

# FULL BODY FITNESS

how to tone thighs and lose size in 2 hours a week



**what you are getting:**

**your dream body**

This full body fitness guide takes absolutely all of the thought out of working out. Follow this step-by-step, detailed guide to FEEL and LOOK more toned, more confident, and more like your best self.

INCLUDED:

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**Total Upper Body**  
**Total Lower Body**  
**Full Body**  
**HIIT Circuit**

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# Total Upper Body

Dumbbells & Floor Mat

## Warm Up:

- light cardio (10-15 minute walk/jog)
- dynamic stretching

## Bench Press

- 4x8
- 1) warm up 2) moderate weight 3) moderate/heavy weight 4) moderate weight

## Tricep Kickbacks

- 3x10
- light/moderate weight- focus on full extension

## Bent Over Rows

- 4x8
- 1) warm up 2) moderate weight 3) moderate/heavy weight 4) moderate weight

## Bicep Curls

- 3x10
- moderate/heavy weight

## \*Optional\* Pull-Up Practice

- grip strength - farmer's carry &/ body weight hangs
- packing scapula - back pinches
- deficit pull-up - jump up and lower slowly

## Core Conditioning

- 3x through, 45s/15s, 1 min rest
- russian twists
- sit ups
- leg lifts
- plank

## Cool Down

- static stretching

# Total Lower Body

Dumbbells & Floor Mat

## Warm Up:

- light cardio (10-15 minute walk/jog)
- dynamic stretching

## Squat

- 4x8
- 1) warm up 2) moderate weight 3) moderate/heavy weight 4) moderate weight

## Step-Ups

- 3x10
- light/moderate weight- focus on stability

## Deadlift

- 4x8
- 1) warm up 2) moderate weight 3) moderate/heavy weight 4) moderate weight

## Calf Raises

- 3x10
- light/moderate weight - focus on full extension

## Hip Thrusts

- 4x8
- 1) warm up 2) moderate weight 3) moderate/heavy weight 4) moderate weight

## Adductors

- 3x10
- focus on full flexion

## Core Conditioning

- 3x through, 45s/15s, 1 min rest
- russian twists
- sit ups
- leg lifts
- plank

## Cool Down

- static stretching

# Full Body

Dumbbells & Floor Mat  
Light/Moderate Weight

## Warm Up:

- light cardio (10-15 minute walk/jog)
- dynamic stretching

## Squat

- 3x10

## Chest Press

- 3x10

## Deadlift

- 3x10

## Bent Over Row

- 3x10

## Shoulder Press

- 3x10

## Chest Flies

- 3x10

## Bicep/Tricep Super Set

- curl & overhead extension
- 3x8

## Calf Raises

- 3x10

## Core Conditioning

- 3x through, 45s/15s, 1 min rest
- russian twists
- sit ups
- leg lifts
- plank

## Cool Down

- static stretching

# H.I.I.T. Circuit

30 min & Floor Mat

## Warm Up:

- 30-45s each
- jumping jacks
- high knees
- butt kicks
- cross body toe touch
- inchworm walkouts

## Side Lunge with Shoulder Press

- legs and shoulders

## Mountain Climbers with Twist

- arms and core

## Biceps & Triceps

- bicep curls x5
- tricep extensions x5

## Long Jump Shuffle Back

- quad focus

## Superman's

- back and glutes

Each exercise is done for 45 seconds, rest for 15 seconds before moving on to the next exercise. Complete all 5 exercises and rest for 60 seconds. Complete 4 rounds.

## Core Conditioning

- 3x through, 45s/15s, 1 min rest
- russian twists
- sit ups
- leg lifts
- plank

## Cool Down

- static stretching

# Who am I?

Emma Lively

**fitness, health, and wellness aren't just a part of my lifestyle- they're a part of my livelihood.**

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**what does that mean?** 🙋

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**it means that while I take care of myself because I enjoy it, I also enjoy helping other people take care of themselves as well.**

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**it means that's I am a certified, credible, and capable coach.** 🧐

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**it means I have spend hundreds, maybe even thousands of hours pouring over topics like squat form, nutrient density, habit change, behavior loops, personality styles, anatomy, physiology, psychology, public health, and more..** 📖 🖋️ 🏋️

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**it means fitness, health, and wellness keep me LIVELY!!!** 😁

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**all that to say— I want to share my livelihood with YOU. it has been my passion the last few years to work with my clients and my classes, sharing knowledge and experience. I coach because I LOVE IT, because it brings ME JOY, and it's FILLS MY HEART.**

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**I hope y'all are as excited as I am!!** 😍

Visit my website for more free guides, access to personalized personal training, blog posts, and more!

**EmmaLively.me**

