

Home Full Body Blast

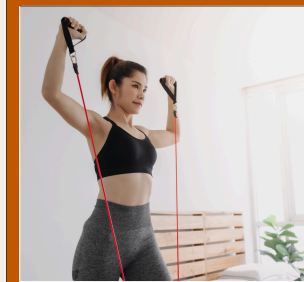
Repeat each exercise 3 sets of 8-12 reps



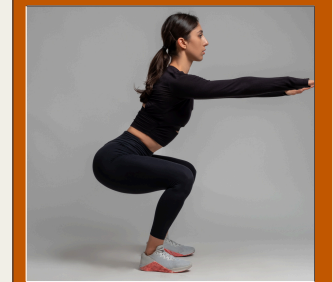
Push-ups



Seated row



Shoulder press



Squat



Reverse lunges



Glute bridge



Bicycle crunches



Mountain climbers

For more programmes and workouts check-out our [On-Demand](#) or [1:1 Online Coaching options](#)