

Push-Ups 2-3 sets of 15-20 reps

Burpees 2-3 sets of 15-20 reps

Mountain Climbers 2-3 sets of 30-50 reps

Planks 2-3 sets of 60 secs or longer

Bodyweight Squats 2-3 sets of 15-20 reps

Single Legs Squats 8-10 reps

One leg out balancing and arms out or overhead for balance

Forwards and Reverse Lunges

Step-Ups

Push-Up Position Planks 3 sets 30-60 secs

Jumping Jacks 3 sets of 30 reps

Dips 4 sets of 20 reps

Side Planks 3 sets of 30-60 seconds

Shrugs

Wall Sits

Calf Raises

Supermans

Bicycles

Arm Circles

Squat Jump with floor touch 3 sets of 15

Pike Press

Lower for 3 seconds Hold for 1 second Drive Up for 1 second for 60 seconds

Feet closer than a push up, butt up, going down working more shoulders

Half Cobra Push-Up

On your stomach hands by your arm pits elbows in half push up focus on chest

Single Leg Deadlift

Jumping Knee Tuck

Hollow Body Hold

Knee up so hips at 90 degrees arms above head and hold

Hollow body Rock

Rock back and forth

Star Jacks

[https://www.google.com/search?q=half+cobra+exercise&rlz=1C1GCEJ\\_enUS1020&oq=half+cobra+exercise&aqs=chrome..69i57j0i390l3.6168j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=\\_24PY7TiAtKJptQPu\\_GpqAw\\_17](https://www.google.com/search?q=half+cobra+exercise&rlz=1C1GCEJ_enUS1020&oq=half+cobra+exercise&aqs=chrome..69i57j0i390l3.6168j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=_24PY7TiAtKJptQPu_GpqAw_17)

[https://www.nerdfitness.com/blog/the-42-best-bodyweight-exercises-the-ultimate-guide-for-working-out-anywhere/#lower\\_bodyweight\\_exercises](https://www.nerdfitness.com/blog/the-42-best-bodyweight-exercises-the-ultimate-guide-for-working-out-anywhere/#lower_bodyweight_exercises)

<https://www.coachmag.co.uk/fitness/workouts/bodyweight-workouts>



# THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1




20  
Bodyweight Squats

4



10  
Dumbbell Rows  
(use a milk jug or other weight)

2



10  
Push-ups

5




15 sec  
Plank

3



10  
Walking Lunges  
(each leg)

6



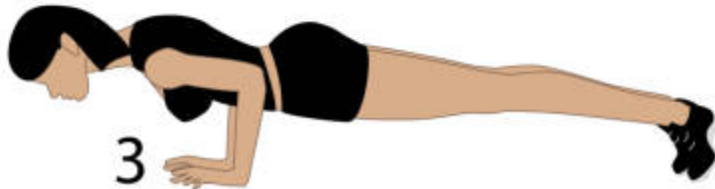
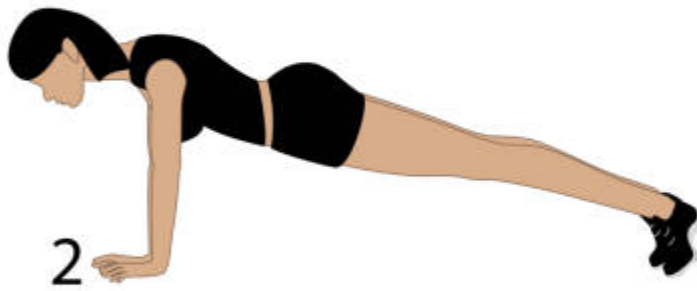
30  
Jumping Jacks

# Push-Ups

Back flat either on  
your toes or modified  
on your knees bend  
your elbows to 90°  
and then extend back  
up

# Burpee

Burpees



# Mountain Climbers

In a push-up position  
with your butt in the  
air, then bringing each  
leg up like you are  
climbing

