



FOR ALL THE  
**MAMAS**



4-Week | Minimal Equipment

# FULLY BODY WORKOUT PLAN

[www.forallthemamas.com](http://www.forallthemamas.com)

# ABOUT THIS PROGRAM

This program focuses on major muscle groups while incorporating a full body approach to training.

Some exercises may require the use of dumbbells. It is recommended you have a pair of light weights (2-5 lbs). and a moderate to heavier pair of weights (10-15 lbs.)

Built for beginners to intermediate lifters, this is a great full body workout to start with if you don't currently have a plan. Or a great supplemental workout for those who are looking to add intensity to their current routine.

Take your workout to the next level and enjoy this program for the next 4 weeks!

## Sample Workout Schedule

MON	FULL BODY A
TUE	REST DAY
WED	FULL BODY B
THUR	REST DAY
FRI	FULL BODY A OR B
SAT	REST DAY
SUN	ACTIVE REST DAY

### PROGRAM GOAL:

To increase movement + build strength

### SKILL LEVEL:

Beginner to Intermediate

### DAYS PER WEEK:

Minimum of 2 days per week

### WORKOUT DURATION:

Minimum of 30 minutes

## DISCLAIMER

Prior to undertaking any fitness program, if you have any concerns regarding your health, please consult your physician or qualified health professional on these matters before commencing any fitness program. Should you choose to engage in this training program and/or follow the attached advice, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. For All The Mamas will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness, or death.

# How to Use Your Workout plan

## 4-WEEK FULL BODY WORKOUT

WEEK 1

INSTRUCTIONS: PERFORM 1 SET THEN REST. COMPLETE SETS BEFORE NEXT EXERCISE. SOME EXERCISES MAY REQUIRE DUMBBELLS.

FULL BODY A

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
Squat Jumps	2	12-15	1 MIN				
Reverse Lunge with Lateral Raise	2	12-15	1 MIN				
Mountain Climbers	2	12-15	1 MIN				
Glute Bridge March	2	10-12	1 MIN				
Tricep Kickback Pulses	2	15-20	1 MIN				
Push ups	2	12-15	1 MIN				

SESSION NOTES:

X X

FULL BODY B

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
Squat to Shoulder Press	2	12-15	1 MIN				
Split Squat Jumps	2	12-15	1 MIN				
Plank with Shoulder Taps	2	12-15	1 MIN				
Bent over Row	2	12-15	1 MIN				
Lateral Lunge with Bicep Curl	2	12-15	1 MIN				
Burpees	2	12-15	1 MIN				

SESSION NOTES:

X X

### Exercises

Plan time in advance to look at exercise videos to ensure proper form

### Set Columns

Record how many reps you did so you can build on it each set and/or each workout (if performing more than once a week)

### Sets x Reps x Rest

Sets means how many times you'll do a series of reps. Reps indicates an individual movement (example: 1 squat jump= 1 rep). Rest should be performed at the end of each set (once reps for the set are completed.)

\*If you see a **rep or set range** (ex. Sets = 2-4), you can decide based on time, energy, etc. how many reps or sets to perform. Or feel free to **add a set** if you'd like to do more of a particular exercise!

### Session Notes

Place information on here such as, how long it took you, how you felt after, any cues you acquired from watching videos on form prior to the workout.

For All The Mamas / Full Body Workout

# 4-WEEK FULL BODY WORKOUT

## WEEK 1

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FULL BODY A

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Squat Jumps</u>	2	12-15	1 MIN				
<u>Reverse Lunge with Lateral Raise</u>	2	12-15	1 MIN				
<u>Mountain Climbers</u>	2	12-15	1 MIN				
<u>Glute Bridge March</u>	2	10-12	1 MIN				
<u>Tricep Kickback Pulses</u>	2	15-20	1 MIN				
<u>Push ups</u>	2	12-15	1 MIN				

SESSION NOTES:



FULL BODY B

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Squat to Shoulder Press</u>	2	12-15	1 MIN				
<u>Split Squat Jumps</u>	2	12-15	1 MIN				
<u>Plank with Shoulder Taps</u>	2	12-15	1 MIN				
<u>Bent Over Row</u>	2	12-15	1 MIN				
<u>Lateral Lunge with Bicep Curl</u>	2	12-15	1 MIN				
<u>Burpees</u>	2	12-15	1 MIN				

SESSION NOTES:



# 4-WEEK FULL BODY WORKOUT

## WEEK 2

**INSTRUCTIONS:** PERFORM 1 SET THEN REST. COMPLETE SETS BEFORE NEXT EXERCISE. SOME EXERCISES MAY REQUIRE DUMBBELLS.

FULL BODY A

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Squat Pulses</u>	2-4	12-15	1 MIN				
<u>Reverse Lunge with Front Raise</u>	2	12-15	1 MIN				
<u>Crossbody Mountain Climbers</u>	2	12-15	1 MIN				
<u>Glute Bridge Pulse</u>	2-4	10-12	1 MIN				
<u>Hammer Curls</u>	2	15-20	1 MIN				
<u>Push ups</u>	2-4	12-15	1 MIN				

SESSION NOTES:



FULL BODY B

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Squat to Bicep Curl to Press</u>	2-4	12-15	1 MIN				
<u>Split Squat Hold (each side)</u>	2	12-15	1 MIN				
<u>Plank with Toe Taps</u>	2-4	12-15	1 MIN				
<u>Bent Over Fly</u>	2	12-15	1 MIN				
<u>Tricep Dips</u>	2-4	12-15	1 MIN				
<u>Side Planks (each side)</u>	2	12-15	1 MIN				

SESSION NOTES:



# 4-WEEK FULL BODY WORKOUT

## WEEK 3

INSTRUCTIONS: PERFORM 1 SET THEN REST. COMPLETE SETS BEFORE NEXT EXERCISE. SOME EXERCISES MAY REQUIRE DUMBBELLS.

