



## **BODYWEIGHT EXERCISE GUIDE 1**

Bodyweight training may look easy, but if you are not used to it, it's very far from that. It is just as intense as running and it is just as challenging so if you struggle with it at the very beginning, it's perfectly ok – you will get better at it once you start doing it regularly. Do it at your own pace and take longer breaks if you need to.

You can start with a single individual workout from the collection and see how you feel. If you are new to bodyweight training always start any workout on Level I (level of difficulty).

You can pick any number of workouts per week, usually between 3 and 5 and rotate them for maximum results.

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn't mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you'll benefit from doing exercises that produce results in both areas.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like pull-ups have been excluded.

All of the routines in this collection are suitable for both men and women, no age restrictions apply.



## PRE & POST WORKOUT STRETCHES

HOLD EACH STRETCH FOR 30 SECONDS



hamstring stretch



groin stretch



leg to chest stretch



quad stretch



elbow stretch



cross neck elbow stretch



gravity toe touches



sumo squat hold



side splits



1 MINUTE 1 REST

1 minute each exercise | 1 minute rest between each



high knees



jumping jacks



squats



side leg raises



lunges



plank arm raises



plank leg raises



planks with rotations



climbers



push-ups



## EXPRESS WORKOUT



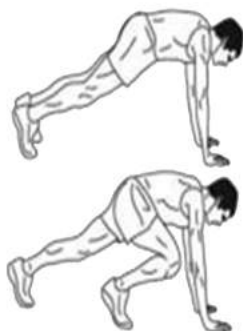
**20** lunges



**20** side leg raises



**20** squats



**20** slow climber



**20** push-ups

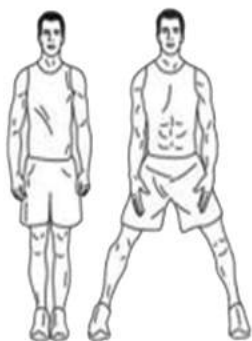


**20sec** elbow plank

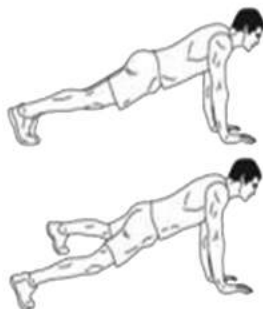


## EASY DOES IT

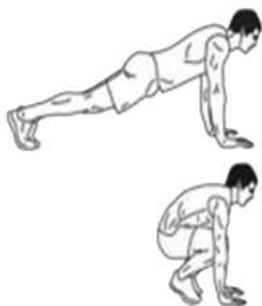
**3 sets** | up to 2 minutes rest between sets



**10** half jacks



**6** plank jacks



**6** plank jump-ins



**10-count** plank



**6** push-ups



**10** squats



## AB WORKOUT

**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



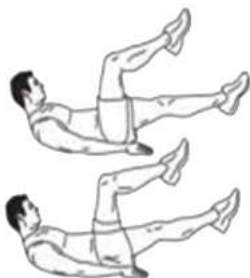
**10** sit-ups



**10** flutter kicks



**10** leg raises



**10** air bike crunches



**10** knee crunches



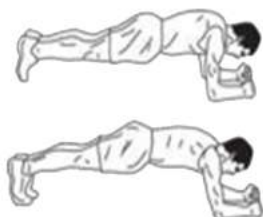
**10** crunch kicks



**10** plank arm raises



**30sec** elbow plank



**10** body saw



## CHEST EXPRESS (COMPLETE CHEST WOROUT )

**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**6** classic push-ups



**6** power push-ups



**4** back extensions



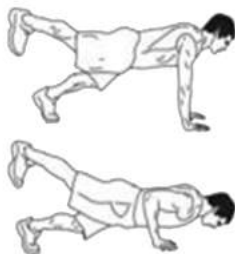
**6** wide grip push-ups



**6** close grip push-ups



**4** back extensions



**6** raised leg push-ups



**6** side crunch push-ups



**4** back extensions

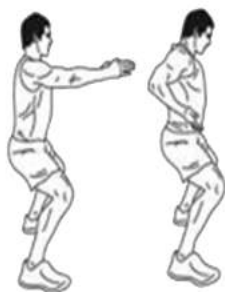


## BACK ATTACK (COMPLETE BACK WORKOUT)

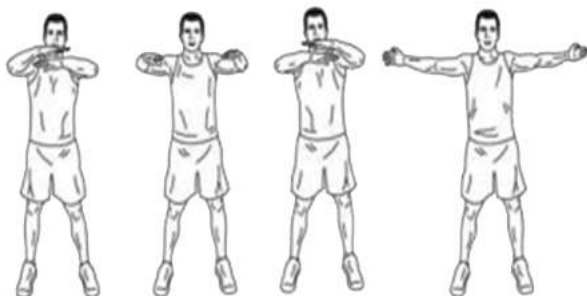
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**10** diver push-ups



