**Advanced Warm-up Routine:**

* Jump rope: 3 minutes
* Jumping jacks: 30 reps
* Bodyweight squats: 30 reps
* Lunges: 10 reps each leg.
* Hip extensions: 20 reps each side
* Hip rotations: 10 each leg
* Forward leg swings: 20 each leg
* Side leg swings: 20 each leg
* Push-ups: 20 reps

**This at-home routine, as we lay out in our**[**Bodyweight Workout**](https://www.nerdfitness.com/blog/beginner-body-weight-workout-burn-fat-build-muscle/)**article,**is as follows:

* [Bodyweight squats](https://www.nerdfitness.com/blog/strength-training-101-how-to-squat-properly/): 30 reps
* [Push-ups](https://www.nerdfitness.com/blog/proper-push-up/): 20 reps
* [Walking lunges:](https://www.youtube.com/watch?v=9vJImczBAu8) 15 each leg
* [Dumbbell rows](https://www.youtube.com/watch?v=ej9XLPN3mPo) (using a gallon milk jug or another weight): 20 each arm.
* [Plank](https://www.youtube.com/watch?v=wy7QOQEZ8Rg): 30 seconds
* [Jumping Jacks](https://youtu.be/qQ96oXp5RTU?t=64): 40 reps