

5 Quick Home Workouts (No Equipment, 15 Min)

No gym. No gear. No excuses. Five circuits for five different goals — ready to go right now.

1

Full Body Burn

3 rounds: 15 squats · 10 push-ups · 20 mountain climbers · 30s plank. Rest 45s between rounds.

2

Core & Abs Blast

3 rounds: 20 crunches · 15 leg raises · 30s side plank each side · 10 bicycle crunches.

3

Lower Body Sculpt

3 rounds: 20 sumo squats · 15 reverse lunges each leg · 25 glute bridges · 20 calf raises.

4

Upper Body Strength

3 rounds: 12 wide push-ups · 10 tricep dips on chair · 15 shoulder taps · 12 diamond push-ups.

5

Cardio & Endurance

4 rounds: 30s jumping jacks · 20 high knees · 10 burpees · 30s rest. Total approx. 15 minutes.

Want the full AI toolkit?

Visit theaigrl.store to explore all tools.

EXPLORE TOOLS ->