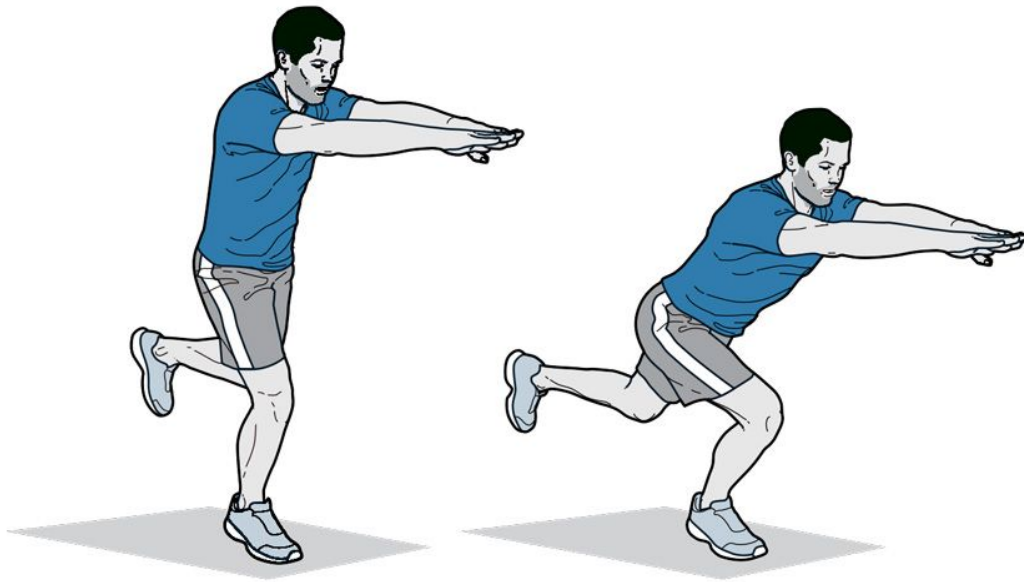
# Planks

For a plank you are on your toes and forearms with a flat back tightening the abdominals and holding yourself 6-8 inches off of the ground.

# Squats

Have your feet  
shoulder width apart  
and squat down  
keeping your back flat  
and bringing your  
thighs to parallel to  
the ground

# Single Leg Squat



Have your front knee  
get close to 90°



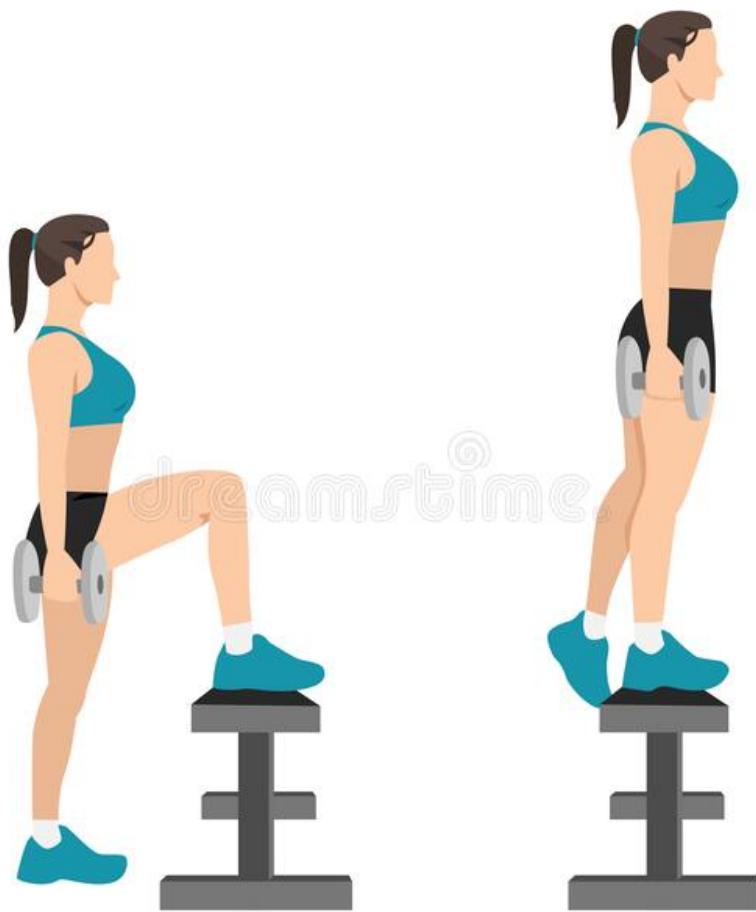
# Lunge

Step out and bend  
your front knee to 90°  
without having your  
front knee go over  
your toes

# Reverse Lunge

Step back and have your knee stop just before it hits the ground while having your front knee bent to 90°

# Step Up



# Push-Up Position Plank

Get into a push-up position with your hands on the ground and on your toe. Make sure to have a flat back so your core is engaged.

