. Perform small jumps. Gentle feathering is done with the tips of your feet. Take a swing with your arms in sync with the jumping.



## Short Lever Push Up

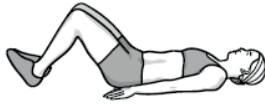
1. Adopt a kneeling support position with the hands under the shoulders. Feet are crossed. Knee, hip and shoulder joints are in line.
2. Bend the elbows and lower the upper body. The elbows remain close to the body. Then push them up again.



## Alternating Superman

Take a prone position. Extend your arms forward, palms facing each other, and lift your feet slightly off the floor. Move your arms and legs up and down about ten centimetres, alternating every second.

1



## Basic Bridge

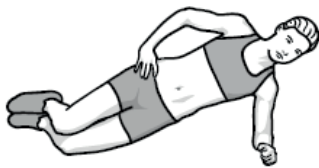
1. Adopt a supine position with the heels up
2. Push the pelvis up as far as possible by the force of the buttock muscles. Then lower it again until just before touching the ground.

2



## Run In Place

Run on the spot with increasing speed. Maintain an upright posture. Take the arms in opposite directions.



## Short Lever Side Plank

Take up a side plank with the knees down. The knees are approximately at right angles. The supporting forearm points straight forward. The elbow is just below the shoulder. Place the free hand on the hip. Push the pelvis up and hold the position.