



# Bodyweight Strength Level 1: Week 1: Day 2

50min  
175cal



3 sets per exercise | 15 reps per set | 60 secs rest between sets



For each exercise, perform 3 sets of 15 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

## Side Lunge Legs



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
  - Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Push Up Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.
  - Lower your body back to the start position and repeat.
  - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets per exercise | 15 reps per set | 60 secs rest between sets

## Alternating Step Up Legs



- 1 - Stand upright with one foot on a step with your arms at your sides.
- 2 - Push off the top foot and drive up with your arms, coming up off the step and switching your feet in the air.
- 3 - Land with the other foot on the step.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Squat Legs



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
  - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
  - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Bench Dip Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets per exercise | 15 reps per set | 60 secs rest between sets

## Lying Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
  - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Bench Side Bridge Abs



- 1 - Lie on your side on the edge of a bench with your feet on the floor, legs straight out on top of one another.
  - 2 - Raise your body up, resting on your forearm on the bench and your foot on the floor.
- Keep your body in a straight line, elbow directly under your shoulder.
  - 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	