# Jumping Jacks



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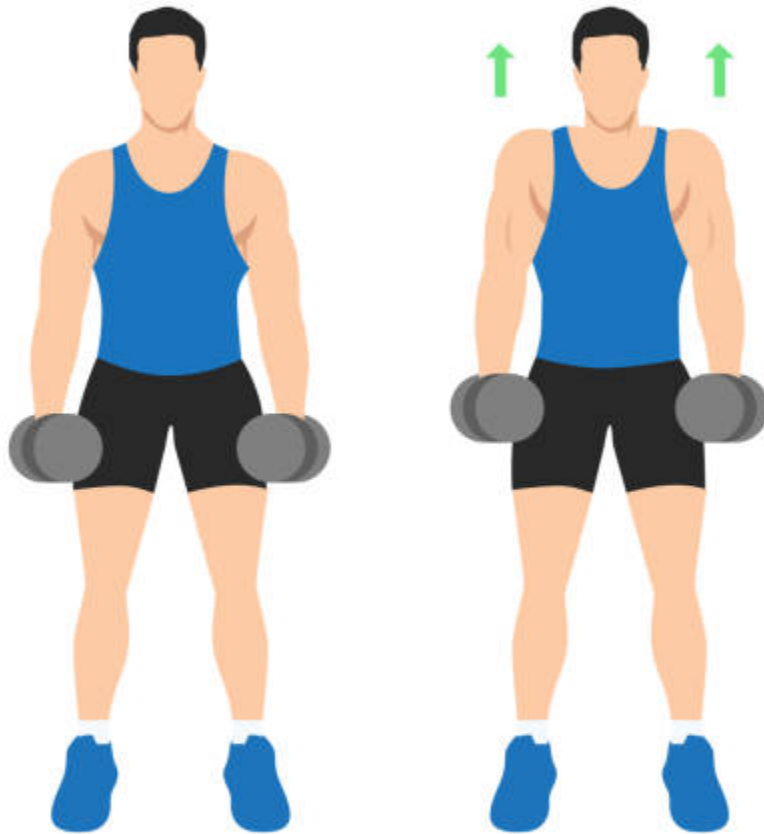
# Dips



# Side Plank



# Shrug





# Wall Sit



 depositphotos

Image ID: 184849746 | [www.depositphotos.com](http://www.depositphotos.com)

Make sure your knees  
are at 90°

# Calf Raises

Place your hands against the wall and then lift yourself up using just your calf muscles, you can do this with a narrow and a wide base

# Superman's

Laying on your  
stomach stretch your  
arms out flat then lift  
your arms and legs off  
of the ground like you  
are flying like  
Superman

