

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.

Ice Skaters

5-10 reps each side
Rest 60 sec between sets
5 sets



2

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

(A)

Tempo BW Squat (5 sec down)

10-20 reps
Rest 30 sec before 2B



(B)

Pull-up (Over)

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)

Pause Single-Leg Elevated Hip Extension (5-sec pause)

12-15 reps each leg
Rest 30 sec before 3B



(B)

Push-up to Straight-Arm Reach

6-10 reps each arm
Rest 60 sec between rounds



4

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

(A)

BW Reverse Crossover Lunge

8-12 reps each leg
Rest 30 sec before 4B



(B)

Reverse Crunch

10-20 reps
Rest 30 sec before 4C



(C)

Swimmers

20-30 reps each arm
Rest 60 sec between rounds

