



# Bodyweight Strength Level 1: Week 1: Day 3

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

## Step Up Legs



- 1 - Stand upright with one foot on a bench and your arms at your sides.
  - 2 - Step up onto the bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
  - 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			



3 sets  
per exercise

10 reps  
per set

60 secs  
rest between sets

## 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			

## Uni Stiff Leg Deadlift Legs



- 1 - Stand upright, feet hip-width apart with your arms by your sides.
  - 2 - Raise one leg up behind straight as you lower your torso down and reach toward the floor, keeping your standing leg straight.
  - 3 - Push off the standing foot to return to the upright position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

## Kneeling Close Push Up Triceps



- 1 - Support your body on your knees and hands with your fingers touching and your elbows bent.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	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	