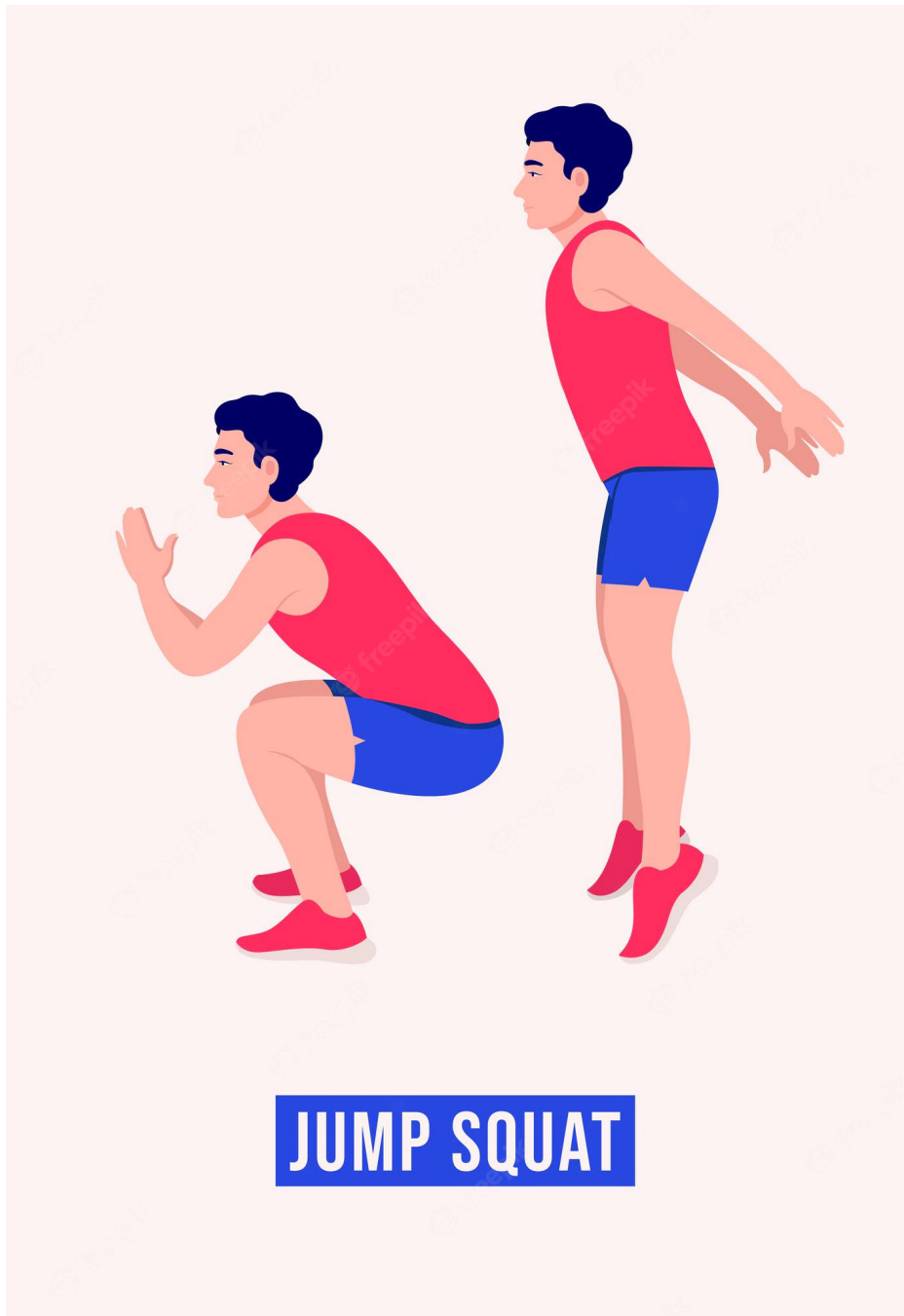
# Bicycle

Laying flat on your back with your legs out, reach out with your legs as if you are riding a bicycle

