



Bodyweight Strength Level 1: Week 1: Day 1

45min
157cal



3 sets
per exercise

10 reps
per set

60 secs
rest between sets



For each exercise, perform 3 sets of 10 repetitions, resting 60 seconds between sets, unless otherwise indicated.

Use your own bodyweight as resistance.

No need for a lot of equipment for this full-body strength program.

Achieve maximum results with just your own bodyweight and these high intensity workouts.

Each week of this 4-week program contains three workouts. They should be performed in sequence, with 1 day of rest in-between.

Equipment: Bodyweight

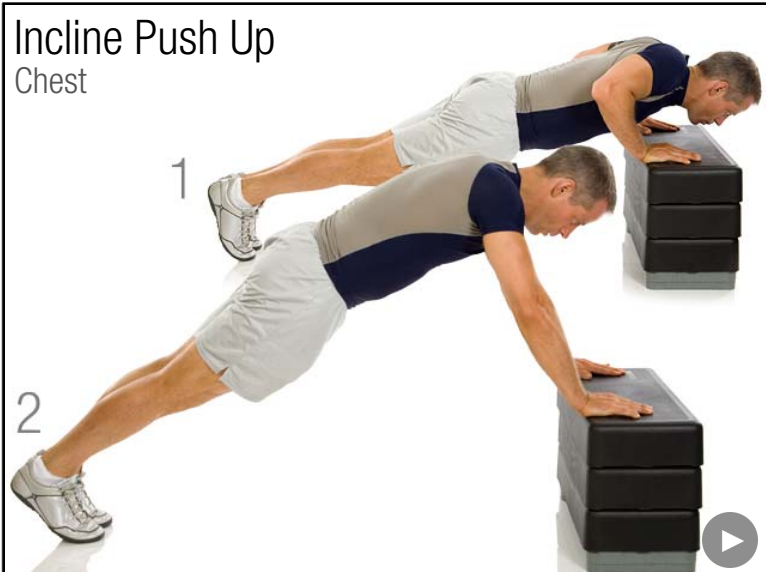
Split Squat Legs



- 1 - Stand upright with your feet split front to back with your hands at your sides.
 - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
 - 3 - Push off the front foot to return to start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Incline Push Up Chest



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position.
- Lower your chest back down to the step and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



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Side to Side Legs



- 1 - Stand upright with one foot on a step to one side and your arms by your sides.
 - 2 - Push off the top foot and drive up with your arms to the other side.
 - 3 - Land on the other side of the step with the other foot on top.
- Repeat back and forth up and over the step alternating feet on top.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Glute Bridge Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Modified Bench Dip Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your knees bent and arms straight.
- 2 - Bending at the elbows, lower your body towards the floor.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



3 sets
per exercise

10 reps
per set

60 secs
rest between sets

Front Bridge Lower Back



• Lie face down on the floor with your legs straight and arms tucked in by your sides.

1 - Raise your body off the floor, resting on your toes and forearms.

• Try to maintain your body in a straight line and keep your back neutral/flat.

• Hold briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	
2			30.0	
3			30.0	

Side Bridge Abs



1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.

2 - Raise your body off the floor, resting on your forearm and foot.

• Try to keep your body in a straight line and your elbow directly under your shoulder.

• Hold, then lower yourself back to the floor and repeat.

• Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	
2			30.0	
3			30.0	