

Body Weight Workout Program



Week 1

Day 1	Day 2	Day 3	Day 4
Circuit - Perform each exercise one after another, 10 times to complete	Circuit - Perform each exercise one after another, 3 times to complete	Circuit - Perform each exercise one after another, 4 times to complete	Circuit - Perform each exercise one after another, 5 times to complete
Pushups <ul style="list-style-type: none"> • 10x10 Flutter Kicks <ul style="list-style-type: none"> • 10x20 seconds V-Ups <ul style="list-style-type: none"> • 10x5 Jumping Jack's <ul style="list-style-type: none"> • 10x15 	Body Squat <ul style="list-style-type: none"> • 3x10 Glute Bridge <ul style="list-style-type: none"> • 3x10 (2 second hold at top) Single Leg RDL (Roman Deadlift) <ul style="list-style-type: none"> • 3x12 Squat Jumps <ul style="list-style-type: none"> • 3x12 Wall Sit <ul style="list-style-type: none"> • 3x90 seconds 	Superman's <ul style="list-style-type: none"> • 4x10 seconds Shoulder Press Pushups (Use chair or bench) <ul style="list-style-type: none"> • 4x10 Prone "W" Raise <ul style="list-style-type: none"> • 4x10 Jumping Jack's <ul style="list-style-type: none"> • 4x20 Burpees <ul style="list-style-type: none"> • 4x10 	Pushups (3 second positive/negative) <ul style="list-style-type: none"> • 5x10 Scissors (Core Exercise) <ul style="list-style-type: none"> • 5x20 Triceps Pushup <ul style="list-style-type: none"> • 5x10 Jumping Lunges <ul style="list-style-type: none"> • 5x10/each leg Ab Twist (Side to Side) <ul style="list-style-type: none"> • 5x30

Week 2

<p>Day 1</p> <p>Complete workout straight through. Breakup into sets if needed. Scale down reps if needed.</p>	<p>Day 2</p> <p>Complete workout straight through, no circuits. 30 seconds rest between sets</p>	<p>Day 3</p> <p>Complete workout straight through, no circuits. 30 seconds rest between sets</p>	<p>Day 4</p> <p>Complete workout straight through, no circuits. 30 seconds rest between sets</p>
<p>Jump rope or Jumping Jack's • 2 minutes</p> <p>75 Pushups</p> <p>50 Sit-ups</p> <p>Jump rope or Jumping Jack's • 2 minutes</p> <p>50 Pushups</p> <p>100 Sit-ups</p> <p>Jump rope or Jumping Jack's • 2 minutes</p> <p>30 Pushups</p> <p>150 Sit-ups</p> <p>Jump rope or Jumping Jack's • 2 minutes</p>	<p>Lunge Twist (Twist to side with leg forward)</p> <ul style="list-style-type: none"> • 4x10/each leg <p>Bear Crawl</p> <ul style="list-style-type: none"> • 4x50ft/forward + reverse <p>Side Lunges</p> <ul style="list-style-type: none"> • 3x15/each leg <p>Burpees</p> <ul style="list-style-type: none"> • 3x20 <p>Squat Walk (Slow Steps)</p> <ul style="list-style-type: none"> • 3x50ft forward + reverse 	<p>Bird Dogs</p> <ul style="list-style-type: none"> • 2x10/ea side <p>Dive Bomber Pushups</p> <ul style="list-style-type: none"> • 2x15 <p>Prone "W" Raise</p> <ul style="list-style-type: none"> • 2x15 (2 sec hold at top) <p>Shoulder Press Pushups</p> <ul style="list-style-type: none"> • 2x12 <p>Triceps Pushup (3 second positive)</p> <ul style="list-style-type: none"> • 2x12 	<p>Knee Tuck Jumps</p> <ul style="list-style-type: none"> • 4x15 <p>Ab Rock n' Roll to Plank</p> <ul style="list-style-type: none"> • 3x10 <p>Glute Bridge</p> <ul style="list-style-type: none"> • 3x20 <p>Burpees</p> <ul style="list-style-type: none"> • 4x15 <p>Single Leg RDL's (3 sec negative)</p> <ul style="list-style-type: none"> • 3x15

