

# General Fitness Full Body Resistance Workouts

**Super-Set:** Go directly from one exercise to the next for exercises that are paired together.

<b>Super-Set Workout</b>	<b>Sets</b>	<b>Reps/Seconds</b>	<b>Rest Period</b>
Traditional Pushup	3-4	10-15 reps	No rest between exercises
Squats	3-4	10-15 reps	
<b>60 seconds before next group</b>			
Chair Dips	3-4	10-15 reps	No rest between exercises
Stationary Lunges-Forward and Back	3-4	5 reps each leg	
<b>60 seconds before next group</b>			
Floor Crunches	3-4	20 reps	30 seconds between exercises
Prone (facedown) Plank (on elbows)	3-4	30-45 seconds	30 seconds between exercises

**Super-Set:** Go directly from one exercise to the next for exercises that are tripled together.

<b>Tri-Set</b>	<b>Sets</b>	<b>Reps/Seconds</b>	<b>Rest Period</b>
<b>Dynamic/Power Workout</b>			
Plyometric Pushup	3-4	8-12 reps	30 seconds between exercises
Jump Squats	3-4	8-12 reps	
Bicycle Crunch	3-4	10-15 reps each	
<b>2 minutes before next group</b>			
Rotational Pushup	3-4	5-8 reps each	30 seconds between exercises
Jump Split Squats	3-4	5-8 reps each	
Alternate Limb Raise	3-4	5-8 reps each	
<b>2 minutes before next group</b>			
Prone (facedown) walkout	3-4	8-10 reps forward/back	30 seconds between exercises
Lateral Bound and Stick	3-4	4-6 each	
V-Sits	3-4	15-20 reps	

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**Circuit:** Go directly from one exercise to the next and repeat for 3-4 sets.

High Intensity	Sets	Reps/Seconds	Rest Period
Bear Crawl	2-4	10-15 reps each	No rest between exercises
Dolphin Pushups	2-4	10-15 reps	
Lunge Walk	2-4	10-15 reps each	
Burpee	2-4	8-10 reps	
Double Leg Abdominal Press	2-4	10-15 reps	
Side Plank Left	2-4	30-45 seconds	
Mountain Climber	2-4	30-45 seconds	
Side Plank Right	2-4	30-45 seconds	
2-minute rest between sets			
Repeat			

## Explanations of less-familiar exercises:

**Plyometric Pushup:** Start on a well-padded surface and complete a traditional push-up. In an explosive motion, push up hard enough to come off the floor. Once back on solid ground, immediately head into the next repetition.

**Rotational Pushup:** After coming back up into a starting push-up position, rotate your body to the right and extend your right hand overhead, forming a T with your arms and torso. Return to the starting position, do a regular push-up, and then rotate to the left—this also works the core.

**Prone Walkout:** Start on all fours with your core engaged. Slowly walk hands forward staying on toes but not moving them forward. Next, gradually walk hands backward to the starting position, maintaining stability and balance.

**Alternate Limb Raises:** Lie face down with arms outstretched and palms facing each other. Slowly lift one arm and opposite leg a few inches off the floor, keeping it straight without rotating your shoulders and keeping head and torso still. Hold the position, then

lower your arm and leg back down. Repeat on the other side.

**Lateral Bound:** Bound to the side from right to left and hold on a single leg for a full second—repeat bound left to right and hold again for a full second. Repeat.

**Dolphin Pushups:** Start out in Dolphin Pose (think Downward-Facing Dog Pose with hands on the floor). Lean forward, lowering shoulders until head is over hands. Push up with your arms and return to the starting position.

**Double Leg Abdominal Press:** Lie face-up with knees bent and feet flat on the floor. Tighten abs and raise hips to the ceiling with knee bent at a 90-degree angle. Hold for a 5-second count and return to the starting position.