**20** half squat rows



**20** double chest expansions



**20** lawnmowers



**20** forward bends



**20** wall arm slides



## ARMAGEDDON (COMPLETE ARM WOROUT)

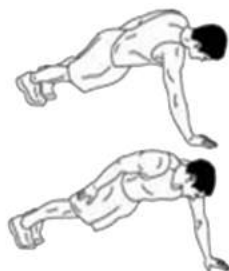
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**10** push-ups



**20** punches



**10** thigh taps



**10** shoulder taps



**20** overhead punches



**10** tricep push-ups



**2 minutes** rotating punches  
aka speed bag punches  
Instead of complete rest after every set,  
at any speed



## DON'T SKIP LEG DAY (COMPLETE LEG WORKOUT)

**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



**40** squats



**20** calf raises



**20** lunges



**20** side leg raises



**20** side-to-side lunges



**20-count** wall-sit



## CHAIR BASED EXERCISE

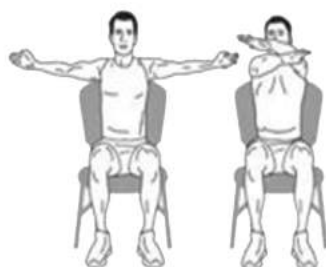
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** chair squats



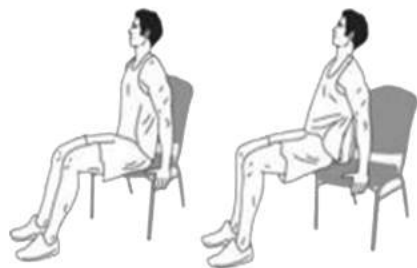
**20** chest squeezes



**40** criss-cross arms



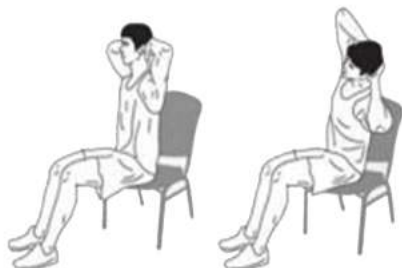
**40** leg extensions



**10** chair body lifts



**10** knee pull-ins



**20** oblique bends

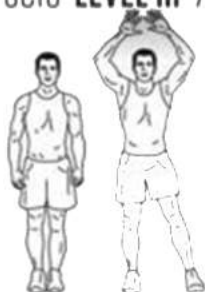


## CARDIO (LIGHT)

**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**10** march steps



**20** step jacks



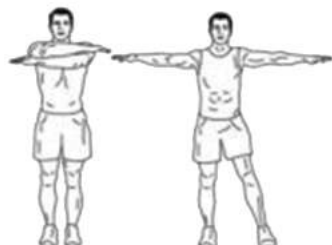
**10** march steps



**20** side jacks



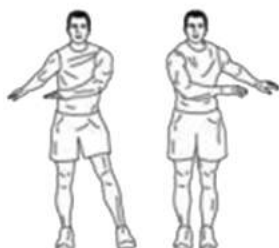
**10** march steps



**20** scissor steps



**10** march steps



**20** side-to-side steps



**10** march steps



## CARDIO DRILL

**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

**3 combos:**

**20** high knees

**4** knee-to-elbow



**3 combos:**

**20** high knees

**2** side-to-side jumps



**3 combos:**

**20** high knees

**4** side leg raises





## CARDIO LEVEL UP

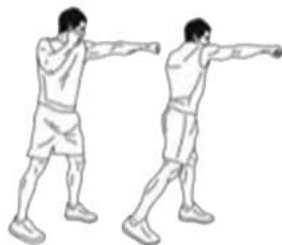
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** high knees



**20** jumping jacks



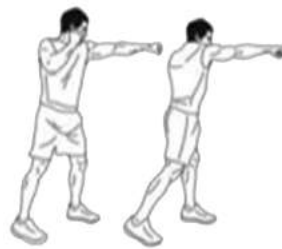
**20** punches



**20** high knees



**20** jump squats



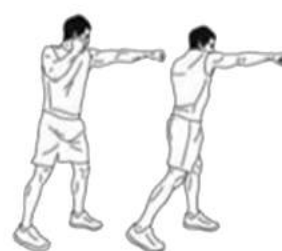
**20** punches



**20** high knees



**20** jumping lunges



**20** punches

*“The struggle  
you’re in today  
is developing the  
strength you need  
for tomorrow.”*

**-Robert Tew**