

BODY WEIGHT



WORKOUTS



WEEK 1



DAY 1

JUMPING JACKS 20	SQUATS 20	PUSH UPS 4 4 SETS, EACH UNTIL FAILURE	JUMP SQUATS 20 SQUAT DOWN EXPLODE UP!	MOUNTAIN CLIMBERS 30	PLANKS 6 PLANK 10 SEC REST 10 SEC 6 PLANKS
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DAY 2

WALKING LUNGES 20 5 LUNGES EACH LEG	SQUATS 30	CURTSY LUNGES 10 5 LUNGES EACH LEG	SIDE LUNGES 20 5 LUNGES EACH LEG	JUMP SQUATS 30 SQUAT DOWN EXPLODE UP!	WALL SITS 30 30 SECONDS 5 TIMES *10 SEC REST
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DAY 3

PUSH UPS 4 4 SETS, EACH UNTIL FAILURE	TRICEP DIPS 8 4 SETS 8 REPS	BURPEES 6 PUSH UP & JUMP 4 SETS 6 REPS	LINE LUMPS 15 3:15 SIDE TO SIDE 3:15 BACK & FORTH	MOUNTAIN CLIMBERS 20 4 SETS	FLUTTER KICKS 20 10 EACH LEG
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DAY 4

JUMPING JACKS 20	SQUATS 4 NARROW NORMAL, WIDE 4 SETS, EACH UNTIL FAILURE	JUMP LUNGES 10 10 ON EACH LEG, 3 SETS	SUMO JUMP SQUATS 10 10 JUMPS 3 SETS	CALF RAISES 25 3 SETS	SQUATS 20 4 SETS
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DAY 5

PUSH UPS 4 4 SETS, EACH UNTIL FAILURE	TRICEP DIPS 8 4 SETS 8 REPS	CURTSY LUNGES 10 5 LUNGES EACH LEG	BURPEES 6 PUSH UP & JUMP 4 SETS 6 REPS	JUMP SQUATS 20 SQUAT DOWN EXPLODE UP!	PLANKS 6 PLANK 10 SEC REST 10 SEC 6 PLANKS
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WEEK 2



DAY 1

<p>JUMPING JACKS</p> <p>20</p>	<p>LUNGE TO SQUAT</p> <p>10</p> <p>5 LUNGES ON EACH LEG 10 SQUATS</p>	<p>CALF RAISES</p> <p>25</p> <p>3 SETS</p>	<p>SUMO JUMP SQUATS</p> <p>10</p> <p>10 JUMPS 3 SETS</p>	<p>MOUNTAIN CLIMBERS</p> <p>20</p> <p>4 SETS</p>	<p>CORE SUPERSET</p> <p>3</p> <p>PLANK PUSHUP SHOULDER TAP REVERSE</p>
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DAY 2

<p>SQUATS</p> <p>4</p> <p>NARROW NORMAL, WIDE 4 SETS, EACH UNTIL FAILURE</p>	<p>MODIFIED BURPEES</p> <p>8</p> <p>4 SET 8 REPS</p>	<p>JUMP LUNGES</p> <p>10</p> <p>10 ON EACH LEG, 3 SETS</p>	<p>ONE LEG LUNGE</p> <p>10</p> <p>10 LUNGES EACH LEG 4 TIMES</p>	<p>CURTSY LUNGES</p> <p>10</p> <p>5 LUNGES EACH LEG</p>	<p>LINE JUMPS</p> <p>15</p> <p>3:15 SIDE TO SIDE 3:15 BACK & FORTH</p>
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DAY 3

<p>JUMPING JACKS</p> <p>40</p>	<p>TRICEP DIPS</p> <p>8</p> <p>4 SETS 8 REPS</p>	<p>INCLINE PUSH UPS</p> <p>4</p> <p>4 SETS, EACH UNTIL FAILURE</p>	<p>LINE JUMPS</p> <p>15</p> <p>3:15 SIDE TO SIDE 3:15 BACK & FORTH</p>	<p>CORE SUPERSET</p> <p>20</p> <p>PLANKS SPIDER PLANKS HIP TAP PLANKS *20 SEC REST EACH</p> <p>PLANKS PUSH UP PLANKS SHOULDER TAP</p>
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DAY 4

