



3 sets
per superset

10 reps
per set

60 secs
rest between supersets



Perform each superset 3 times for 10 repetitions per exercise, resting 60 seconds between supersets. A superset is two exercises performed back to back.

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

Superset

Perform two exercises back to back, then rest. This is one superset.

Lunge Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



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Split Squat Jumps Cardio



- Stand upright with your feet split front to back with your arms at your sides.
- 1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg.
- 2 - Push off the front foot and jump up off the floor, switching your feet in the air.
- 3 - Land in a split squat with the other foot in front and repeat quickly.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Superset

Perform two exercises back to back, then rest. This is one superset.

Push Up to T 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, then raise one hand to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the start position and repeat to the other side.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



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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	10			
2	10			
3	10			

Superset

Perform two exercises back to back, then rest. This is one superset.

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			



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Uni Squat Legs



- 1 - Stand upright with one foot slightly off the floor.
 - 2 - Slowly lower your body down towards the floor into a squat position, keeping your back neutral/flat and one foot off the floor.
 - 3 - Push into your standing foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Superset

Perform two exercises back to back, then rest. This is one superset.

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	10			
2	10			
3	10			

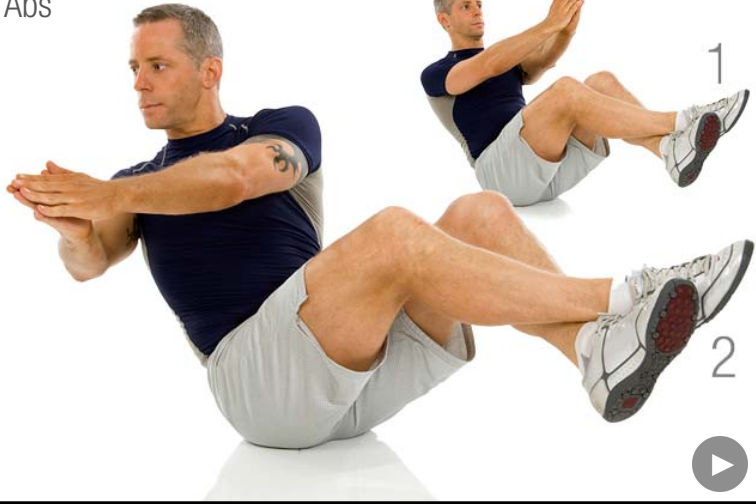


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Russian Twist Abs



1 - Start in a sit up position with your feet up off the floor, knees bent and your arms extended out in front at chest height.

2 - Twist your torso to one side.

- Twist your torso back to the other side, keeping your feet up and arms straight throughout.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			