

Full Body Strength - Complete Guide

Complete Full Body Strength Training

Comprehensive bodyweight workout targeting all major muscle groups for functional strength and conditioning.

Workout Structure (30 minutes)

Dynamic Warm-up (5 minutes)

- Arm swings: 1 minute
- Leg swings: 1 minute
- Hip circles: 1 minute
- Bodyweight squats: 1 minute
- Jumping jacks: 1 minute

Strength Circuit (20 minutes - 4 rounds)

Perform each exercise for 45 seconds, rest 15 seconds between exercises. Rest 1 minute between rounds.

Upper Body Push

Push-ups (or modified): 45 seconds

Chest, shoulders, triceps

Lower Body

Squats: 45 seconds

Quads, glutes, hamstrings

Core

Plank: 45 seconds

Core stability, shoulders

Cardio/Power

Burpees: 45 seconds

Full body, cardiovascular

Posterior Chain

Superman: 45 seconds

Lower back, glutes

Cool Down & Flexibility (5 minutes)

- Forward fold: 1 minute
- Hip flexor stretch: 1 minute each side
- Shoulder/chest stretch: 1 minute
- Child's pose: 1 minute

Exercise Modifications

Beginner Modifications:

- Wall push-ups instead of floor push-ups
- Chair-assisted squats
- Knee plank instead of full plank
- Step back burpees (no jump)

Advanced Progressions:

- Diamond push-ups or one-arm push-ups
- Jump squats or pistol squats
- Plank to push-up transitions
- Burpee with tuck jump

Training Tips

- **Focus on form:** Quality over quantity always
- **Progressive overload:** Gradually increase difficulty
- **Recovery:** Allow 24-48 hours between sessions
- **Hydration:** Drink water before, during, and after

Workout Stats

Duration: 30 minutes

Calories: 250-350

Difficulty: Intermediate

Equipment: None

 Training Goals

- Build functional strength
- Improve muscle endurance
- Enhance coordination
- Increase bone density
- Boost metabolism

Training Schedule

Frequency: 3x per week

Rest Days: 1-2 between sessions

Progression: Weekly increase