<p>MOUNTAIN CLIMBERS</p> <p>30</p> <p>3 SETS</p>	<p>JUMP LUNGES</p> <p>10</p> <p>10 ON EACH LEG, 3 SETS</p>	<p>SUMO JUMP SQUATS</p> <p>10</p> <p>10 JUMPS 3 SETS</p>	<p>SQUAT TO CURTSY LUNGE</p> <p>10</p> <p>SQUAT THEN CURTSY LUNGE 4 SETS</p>	<p>WALL SITS</p> <p>30</p> <p>30 SECONDS 5 TIMES *10 SEC REST</p>	<p>SQUATS</p> <p>30</p> <p>30 NON STOP</p>
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DAY 5

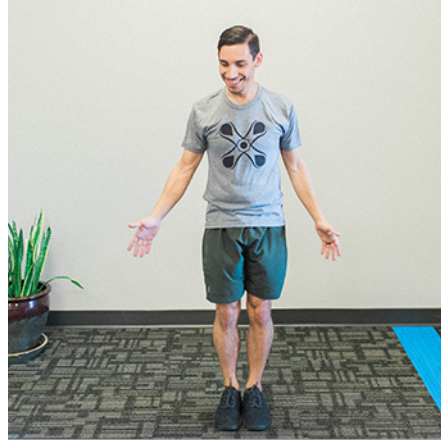
<p>MODIFIED BURPEES</p> <p>8</p> <p>4 SET 8 REPS</p>	<p>CALF RAISES</p> <p>25</p> <p>3 SETS</p>	<p>PUSH UPS</p> <p>4</p> <p>4 SETS, EACH UNTIL FAILURE</p>	<p>JUMP SQUATS</p> <p>20</p> <p>SQUAT DOWN EXPLODE UP!</p>	<p>SIDE LUNGES</p> <p>20</p> <p>5 LUNGES EACH LEG</p>	<p>MOUNTAIN CLIMBERS</p> <p>30</p> <p>3 SETS</p>
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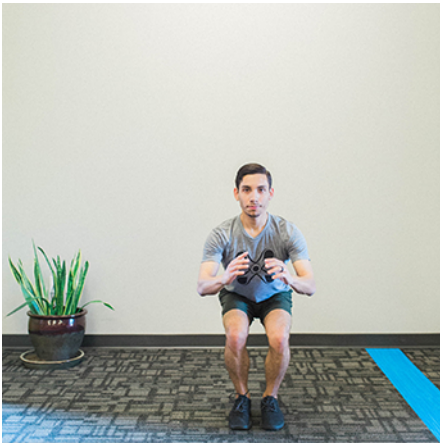


EXAMPLES

JUMPING JACKS



NARROW, NORMAL, WIDE SQUATS



Start with your feet almost touching each other when down in the squat position.

Then move them to shoulder width apart, to a wide stance, then back to shoulder width apart and together. When moving from one squat position to the other. DO NOT stand up, stay low and feel the burn! Make sure your knees do not go over your toes when squatting. Completing a narrow stance, normal stance, wide stance, then normal & narrow stance is 1 rep.

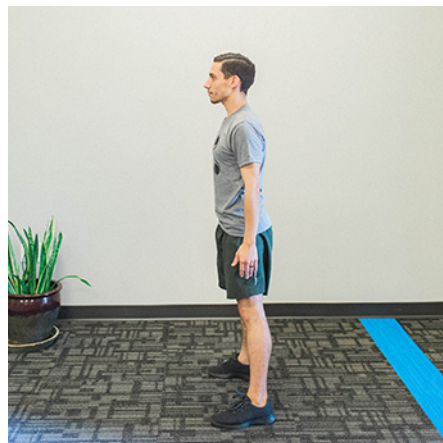
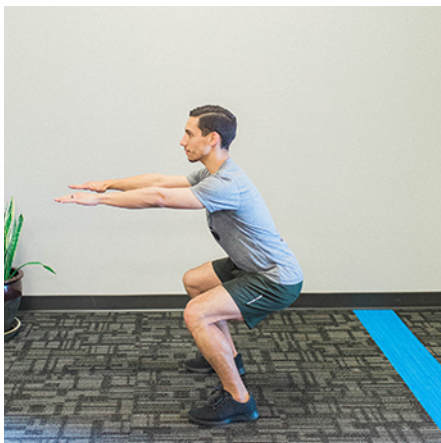