Week 3

<p align="center">Day 1</p> <p align="center">Circuit - Perform each exercise one after another, 3 times to complete</p>	<p align="center">Day 2</p> <p align="center">Complete workout straight through, no circuits. 30 seconds rest between sets</p>	<p align="center">Day 3</p> <p align="center">Circuit - Perform each exercise one after another, 3 times to complete</p>	<p align="center">Day 4</p> <p align="center">Complete workout straight through, no circuits. 30 seconds rest between sets</p>
<p>High Skip Jumps in Place</p> <ul style="list-style-type: none"> • 3x15/ea side <p>Bird Dogs</p> <ul style="list-style-type: none"> • 3x15/ea side <p>Dirty Dogs</p> <ul style="list-style-type: none"> • 3x15/ea side <p>Lunge Twist</p> <ul style="list-style-type: none"> • 3x15/ea side <p>Burpees</p> <ul style="list-style-type: none"> • 3x15 	<p>Dive Bomber Pushups</p> <ul style="list-style-type: none"> • 2x10 <p>Plate Press Out (Use a hardcover book or squeeze palms together)</p> <ul style="list-style-type: none"> • 3x15 <p>Elbow to Hand Planks</p> <ul style="list-style-type: none"> • 3x12 <p>Shoulder Press Pushups (5 sec negative)</p> <ul style="list-style-type: none"> • 2x10 <p>Prone "W" Raises</p> <ul style="list-style-type: none"> • 5x5 	<p>Scissors (Core Exercise)</p> <ul style="list-style-type: none"> • 3x25 <p>Ab Twist (Side to Side)</p> <ul style="list-style-type: none"> • 3x40 <p>Ab Rock n' Roll to Plank</p> <ul style="list-style-type: none"> • 3x10 <p>Plank Knee Tuck to Elbow (Left knee to left elbow, right knee to right elbow)</p> <ul style="list-style-type: none"> • 3x10/ea <p>Leg Raise Up n' Over (Use water bottle as "Up n' Over" obstacle)</p> <ul style="list-style-type: none"> • 3x20 	<p>Step Ups (Use chair or bench)</p> <ul style="list-style-type: none"> • 3x20/ea side <p>Single Leg RDL's</p> <ul style="list-style-type: none"> • 2x20/ea side <p>Wall Sit</p> <ul style="list-style-type: none"> • 2x90 seconds <p>Half Rep Body Squat</p> <ul style="list-style-type: none"> • 2x30 (15 bottom half/15 top half) <p>Side Lunge</p> <ul style="list-style-type: none"> • 3x12/ea side

Week 4 | AMRAP Week (As many rounds as possible)

Day 1	Day 2	Day 3	Day 4
20 Jumping Jacks 10 Pushups AMRAP 15 mins 1 min Rest 20 Jumping Jacks 100 Flutter kicks AMRAP 15 mins 1 min Rest 20 Jumping Jacks 12 Elbow to Hand Planks AMRAP 15 mins	10 Body Squats 9 Prone "W" Raises 8 Side Shoulder Raises 7 Glute Bridges 6 Flutter kicks 5 Burpees 4 Bird Dogs 3 High Skip Jumps 2 Triceps Pushups 1 min plank AMRAP 30 mins	15 Reverse Lunge Twists (Twist to side with leg forward) 20 Ski Jumpers (Side to Side) 10 Step Ups w/ Knee Raise (each side) 15 mins AMRAP 2 min Rest 15 Plate Press Outs 12 Ab Rock n' Roll to Plank 30 Second Static Pushup Hold 15 mins AMRAP	30 Body Squats 20 Sit-ups 10 Pushups AMRAP 30 mins

Training Notes

During OFF/REST Days, if desirable, Run/Bike/Walk 30 mins

Stretch and foam roll on these days (if you have a foam roller)

If you haven't ran in a while, start with low mileage (0.5-1 miles) and increase total weekly mileage by no more than 10% each week to avoid common injuries

Space out training days as needed for optimum recovery. With this training split (4 Days) you can train every other day if needed.

Each workout should take 45mins-1hr. Modify exercises as needed according to your fitness level.

"Positive" is the concentric movement (ex. 3 second "positive" for a pushup means to pace the movement 3 seconds on the way up)

"Negative" is the eccentric movement (ex. 3 second "negative" for a pushup means to pace the movement 3 seconds on the way down)