

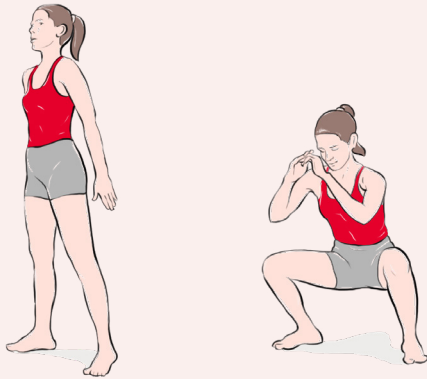
Home workout for beginners

Overall fitness with our full body workout

Before you start, you should warm up thoroughly (e.g. jogging on the spot and 20 jumping jacks).

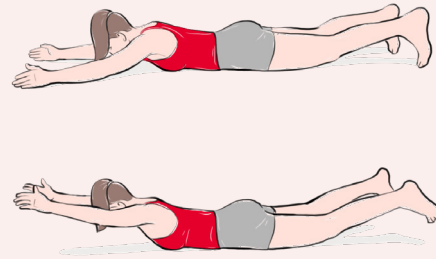
Advanced athletes can opt for a more intensive workout by doing more repetitions.

20 x Squats



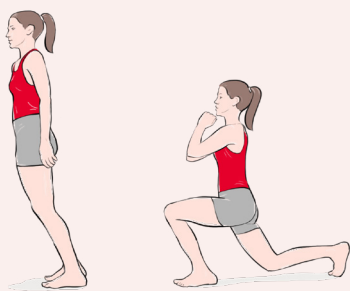
- ✓ Stand with your feet at shoulder-width
- ✓ Push buttock towards back
- ✓ Bend knees
- ✓ Stand up straight again

20 x Superman



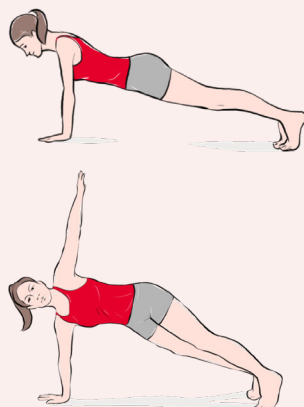
- ✓ Lie on your stomach, arms reach to the front, look down
- ✓ Tighten core muscles
- ✓ Lift arms and legs at the same time
- ✓ Briefly hold this position, then lower

20 x Lunges (10 each side)



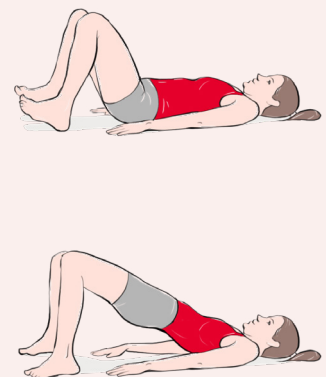
- ✓ Straighten upper body, stand hip-width
- ✓ Step forward one foot
- ✓ Lower your body
- ✓ Keep back knee above the floor

20 x Plank rotations (10 each side)



- ✓ Plank with stretched arms and straight back
- ✓ Turn body & hold body weight on one arm
- ✓ Switch sides

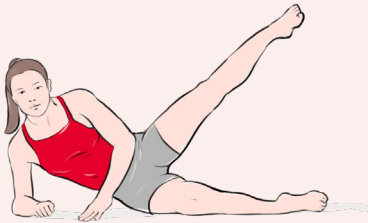
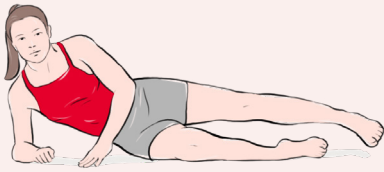
20 x Pelvis lift



- ✓ Back position, bend legs at 90-degree angle
- ✓ Lift buttock
- ✓ Briefly hold this position, then lower

Find additional information and tips for workouts at home in our guide [fitness at home](#).

30 x Side leg raises (15 each side)



- ✓ Lateral position, support with elbow
- ✓ Slowly raise leg (max. 45 degrees)
- ✓ Briefly hold this position, then lower

20 x Bicycle crunches (10 each side)



- ✓ Back position, bend legs at 90-degree angle, hold hands to the back of your neck
- ✓ Raise head, arms & upper back
- ✓ Pull head and shoulders to the left, pull left knee towards you, stretch right leg
- ✓ Return to original position & repeat exercise