JUMP LUNGES

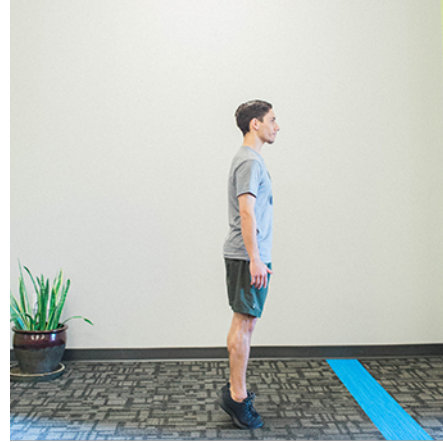
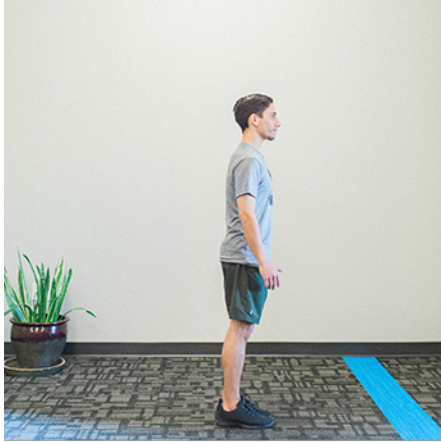


Complete 10 jump lunges on one leg then 10 on the other leg for one set.

SUMO SQUATS

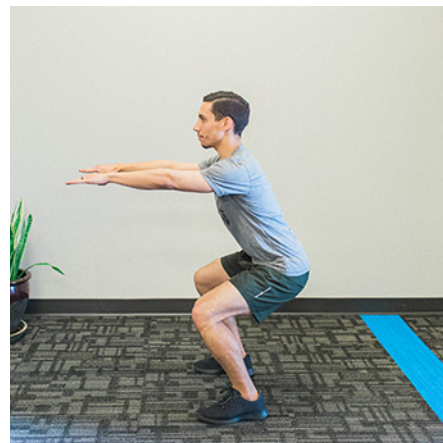
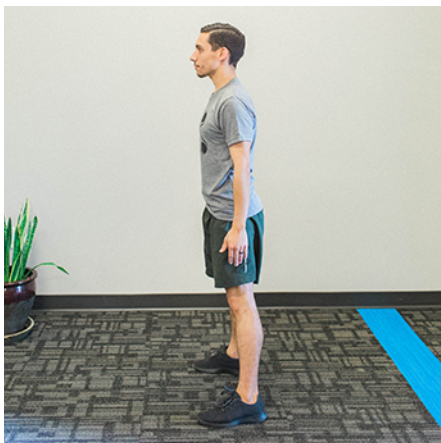


CALF RAISES

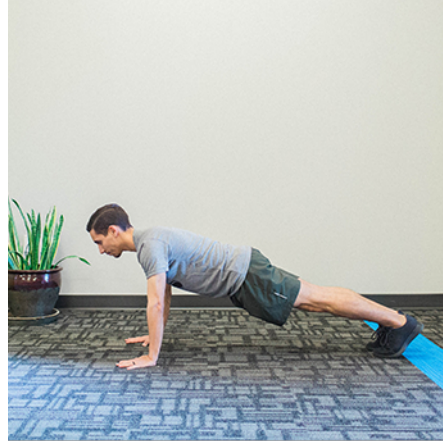
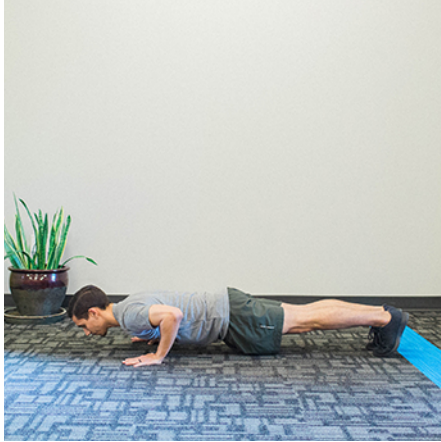


Standing straight up, go on your toes and squeeze your calves, and SLOWLY go back down. You can make this more difficult by adding weight!

