search “ full-body workout ” interwebs get LOT suggestions Many require equipment … complicated rep schemes … lots time ’ know one thing ’ need life another cumbersome thing figure want pop fun tunes good workout playlists suggestions need ’ em move body happily get sweat feels times like follow simple formula perfect full-body workout ’ sharing today reasons formula one go-tos Winner winner right let ’ get creating perfect full-body workout create perfect full-body workout following simple formula Cardio Cardio anything jumping jacks running marching place biking rowing — anything get heart rate cardio move twice pick two different ones Upper-Body Moves Upper-body moves include traditional dumbbell moves like push press bicep curls bent-over rows simply push-ups wall knees toes tricep dips chair Lower-Body Moves Lower-body moves weighted bodyweight-only lunges squats hip bridges deadlifts wall sits etc Anything challenges lower half Plank/Core core basic plank toes knees really great one try minute also try crunches sit-ups v-ups flutter kicks reverse crunches boo together formula gives five minutes full-body workout boosts strength gets heart rate Simply repeat many rounds ’ like pick moves many rounds ’ totally customizable Need ideas looks real life three favorite workouts using formula 1 go-to equipment needed one uses dumbbells strength work one like garage gym See fuss fitness first workout using formula Let know comments –Jenn FTC disclosure often receive products companies review thoughts opinions always entirely Unless otherwise stated received compensation review content purely editorial Affiliate links may included purchase something one links may receive small commission Thanks support health conscious always exercise regular read blogs health reading blog impressed