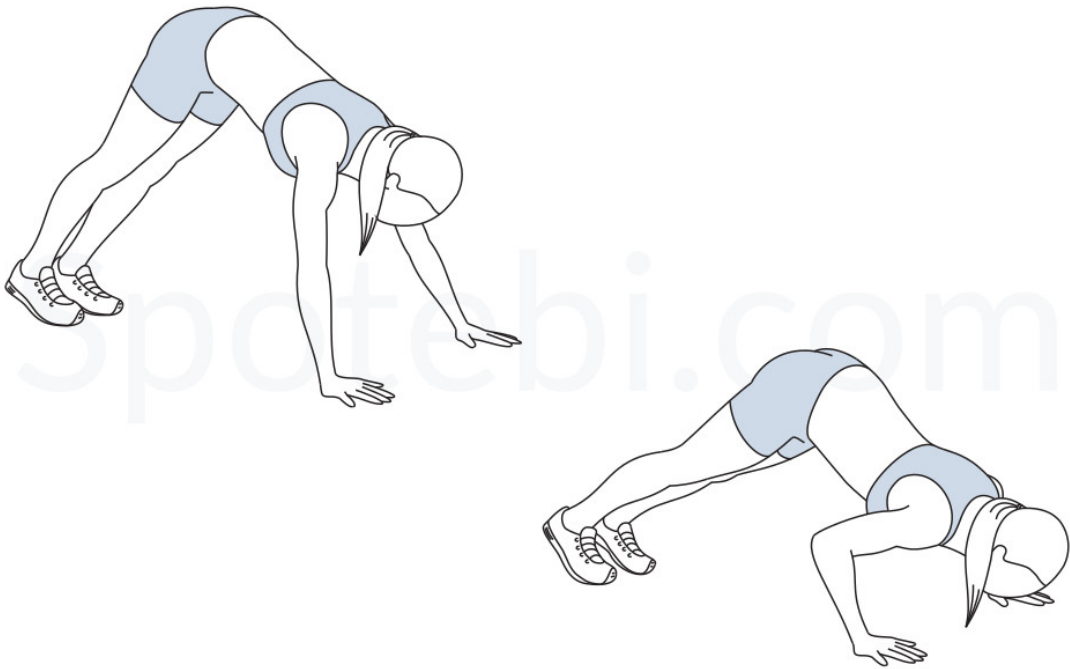
# Arm Circles

With your arms out to your side even with your shoulder make small circles with your arms forwards and backwards