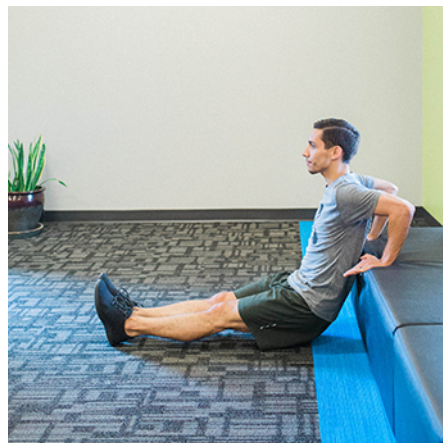
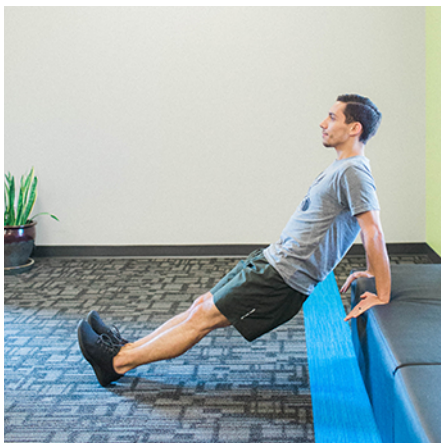
SQUATS



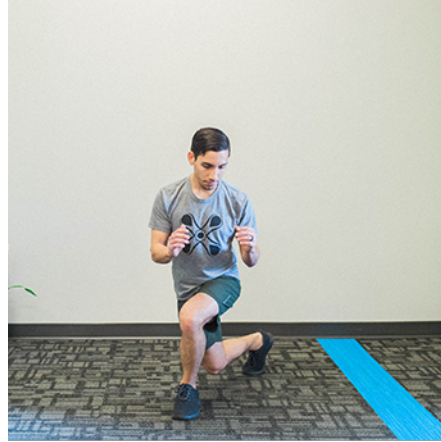
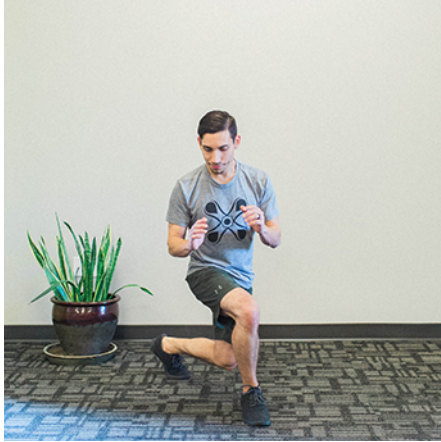
PUSH UPS



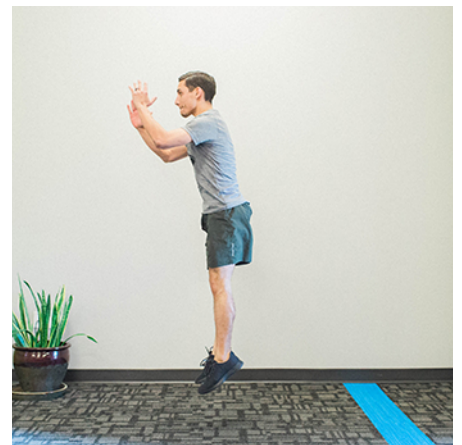
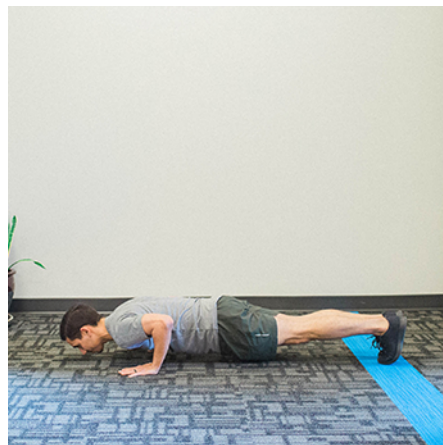
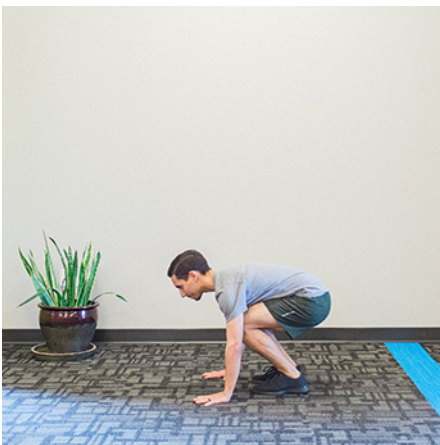
TRICEP DIPS



