

General All Over Workout with stretch cool down;

Perform sit ups for 20 repps;
Perform push ups for 20 repps;
Perform walking lunges for 20 repps;
rest for 20 seconds;
Perform sit ups for 20 repps;
Perform push ups for 20 repps;
Perform walking lunges for 20 repps;

Perform right leg squats for 10 repps;
Perform left leg squats for 10 repps;

Perform standing heel raises for 10 repps with right leg;
Perform standing heel raises for 10 repps with left leg;

Perform walking lunges for 30 seconds;

Biceps Curl.

Choose a pair of 5 pound dumbbells;
Perform a warm-up set of 15 repps biceps Curl; Rest for 1 minute;
Switch to 8 pound dumbbells;
Perform a set of 15 repps of biceps Curl; Rest for 1 minute;
Perform another set of 15 repps of biceps Curl; Rest for 1 minute while preparing for a warm-up set of Triceps Extension;

Triceps Extension;

Perform a warm-up set of 15 repps Triceps Extension; Rest for 1 minute;
Perform the first work set of 15 repps of Triceps Extension; Rest for 1 minute;
Perform the second work set of 15 repps of Triceps Extension; Rest for 1 minute, choose a pair dumbbells and lay down for dumbbell press;

Dumbbell Press;

Perform a warm-up set of 15 repps Dumbbell Press; Rest for 1 minute;
Perform the first work set of 15 repps of Dumbbell Press; Rest for 1 minute;
Perform the second work set of 15 repps of Dumbbell Press;

Lay on your right side and raise your left leg for an abductor exercise for 20 repps;
Lay on your left side and raise your right leg for 20 repps;

Roll over to your stomach and perform right leg lift for 20 repps;
Switch to lifting left leg for 20 repps;

Stretches;

Perform right ham stretch for 30 seconds;
Perform left ham stretch for 30 seconds;

Perform standing quad stretch for 30 seconds with right leg;
Perform standing quad stretch for 30 seconds with left leg;

Perform wall calf stretch with right knee straight for 30 seconds;
Perform wall calf stretch with right knee bent for 30 seconds;
Perform wall calf stretch with left knee straight for 30 seconds;
Perform wall calf stretch with left knee bent for 30 seconds;

Hug your knees then lower them to your left side into a spinal twist as you stretch your arms to the side like wings, palms up;

Hold for 1 minute;

On an inhale, rotate your knees to center. Exhale and hug them to your chest, then inhale. Exhale again as you lower them to the right;

Hold for 1 minute;

On an inhale, rotate your knees to center. Exhale and hug them to your chest, then inhale. Stretch your legs into Corpse Pose for 3 minutes. Relax your breath and let it come naturally as you observe its flow;