

Bodyweight Workout #1

Complete this workout on training days when you do not have access to weights. Perform the Bodyweight Dynamic Warm-up before starting.

1

Complete 5 sets. Rest 60 sec between sets.

BW Squat Jump

5-10 reps

Rest 60 sec between sets

5 sets



2

Perform 1 set of A and B to complete a round. Complete 4 rounds total.

(A)

BW Lunge to Twist

5-10 reps each leg

Rest 30 sec before 2B



(B)

Supine Row (Over)

6-12 reps

Rest 60 sec between rounds



3

Perform 1 set of A and B to complete a round. Complete 3 rounds total.

(A)

Elevated Hip Extension

12-15 reps

Rest 30 sec before 3B



(B)

BW Push-up

10-20 reps

Rest 60 sec between rounds



4

Perform 1 set of A, B, and C to complete a round. Complete 3 rounds.

(A)

BW Single-Leg RDL

10-15 reps each leg

Rest 30 sec before 4B



(B)

Lateral Hip Bridges

10-15 reps each side

Rest 30 sec before 4C



(C)

Superman (hands pressed together)

10-20 reps

Rest 60 sec between rounds