CURTSY LUNGE



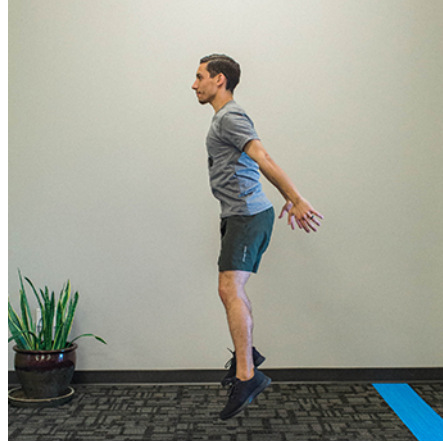
BURPEES



Do a push up, then jump up, and go back down to do another pushup, and so on.

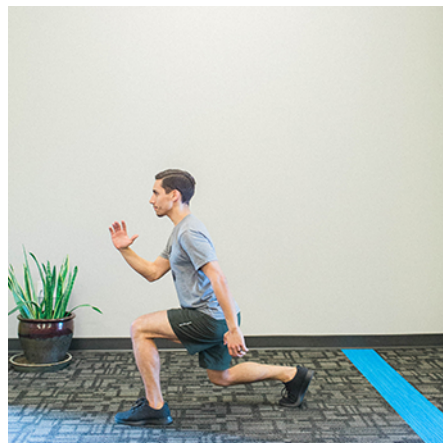
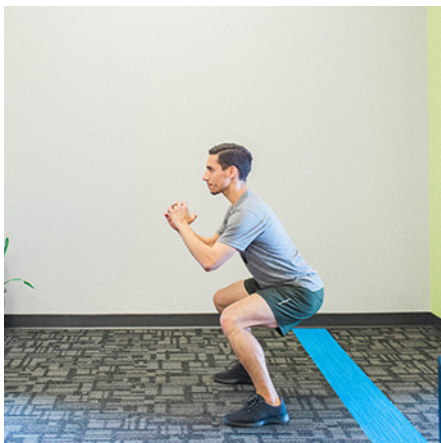


JUMP SQUATS



Squat down and explode up!

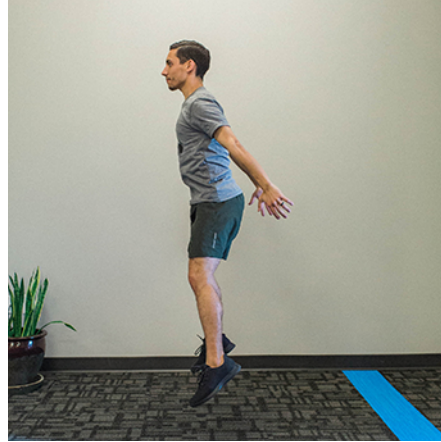
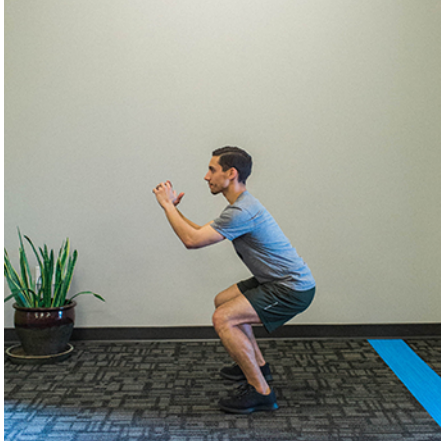
LUNGE TO SQUAT



Complete a forward lunge and go into a squat. Then lunge with your other leg and squat.

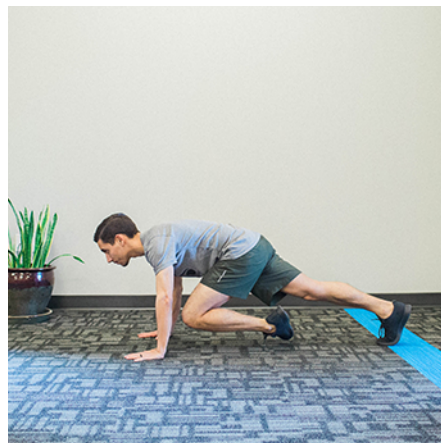
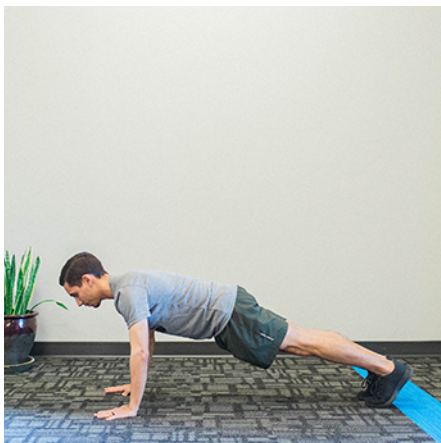


