



6 Weeks Challenge Workouts

# Full Body

4 WORKOUTS | BODY WEIGHT | 20-30MIN



# Full Body A

6 Weeks Challenge Workout



**21.5 Min**  
Duration



**Novice**  
Level



**450-750**  
Kcal

## INTERVAL TIME

Activity: 30sec

Recovery: 15sec

## TOTAL ROUNDS

3 Rounds

## TOTAL TIME

21m 30s

## ROUND TIME

Activity: 6m 30s

Break: 1m 00s

## EQUIPMENT

Floor Mat

Water Bottle

### ROUND #1

### ROUND #2

### ROUND #3

1

Plank squat burpee 1+ 2

1

Dynamic hook twists

1

Lateral jumps - Hooks

2

Tricep dip to bridge

2

Back lunge knee up

2

Dynamic bird dog

3

Push ups shoulder tap

3

Hyper reverse

3

High knees high punches

REPEAT X 3

REPEAT X 3

REPEAT X 3



# Full Body B

6 Weeks Challenge Workout



**21.5 Min**  
Duration



**Novice**  
Level



**450-750**  
Kcal

## INTERVAL TIME

Activity: 30sec

Recovery: 15sec

## TOTAL ROUNDS

3 Rounds

## TOTAL TIME

21m 30s

## ROUND TIME

Activity: 6m 30s

Break: 1m 00s

## EQUIPMENT

Floor Mat

Water Bottle

### ROUND #1

### ROUND #2

### ROUND #3

1

Burpee chest to ground

1

Reverse plank to dips

1

Mountain climbers

2

2 x lateral shuffles + punch

2

Hip extension to uppercuts

2

Forward lunge + punch

3

Squat jumping jack

3

Walk out push ups

3

Forearm Twist

REPEAT X 3

REPEAT X 3

REPEAT X 3



# Full Body C

6 Weeks Challenge Workout



**28Min 15sec**  
Duration



**Intermediate**  
Level



**450-750**  
Kcal

## INTERVAL TIME

Activity: 45sec

Recovery: 15sec

## TOTAL ROUNDS

3 Rounds

## TOTAL TIME

28m 15s

## ROUND TIME

Activity: 8m 45s

Break: 1m 00s

## EQUIPMENT

Floor Mat

Water Bottle

### ROUND #1

### ROUND #2

### ROUND #3

1

Burpee to punch  
- switch stand

1

Pike push ups

1

2 pulse push up to 1 full  
push up

2

Cross over body  
mountain climbers

2

Squat weave + Punch

2

Back extension

3

2 forward lunge  
+ jabs to the body

3

Plank opposite leg  
& arm lifts

3

Plank jump in

REPEAT X 3

REPEAT X 3

REPEAT X 3



# Full Body D

6 Weeks Challenge Workouts



**28Min 15sec**  
Duration



**Intermediate**  
Level



**450-750**  
Kcal

## INTERVAL TIME

Activity: 45sec

Recovery: 15sec

## TOTAL ROUNDS

3 Rounds

## TOTAL TIME

28m 15s

## ROUND TIME

Activity: 8m 45s

Break: 1m 00s

## EQUIPMENT

Floor Mat

Water Bottle

### ROUND #1

1

Sumo burpee

1

2

Wide plank hand release  
in

2

3

Bounce + jabs

3

REPEAT X 3

### ROUND #2

1

Jump climbers

1

2

Bridge kick

2

3

12 punches non stop

3

REPEAT X 3

### ROUND #3

1

Forward jump  
backwards run

2

Hooks + ducks

3

High knee jacks

REPEAT X 3