

# TOTAL BODY

## AT HOME

SIMPLE. EFFECTIVE. NO EQUIPMENT.

**Stronger every move. Stronger You.**

Build strength, boost endurance, and move better with this no-equipment workout you can do anywhere.



**NO GYM.  
NO EXCUSES.  
JUST YOU.**



**NO EQUIPMENT**  
Just your body and commitment.



**20-30 MINUTES**  
Perfect for any schedule.



**CONSISTENCY**  
Small efforts. Big results.

**REPEAT 3-4 ROUNDS**

Rest 30-60 seconds between exercises.



**PRO TIP**  
Focus on control, full range of motion, and good form.

### 1 SQUAT



Feet shoulder-width apart. Sit back and down. Drive through your heels.

### 2 PUSH-UP



Hands slightly wider than shoulders. Lower your chest, then push back up.

### 3 LUNGE (EACH LEG)



Step forward, lower your back knee. Push through your front heel to stand.

### 4 PLANK



Keep your body in a straight line from head to heels. Hold tight.

### 5 GLUTE BRIDGE



Lift your hips, squeeze your glutes at the top. Lower slowly.

### 6 MOUNTAIN CLIMBERS



Drive your knees forward one at a time. Keep your core tight and move fast.

*Phelicia Gomez*

PERSONAL TRAINER  
FITNESS NUTRITION SPECIALIST

YOU DON'T NEED EQUIPMENT.  
YOU JUST NEED DETERMINATION.

**YOU GOT THIS.** ♥