



BASIC BODY WEIGHT WORKOUTS

	Week 1			Week 2			Week 3			Week 4		
Workout A	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:
Box Jump & Land & Push Ups & Dip Position Shoulder Elevation /Depression	x4 x4 x3	6 or 3r/l 15-20 10-15		x4 x4 x3	6 or 3r/l 15-20 10-15		x4 x4 x3	6 or 3r/l 15-20 10-15		x4 x4 x3	6 or 3r/l 15-20 10-15	
Body Weight Squat & Inverted Row & Wall Drill/Mountain Climbers & Diamond Push Ups	x4 x4 x3 x3	15-20 8-12 20 total 10-15		x4 x4 x3 x3	15-20 8-12 20 total 10-15		x4 x4 x3 x3	15-20 8-12 20 total 10-15		x4 x4 x3 x3	15-20 8-12 20 total 10-15	
Walking Lunges & Floor Pec Flies & Waiters Walk (bucket w/sand)	x4 x3 x3	10ea. 12-15 ~20 yds r/l		x4 x3 x3	10ea. 12-15 ~20 yds r/l		x4 x3 x3	10ea. 12-15 ~20 yds r/l		x4 x3 x3	10ea. 12-15 ~20 yds r/l	
Swings (weights or bucket w/sand) & Bridges	x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side	
Workout B	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:
Depth Jump & Land & Pike Press & Horizontal Abduction (bench, band or bent)	x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15	
Split Squat & Pull Ups/Chin Ups & (Plyo) Step Ups (alternating) & Overhead Tricep Extensions (towel) (needs a partner)	x4 x4 x3 x3	10ea. r/l 8-12 20 total 10-15		x4 x4 x3 x3	10ea. r/l 8-12 20 total 10-15		x4 x4 x3 x3	10ea. r/l 8-12 20 total 10-15		x4 x4 x3 x3	10ea. r/l 8-12 20 total 10-15	
Natural Glute/Ham Raise -or- Partner Resisted Hamstring Curl & Wood Choppers & Farmers Walk (buckets w/sand)	x4 x3 x3	10 10ea. r/l ~20 yds		x4 x3 x3	10 10ea. r/l ~20 yds		x4 x3 x3	10 10ea. r/l ~20 yds		x4 x3 x3	10 10ea. r/l ~20 yds	
Swings (weights or bucket w/sand) & Bridges	x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side	
Workout C	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:
Barrier Jumps & Dips -or- Diamond Push Ups & Hanging Shoulder Elevation /Depression	x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15		x4 x4 x3	6 10-15 10-15	
Single Leg Squat to Box -or- Rear Foot Elevated Squat & Partner Row -or- Weight Rope Drag & Step Up to Lunge Lateral & Release Push Ups	x4 x4 x3 x3	10ea. r/l 8-12 10ea. r/l 10-15		x4 x4 x3 x3	10ea. r/l 8-12 10ea. r/l 10-15		x4 x4 x3 x3	10ea. r/l 8-12 10ea. r/l 10-15		x4 x4 x3 x3	10ea. r/l 8-12 10ea. r/l 10-15	
Forward to Backward Lunge & Fwd/Bkwd Bear Crawls & Suitcase Carry (bucket w/sand)	x4 x3 x3	10ea. r/l 10yds. ea. ~20 yds r/l		x4 x3 x3	10ea. r/l 10yds. ea. ~20 yds r/l		x4 x3 x3	10ea. r/l 10yds. ea. ~20 yds r/l		x4 x3 x3	10ea. r/l 10yds. ea. ~20 yds r/l	
Swings (weights or bucket w/sand) & Bridges	x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side		x3 x3	20 :20 ea. side	

NOTES:

DAILY MOVEMENT PREP

PRE-WORK	IN-PLACE HOPS	LUNGE SERIES	SHOULDER PREP	ABS/CORE	POST WORK
Low Back Hip 1 Single Leg Hip Bridge GM Raise (Hip Abduction) 1 Count Chinnees (alternating) In Place Inch-Worm & Push-Up Bird Dog -or- Low Back Hip 2 Hip Bridge Supine Straight Leg High Kick Clams & Modified Curl-Up Groiner/T-Spine & Glute Stretch Dead Bug	Fwd/Bkwd Hops Slalom Hops X-over In & Outs Shuffle Splits 1/4 Squat In & Outs High Knee March-Skip-Run-Sprint ~:20 seconds for each of the above exercises	Lunge Forward w/twist Lunge Backward w/reach Lunge Lateral w/touch Crossover Lunge Squat Push Lateral 10 reps ea. Of the above exercises	Shoulder 4-Way Front Raise Lateral Raise Bent Raise Internal/Exteranal Rotation 10 reps ea. Of the above exercises	Crunches 20-30 x 4 sets Reverse Crunches 10-20 x 4 sets Hanging Raises 10-20 x 4 sets Chinees 20 x 4 sets Choose 1 of the above daily	Quick Stretch Sequence (:15) take 2-3 minutes to relax before Hip Flexor Hip Flexor Reach Hip Flexor Knuckles Down Hip Flexor Straighten Leg Glute Medius (figure 4) Lying Quad REPEAT ALL FOR OTHER SIDE Quadruped Hip Wag Baby Bounce QP Lat Stretch (R/L) QP Straight Leg Grain Stretch (R/L) Downward Dog w/Wag