



4 WEEK BODYWEIGHT PROGRAM

- Complete dynamic warmup prior to each workout.
- Perform each exercise for 30 seconds, then rest for 30 seconds.
- Complete all circuits, three times, three days per week. (ie: 9 circuits per day, 27 circuits per week)
- Add weights or resistance bands to increase difficulty.

DYNAMIC WARMUP:

Use bands if available

- 1 Minute - 3 Step Side Squat Shuffle
- 16 - Clam Shell (8 each side)
- 16 - Fire Hydrants (8 each side)
- 5 - Plank Walk Out

Week 1

Circuit 1	Circuit 2	Circuit 3
Body Squat	Mountain Climbers	Jumping Jacks
Plank	Butt Kicks	Body Squats
Alternating Forward Lunge	High Knees	Push Ups
Alternating Reverse Lunge	Burpees	Bike Crunches

Week 2

Circuit 1	Circuit 2	Circuit 3
Flutter Kicks	Knee to Chest + Up	6 inch Ab Hold
Plank Twist	Shoulder Taps	Plank
Push Ups	Jump Squats	Alternating Jabs
Squat Pulse	Burpees	Dips

Week 3

Circuit 1	Circuit 2	Circuit 3
Sumo Body Squats	Push Ups	Burpee Jacks
Superman	Jack Knife Crunch	Alternating Forward Lunge
Plank Up + Push Up	Plank Jacks	Alternating Reverse Lunge
Jumping Jacks	Mountain Climbers	Wall Sit

Week 4

Circuit 1	Circuit 2	Circuit 3
High Knees	Flutter Kicks	Alternating Single Leg Glute Bridge
Fast Mountain Climbers	Froggers	Burpees
Forward Jump, 3 Steps Back	Jump Squats	Plank Jacks
Plank Reach	Push Ups	Plank Up + Push Up

COOLDOWN:

- 30 Seconds
- Arm Circles
- Walking Quad Stretch (30 each side)
- Downward Dog
- Hip Flexors (30 each side)
- Ankle Rotations (30 on each side)