



**GIOVANNI
ILACQUA
PERSONAL
TRAINING**

GIODME

FULL BODY TRAINING

SAMPLE WORKOUT PLAN

**LET'S
GET FIT
TOGETHER**

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TOTAL BODY

WARM UP

Joint mobilisation
Dynamic stretches
30 sec x High knee taps
30 sec x Mountain Climbers

MAIN WORKOUT

Upper Body Circuit - 3 rounds
30 seconds per exercise
3 minutes rest between rounds

1. Push Ups / Diamond Push Ups
2. Reverse Snow Angels / Superman
3. Floor Dips / Floor Tricep Extensions
4. Plank / Plank Jacks
5. Shoulder Plank / Pike Push Ups
6. Boat Hold

Lower Body Circuit - 4 Rounds
30 seconds per exercise
2 minutes rest between rounds

1. Lunges / Jumping Lunges
2. Wide Squat Hold
3. Squats / Jumping Squats
4. Floor Hip Raises / One Leg Hip Raises

ABS WORKOUT

Abs Routine - 4 rounds
30 seconds per exercise
1 minutes rest between rounds

1. Knee Raises / Leg Raises
2. Crunches / Toes Touches
3. Russian Twists
4. Side Plank

DESCRIPTION

This workout contains three circuits to target: Upper Body, Lower Body and Abs.

For most exercises there are two options, the first one is the easier variation, the second one is more advanced

All exercises can be performed without any equipment. It's just your body and the floor.

Time needed: 45 minutes

ADDITIONAL NOTES

- For Push Ups and Planks, if you get too fatigued you can put your knees on the ground
- Always aim to maintain a good form throughout each exercise, quality over quantity of reps!
- If you find the circuits too easy, you can reduce the resting periods and increase the number of rounds
- After the training you should always stretch the muscles you worked out, it will aid muscle recovery and reduce soreness
- I recommend performing this Full Body circuit 3 times a week
- Make sure to rest and eat properly before working out again, if you are extremely sore you should consider taking a day off