

Body Weight Workout

Level 1

Rules:

Perform exercise routine in a circuit fashion, taking breaks whenever needed, and for as long as needed. Select a variation of each movement pattern to perform. The Exercise Index is ordered from easiest to hardest exercise in each category.

Start out easy, and every additional round increase the intensity by either choosing a harder variation, increasing the repetitions OR by slowing down the selected variation. Each exercise should Not be done in a fast as possible fashion, but you should be controlling all directions of movement. Only perform 10 – 20 repetitions per exercise. If you feel that 20 reps were to easy, make the exercise harder.

Ensure that all movements are being done correctly and properly by directly correlating your breathing pattern.

Routine:

1. Push _____
2. Squat _____
3. Pull _____
4. Lunge _____
5. Twist _____
6. Run/ Power Walk _____

(10 – 20 reps)

Continue onto Exercise Index

Push

- Incline Push-up (hands elevated)
- Push-up
- Push-up (1 hand to shoulder touch)
- Decline Push-up (feet elevated)
- Clapping Push-up
- Jump Push-up (full body off ground)

Squat

- Chair Squat (sit down & stand up)
- Full Squat
- Goblet Squat (weight in hands at chest)
- Jump Squats
- Goblet Jump Squat

Pull

- Prone Scarecrow
(on belly hold arms out straight to the side, squeeze shoulder blades together)
- Bent-Over row (with any weighted object)
- Single-Arm bent-over Row

Lunge

- Back Lunge
- Front Lunge
- Diagonal Lunge with twist
- Goblet Lunge (hold weight at chest)
- Side (lateral) Lunge
- Side (lateral) Lunge with Twist

Twist

- Seated Torso Twist
(hands on opposite shoulder twist in an attempt to touch the elbow to the chair)
- Russian Twist
- Side Plank + Twist

Run/ Power Walk

Or Loaded Carry / Farmers Walks