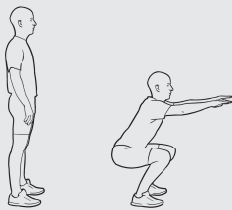


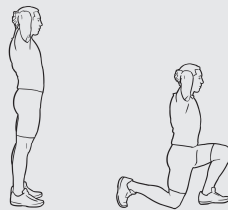
7-15 minutes WORKOUT WITH GREAT EFFECT!

MUSCLE GROUP: LEGS

Squat



Lunges

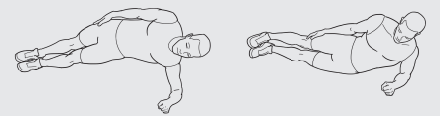


MUSCLE GROUP: CORE

Dynamic plank

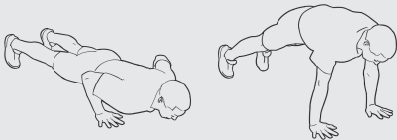


Dynamic side plank

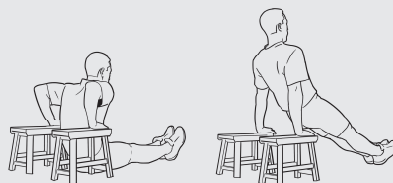


MUSCLE GROUP: UPPER BODY

Push-ups



Chair dips



Sit-ups wrist to knee



MUSCLE GROUP: BACK

Bodyweight rows under table



Upper body circles



Example of full body workout for beginners.

WOD: workout of the day

AMRAP: as many rounds as possible

8 squats

8 push-ups

8 bodyweight rows under table

8 dynamic plank

7 or 15 minutes as many rounds as possible – go!

