



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



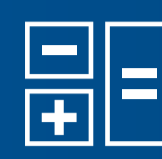
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BODYWEIGHT BASICS: 3 DAY BODYWEIGHT WORKOUT PLAN

Just starting off or need a break from the weights? This 3 day bodyweight workout routine covers all the basics and will provide you with a good foundation.

Link to Workout: <https://www.muscleandstrength.com/workouts/bodyweight-basics-3-day-workout>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Days

Time Per Workout: 15-30 Mins

Equipment: Bodyweight

Author: Roger "Rock" Lockridge

Day 1: Upper Body

Exercise	Sets	Reps
Pull Ups	3	Failure
Inverted Row	3	10 - 12
Dips	3	Failure
Feet Elevated Push up	3	15

Day 2: Lower Body

Exercise	Sets	Reps
Squat Jumps	3	30 Secs
Walking Lunge	3	20 Each Leg
Bodyweight Calf Raises	3	Failure

Day 3: Core

Exercise	Sets	Reps
Full Sit Up	3	15
Lying Leg Raise	3	15
Oblique Crunch	3	20
Bicycle	3	30 Secs
Plank	3	Failure