

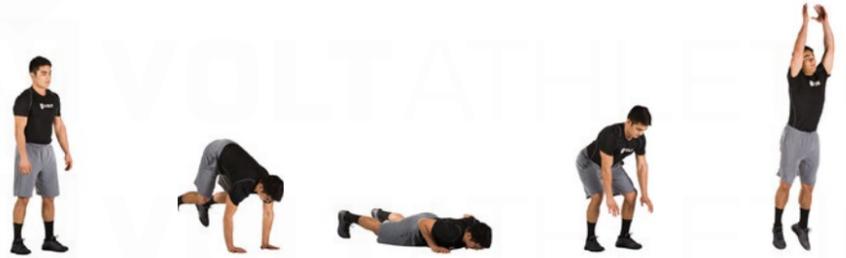
Bodyweight Workout #3

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.

Burpee
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 Lateral Lunge**
8-12 reps each side
Rest 30 sec before 2B



(B) **Supine Row (Under)**
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) **Pause Elevated Hip Extension (2-sec pause)**
12-15 reps
Rest 30 sec before 3B



(B) **Judo Push-up**
8-12 reps
Rest 60 sec between rounds



4

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

(A) **Tempo BW Squat (5 sec down)**
10-15 reps
Rest 30 sec before 4B



(B) **Supine Leg Raise**
10-20 reps
Rest 30 sec before 4C



(C) **Side Plank**
Hold for 30-60 sec each side
Rest 60 sec between rounds

