

A full body workout you can do anywhere

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The Routine

To do this full-body routine, designed by Tara Zimliki, a trainer in Branchburg, New Jersey, you need only a watch and two small water bottles. Complete as many reps of each exercise as you can in the specified time.

Move 1: Warm-Up

1 minute

To get your muscles ready to work, perform eight slow circles with your neck in a clockwise direction. Continue with eight circles each for both arms (keep them straight), wrists, and legs (bend at the knee and move from the hip). Repeat the sequence, but this time rotate each body part counterclockwise eight times.

Move 2: Jumping Jacks

3 minutes

Remember to keep your arms straight as you bring them up to your ears with each jump.

Move 3: Wall Mountain Climber

3 minutes

Place hands on a wall, arms straight, leaning your body at an angle. Step forward with right foot (near right).

Quickly switch feet (far right), simultaneously bringing left foot forward and right foot back. Repeat.

Move 4: Push-up With Side Plank

2 minutes

Do a push-up with legs straight or on knees (top).

Rotate to the left so feet and hips are stacked. Raise left arm for a breath (bottom). Lower arm; return to starting position. Repeat on other side.

Move 5: Lunge With Biceps Curl

2 minutes

Holding two full bottles, stand with left foot forward (near right).

Lower into a lunge (far right). Do a biceps curl, then lower. Straighten knees to stand. Repeat for a minute, then switch legs.

Move 6: Backward Lunge With Shoulder Raise

2 minutes

Stand, feet together, a bottle in each hand (near right).

Step left foot back into a lunge (far right). With arms straight, raise them to shoulder height. Lower arms, then come back to standing. Switch legs and repeat.

Move 7: Glute Stretch

1 minute

Lie on your back with knees bent. Place your right ankle on your left knee and grasp the back of your left thigh with both hands (top).

Pull your leg gently toward your torso (bottom). Hold for 30 seconds. Switch sides.

Move 8: Triceps Stretch

1 minute

Raise your right arm and bend your elbow so your hand reaches down to your left shoulder blade. Using your left hand, gently pull your elbow toward your ear for a slight stretch. Hold for 30 seconds. Switch sides.