

Bodyweight Workout #2

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 Split Jump

5-10 reps each way
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 Prisoner Squat

10-20 reps
Rest 30 sec before 2B



(B)

Pull-up [Under]

5-10 reps
Rest 60 sec between rounds



3

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

(A)

BW Single-Leg Elevated Hip Extension

10-15 reps each leg
Rest 30 sec before 3B



(B)

BW Bench Dip

10-15 reps
Rest 60 sec between rounds



4

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

(A)

BW Pause Good-morning (2-sec pause)

10-20 reps
Rest 30 sec before 4B



(B)

Flutter Kicks

20-30 reps each leg
Rest 30 sec before 4C



(C)

Prone Fly

20 reps each way
Rest 60 sec between rounds