SUMO JUMP SQUATS



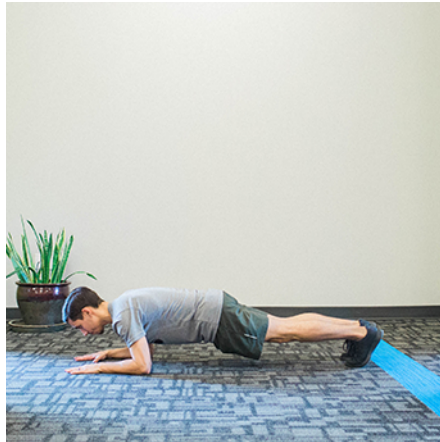
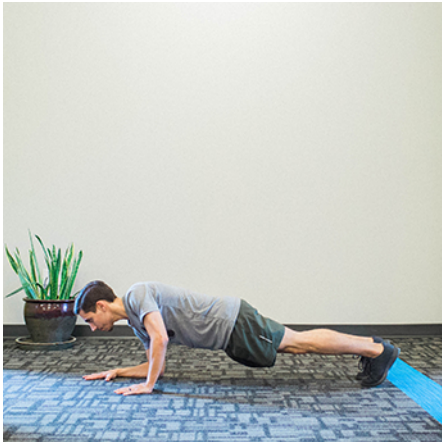
Start with a wide stance with your toes pointing outward. Squat down and explode up, returning back to your starting position.

MOUNTAIN CLIMBERS

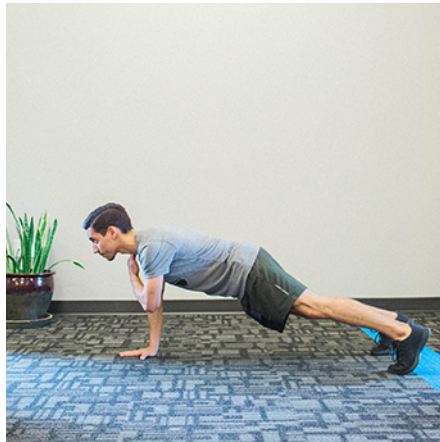
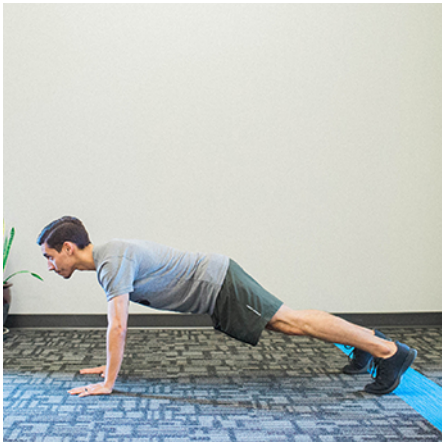




