

Bodyweight Training Workouts

Perform each workout as a circuit. Do exercises 1A-1F with minimum rest. Once you complete all 6 exercises, rest for 1-2 minutes then repeat. You can perform each workout up to 2 times a week.

WORKOUT A

WORKOUT B

WEEK 1

3 ROUNDS/CIRCUIT

WEEK 2

4 ROUNDS/CIRCUIT

WEEK 3

5 ROUNDS/CIRCUIT

- 1A Prisoner Squat x 15
[Click Here For Video](#)
- 1B Push-ups x 10
[Click Here For Video](#)
- 1C Recline Row x 10
[Click Here For Video](#)
- 1D Split Squat x 12/12
[Click Here For Video](#)
- 1E Side Bridge Level 1 x 30s/30s
[Click Here For Video](#)
- 1F Front Plank x 60s
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- 1A Yoga push-up x 10
[Click Here For Video](#)
- 1B Split squat x 12/12
[Click Here For Video](#)
- 1C Pull-ups x 5
[Click Here For Video](#)
- 1D Glute Bridge x 10
[Click Here For Video](#)
- 1E Laying Leg Raise x 15
[Click Here For Video](#)
- 1F Deadbug x 8/8
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WEEK 4

3 ROUNDS/CIRCUIT

WEEK 5

4 ROUNDS/CIRCUIT

WEEK 6

5 ROUNDS/CIRCUIT

- 1A Pull-ups x 5
[Click Here For Video](#)
- 1B Bulgarian Split Squat x 10/10
[Click Here For Video](#)
- 1C Rotational Push-up 8/8
[Click Here For Video](#)
- 1D Inch Worm x 5
[Click Here For Video](#)
- 1E Bear Crawls x 60ft
[Click Here For Video](#)
- 1F Hanging Leg Raise x 10
[Click Here For Video](#)

- 1A Decline Push-ups x 12
[Click Here For Video](#)
- 1B Feet Elevated Recline Row x 12
[Click Here For Video](#)
- 1C 1 Leg RDL x 6/6
[Click Here For Video](#)
- 1D 2 Leg Hip Thrust x 12
[Click Here For Video](#)
- 1E Side Plank Level 2 x 30s/30s
[Click Here For Video](#)
- 1F Crab Walks x 60ft
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WEEK 7

3 ROUNDS/CIRCUIT

WEEK 8

4 ROUNDS/CIRCUIT

WEEK 9

5 ROUNDS/CIRCUIT

- 1A Squat Jumps x 8
[Click Here For Video](#)
- 1B Wide Grip Pull-up x 6
[Click Here For Video](#)
- 1C Scapular Push-up x 10
[Click Here For Video](#)
- 1D Spiderman Push-up x 8/8
[Click Here For Video](#)
- 1E 1 Leg Hip Thrust x 10/10
[Click Here For Video](#)
- 1F Recline Row w/Feet Elevated x 12
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- 1A Pistols Onto High Box x 3/3
[Click Here For Video](#)
- 1B Judo Push-up x 10
[Click Here For Video](#)
- 1C Lunge Jumps x 8/8
[Click Here For Video](#)
- 1D Recline Row w/Foot Elevated x 12
[Click Here For Video](#)
- 1E Cossack Squat x 6/6
[Click Here For Video](#)