FULL BODY A

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Glute Bridge with Chest Press</u>	2-4	12-15	1 MIN				
<u>Forward to Reverse Lunge</u>	2	12-15	1 MIN				
<u>Renegade Row</u>	2-4	12-15	1 MIN				
<u>Alternating Step-Ups</u>	2	10-12	1 MIN				
<u>Bicycle Crunches</u>	2-4	15-20	1 MIN				
<u>Dead Bug</u>	2	12-15	1 MIN				

SESSION NOTES:



FULL BODY B

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Sumo Squat with Heel Raises</u>	2	12-15	1 MIN				
<u>Walking Lunge</u>	2-4	10-12	1 MIN				
<u>Plank with Hip Dips</u>	2	12-15	1 MIN				
<u>Alternating Bird Dog</u>	2	10-12	1 MIN				
<u>Fire Hydrants (each side)</u>	2	12-15	1 MIN				
<u>Side Plank with Leg Lift (each side)</u>	2	10-12	1 MIN				

SESSION NOTES:



# 4-WEEK FULL BODY WORKOUT

## WEEK 4

INSTRUCTIONS: PERFORM 1 SET THEN REST. COMPLETE SETS BEFORE NEXT EXERCISE. SOME EXERCISES MAY REQUIRE DUMBBELLS.

FULL BODY A

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Narrow to Wide Squat</u>	2-4	12-15	1 MIN				
<u>Arnold Shoulder Press</u>	2-4	10-12	1 MIN				
<u>Bent Over Row to Tricep Kickback</u>	2-4	12-15	1 MIN				
<u>Hamstring Walkouts</u>	2-4	10-12	1 MIN				
<u>Donkey Kicks (each side)</u>	2-4	15-20	1 MIN				
<u>Forearm to Straight Arm Plank</u>	2-4	10-12	1 MIN				

SESSION NOTES:



FULL BODY B

EXERCISE:	SETS	REPS	REST	SET 1	SET 2	SET 3	SET 4
<u>Alternating Chest Press</u>	2-4	12-15	1 MIN				
<u>Romanian Deadlift to Upright Row</u>	2-4	10-12	1 MIN				
<u>Glute Bridge with Tricep Extension</u>	2-4	12-15	1 MIN				
<u>Russian Twists</u>	2-4	10-12	1 MIN				
<u>Diamond Pushups (modified)</u>	2-4	12-15	1 MIN				
<u>Superman</u>	2-4	10-12	1 MIN				

SESSION NOTES:



# WORKOUT TRACKER

## Instructions:

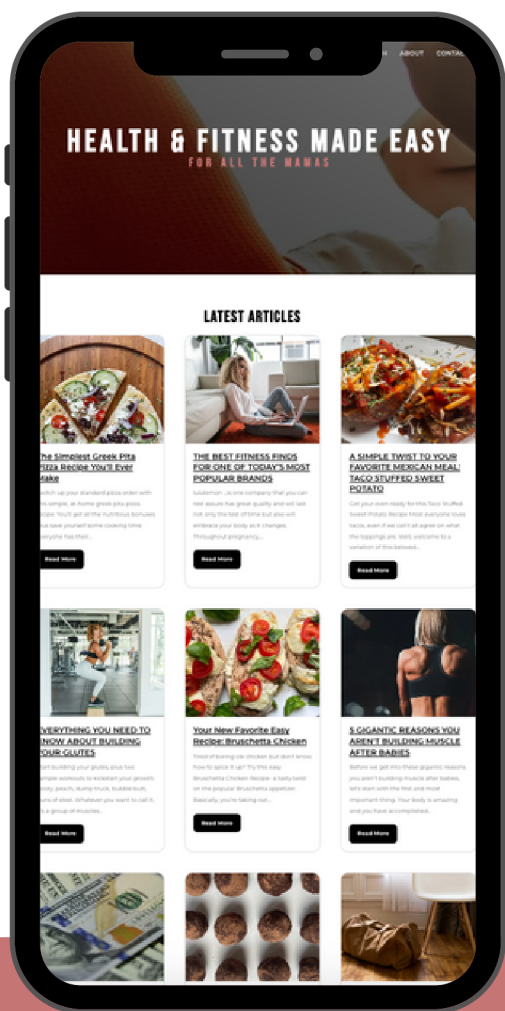
Track your workout program by indicating what exercise you did for the today. Tally up your number of workouts at the end of the month and aim for consistency or improvement each time!

START MONTH	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	31	Total # of Workouts	NOTES:		



# Additional Resources

Find more health and fitness related information to help you on your journey. From free workouts and fitness challenges to recipes and health guides, you'll have everything you need at your finger tips. Plus, join the newsletter for some health related content that may pique your interest.



## Key Resources:

- [Free resources](#) to guide you on your health and fitness journey
- [Easy recipes](#) for the whole family
- Quick workouts and [fitness challenges](#) to motivate you
- Monthly newsletter with the latest info. Join free [here!](#)
- Access to [fitness finds](#) and deals geared towards health and fitness

## Top Articles:

- [7 Surprisingly Effective Ways To Start Your Weight Loss Journey](#)
- [5 Reasons You're Not Consistently Working Out](#)
- [3 Surprising Ways To Save Money By Being Healthy](#)

*Looking for something specific?*

Let me know what you're interested in and I can tailor your approach or point you in a direction that may help you along on your journey.