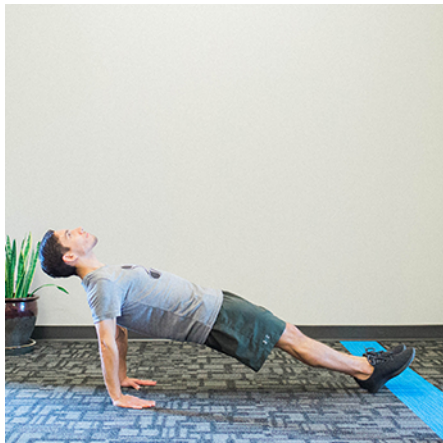
PLANKS



PUSH UP
PLANKS

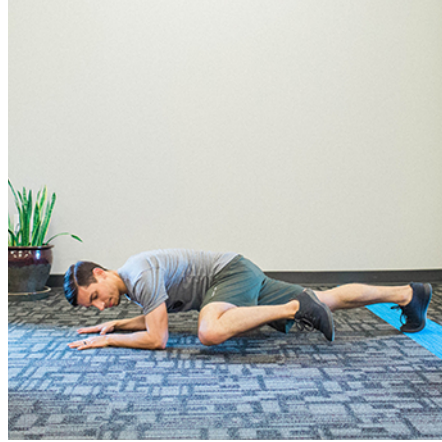


SHOULDER TAP
PLANKS

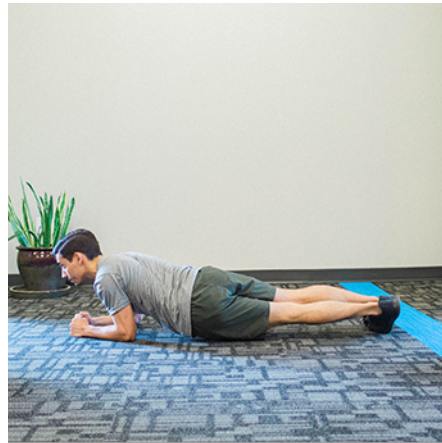


REVERSE
PLANKS

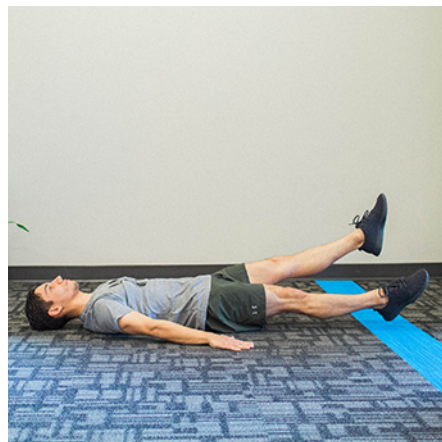
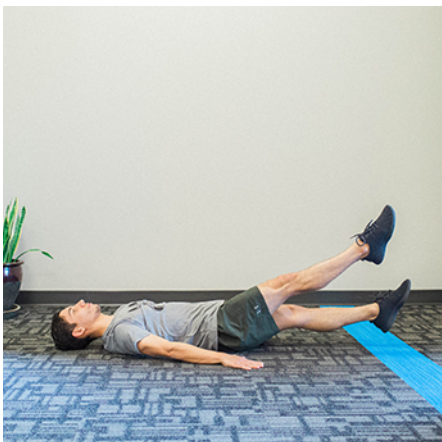




SPIDER
PLANKS



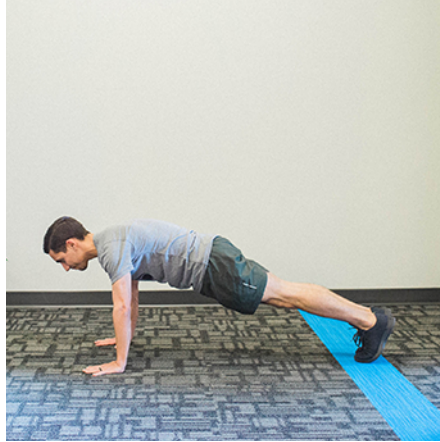
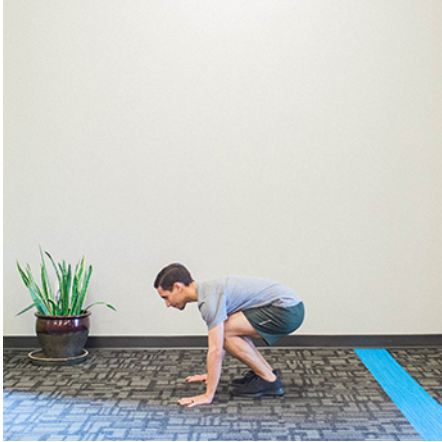
HIP TAP
PLANKS



FLUTTER
KICKS

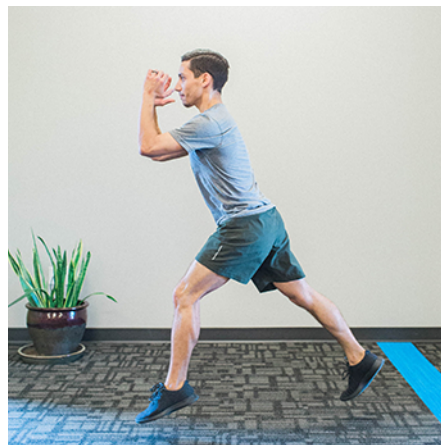
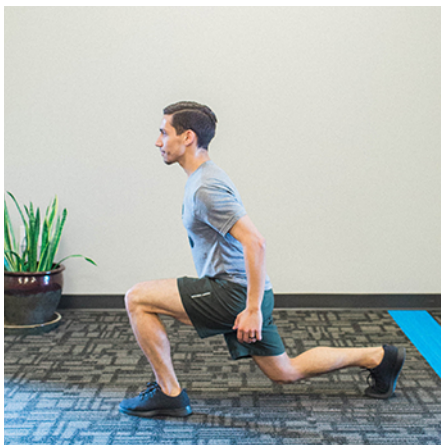


MODIFIED BURPEES



Do a push up, then explode up and come down into a squat, and explode up once again then go back down to do another pushup, and so on.

