Do a search for “full-body workout” on the interwebs and you will get A LOT of suggestions. Many of them require equipment … or complicated rep schemes … or lots of time. And, I don’t know about you, but the one thing I don’t need in my life is another cumbersome thing to do or figure out. I just want to pop on some fun tunes (which, here are some good workout playlists suggestions if you need ’em!), move my body, and happily get my sweat on. Who feels me? So, in times like these, I follow a very simple formula for the perfect full-body workout. And, I’m sharing it with you today! There are a few reasons why this formula is one of my go-tos: Winner, winner, right?! Now, let’s get to creating YOUR perfect full-body workout. You can create your own perfect full-body workout by following a simple formula of: Cardio: Cardio can be anything from jumping jacks to running to marching in place to biking or rowing — anything to get your heart rate up. (And, you can do the same cardio move twice, or pick two different ones.) Upper-Body Moves: Upper-body moves can include traditional dumbbell moves like push press, bicep curls or bent-over rows, OR it can simply be push-ups (on the wall, your knees, or your toes) or tricep dips off of a chair. Lower-Body Moves: Lower-body moves can be weighted or bodyweight-only lunges, squats, hip bridges, deadlifts, wall sits, etc. Anything that challenges your lower half! Plank/Core: For the core, a basic plank (on the toes or the knees) is a really great one to try for a minute, but you can also try crunches, sit-ups, v-ups, flutter kicks, or reverse crunches. You do you, boo. All together, that formula gives you five minutes of a full-body workout that both boosts strength and gets your heart rate up. Simply repeat for as many rounds as you’d like. Again, you pick the moves and how many rounds you do so it’s totally customizable to YOU. Need a few ideas of what this looks in real life? Here are three of my favorite workouts using the formula above. This is my no. 1 go-to. No equipment needed. This one uses dumbbells for the strength work. And, this is one that I like to do in my garage gym. See? No fuss; just fitness. What will your first workout using this formula be? Let me know in the comments! –Jenn FTC disclosure: We often receive products from companies to review. All thoughts and opinions are always entirely our own. Unless otherwise stated, we have received no compensation for our review and the content is purely editorial. Affiliate links may be included. If you purchase something through one of those links we may receive a small commission. Thanks for your support! I am a health conscious and always do exercise. I regular read the blogs about health. After reading your blog, I am very impressed with that.