# Squat Jump



# Pike Press

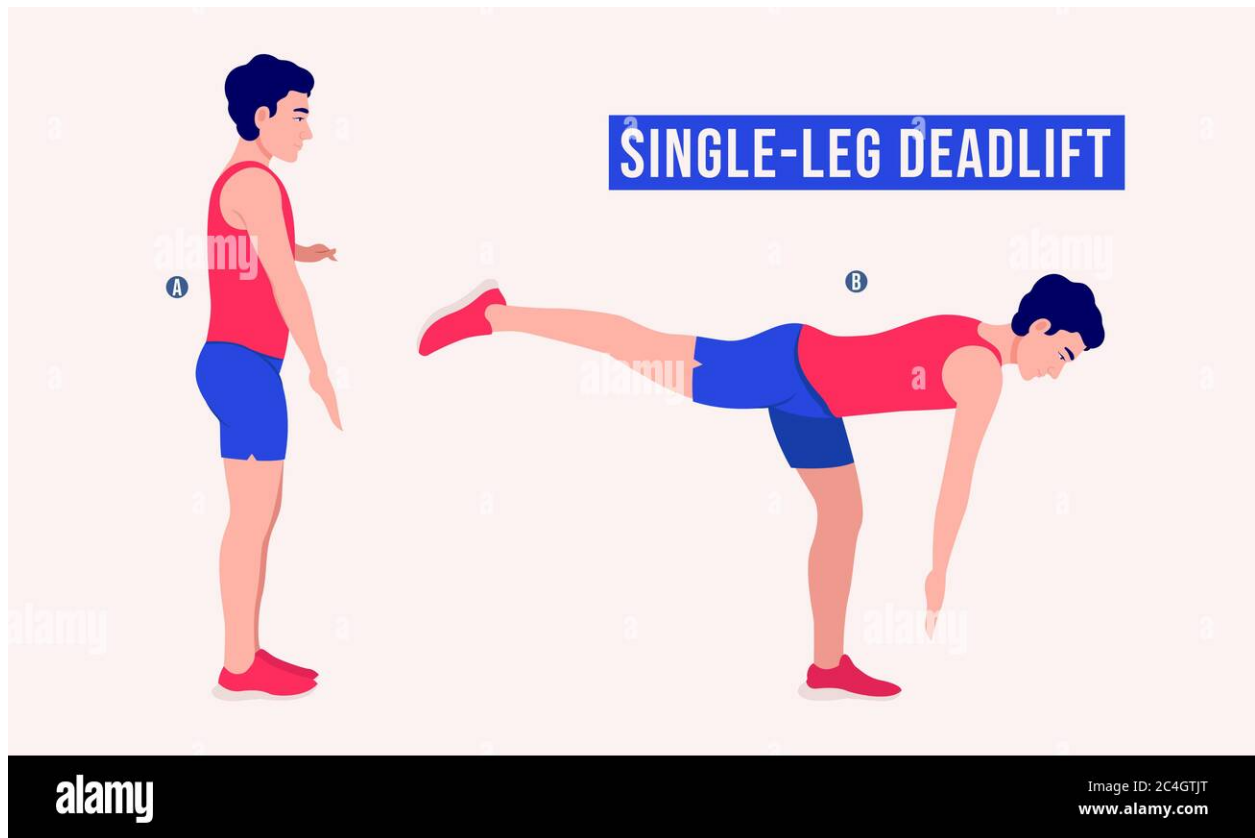


# Half Cobra Push-Up





# Single Leg Deadlift

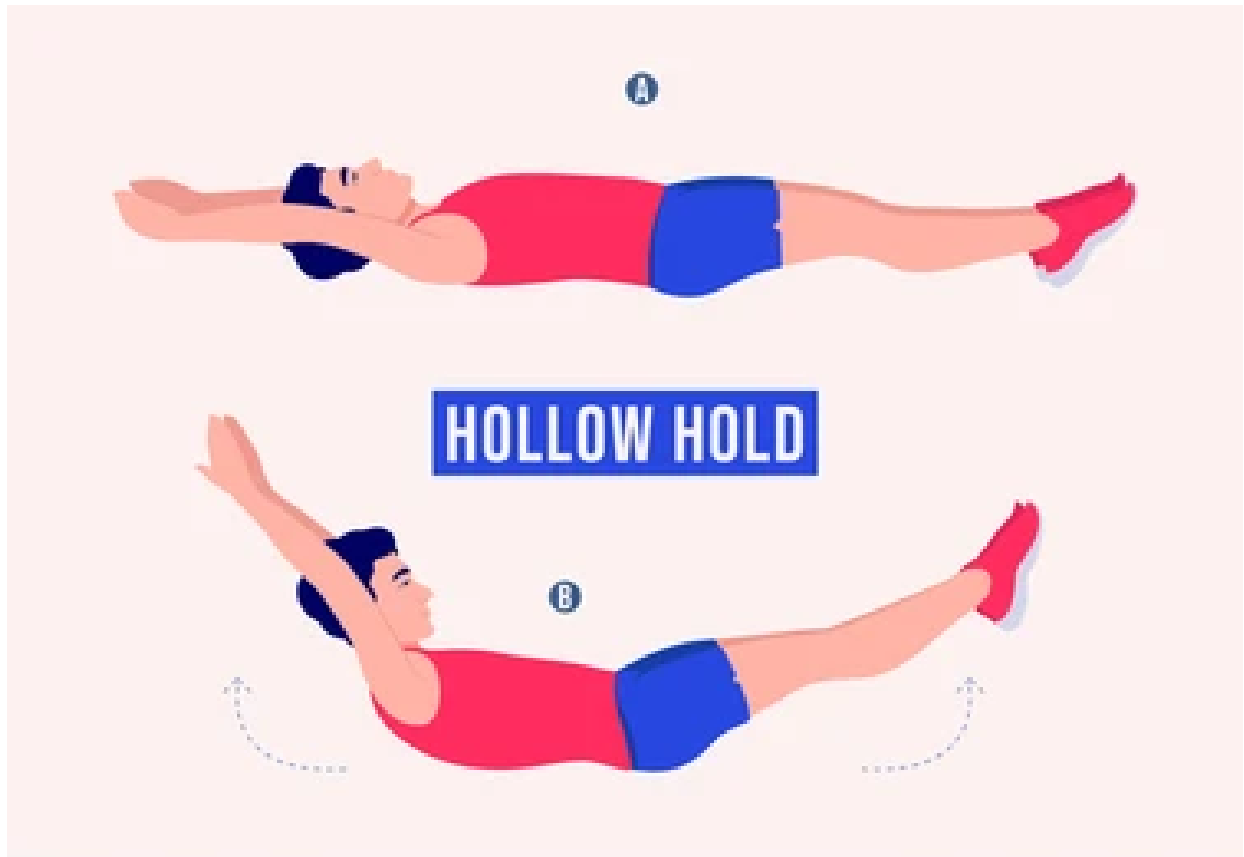


# Jumping Knee Tuck



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# Hollow Body Hold



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# Hollow Body Rock



# Star Jumps



You are jumping as  
you are bringing your  
hands up