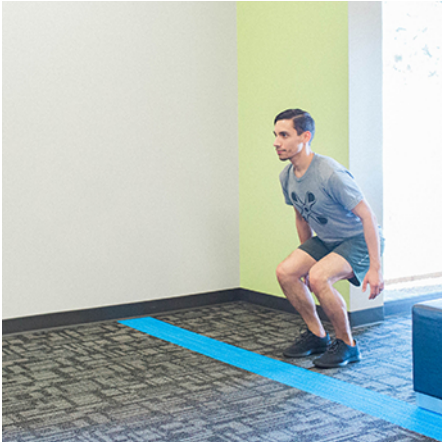
ONE LEG LUNGE



Complete 10 lunges with the same leg forward, without stopping. Then switch legs and complete 10 lunges with the next leg forward.

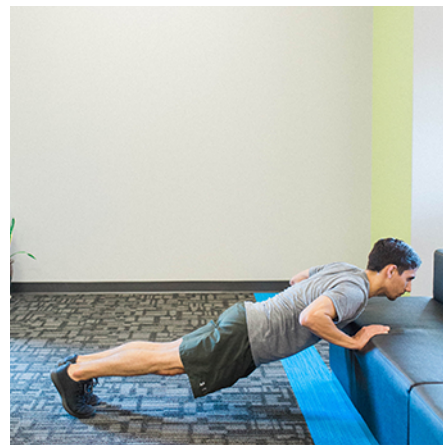
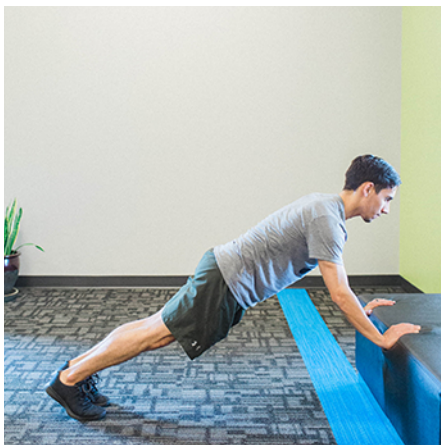


LINE JUMPS



Draw an imaginary line on the ground and jump over it side to side.

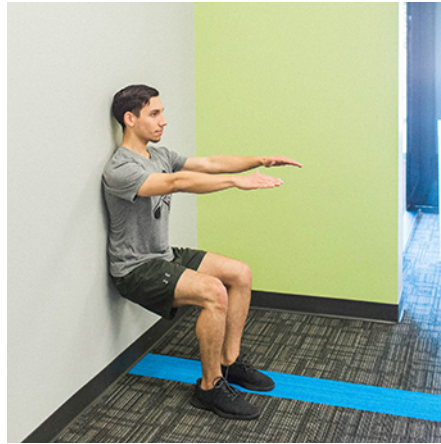
INCLINE PUSHUPS



Use a bench with no incline and place hands on either side of the bench and do pushups. Go slow and controlled.

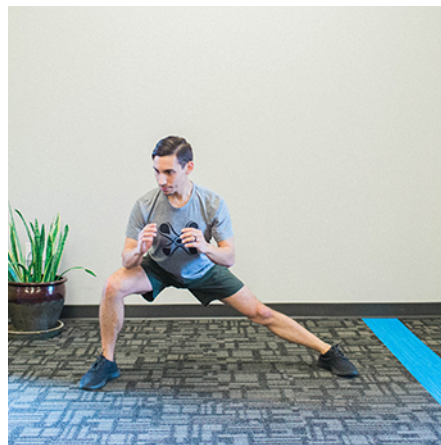


WALL SITS



Hold at a 90-degree angle

SIDE LUNGES



Complete 5 side lunges for each leg, 10 total.