

# Full-body beginner routine

*Full body workouts are a great way to build a fundamental strength, and also put on muscles.*

*This workout is maximum 1 hour long. It's up to how fast you do the exercise, and how long you rest. 3 times a week. One day rest after one day of working out.*

## **1-2 minute rest between each set/exercise**

**Do every exercise with clean form!**

### **1. Pull ups**

*(Do them negative if you're not able to do them)*

- 3-5 Shoulder width Pull ups - 3 sets
- 3-5 Close grip Pull ups - 3 sets
- 5-8 Australian Pull ups – 3 sets

### **2. Dips & Pushups**

*(Do them negative if you're not able to do them)*

- 4-8 Dips – 3 sets
- 4-8 Diamond Pushups – 3 sets
- 8-10 Regular Pushups – 3 sets

### **3. Squats & core strength**

- 10-15 Squats – 3 sets
- 5-10 Lunges (each leg) 3 sets
- 10 hanging knee raises (do them on the floor if you can't do them on the bar) – 3 sets