## BASIC BODY WEIGHT WORKOUTS

$\overline{}$	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	x4	6 or 3r/l	NOTES.	x4	6 or 3r/l	NOTES.	x4	6 or 3r/l	NOTES.	x4	6 or 3r/l	NOTES.	
& Push Ups	x4	15-20		x4	15-20		x4	15-20		x4	15-20		
& Dip Position Shoulder Elevation	x3	10-15		x3	10-15		x3	10-15		x3	10-15		
/Depression													
•													
Body Weight Squat	x4	15-20		x4	15-20		x4	15-20		x4	15-20		
& Inverted Row	x4	8-12		x4	8-12		x4	8-12		x4	8-12		
& Wall Drill/Mountain Climbers	x3	20 total		х3	20 total		х3	20 total		х3	20 total		
& Diamond Push Ups	x3	10-15		х3	10-15		х3	10-15		х3	10-15		
Walking Lunges	x4	10ea.		x4	10ea.		x4	10ea.		x4	10ea.		
& Floor Pec Flies	х3	12-15		х3	12-15		х3	12-15		х3	12-15		
& Waiters Walk (bucket w/sand)	х3	~20 yds r/l		х3	~20 yds r/l		х3	~20 yds r/l		х3	~20 yds r/l		
Swings (weights or bucket w/sand)	x3	20		х3	20		x3	20		x3	20		
& Bridges	x3	:20 ea. side		x3	:20 ea. side		x3	:20 ea. side		x3	:20 ea. side		
& Bridges	XS	.20 ea. side		XS	.20 ed. Side		ХЗ	.20 ea. side		ХЭ	.20 ea. side		
Workout B	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	
Depth Jump & Land	x4	6		x4	6		x4	6		x4	6		
& Pike Press	x4	10-15		x4	10-15		x4	10-15		x4	10-15		
& Horizontal Abduction	x3	10-15		х3	10-15		х3	10-15		х3	10-15		
(bench, band or bent)		1	1	ĺ				1	1	ĺ			
•		1	1	ĺ				1	1	ĺ			
Split Squat	x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		
& Pull Ups/Chin Ups	x4	8-12		x4	8-12		x4	8-12		x4	8-12		
& (Plyo) Step Ups (alternating)	х3	20 total		х3	20 total		х3	20 total		х3	20 total		
& Overhead Tricep Extensions (towel	) x3	10-15		х3	10-15		х3	10-15		х3	10-15		
(needs a partner)													
Natural Glute/Ham Raise	x4	10		x4	10		x4	10		x4	10		
-or- Partner Resisted Hamstring Curl		1000 1/1		v2	10ea. r/l		v2	1000 =/1		.v2	10ea. r/l		
& Wood Choppers & Farmers Walk (buckets w/sand)	x3 x3	10ea. r/l ~20 yds		x3 x3	~20 yds		x3 x3	10ea. r/l ~20 yds		x3 x3	~20 yds		
& Fairners Walk (Buckets W/Sunu)	XS	20 yus		XS	20 yus		ХЭ	20 yus		ХЭ	20 yus		
Swings (weights or bucket w/sand)	х3	20		x3	20		х3	20		x3	20		
& Bridges	x3	:20 ea. side		x3	:20 ea. side		x3	:20 ea. side		x3	:20 ea. side		
Workout C	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	set(s)	reps	NOTES:	
Barrier Jumps	x4	6		x4	6		x4	6		x4	6		
& Dips -or- Diamond Push Ups	x4	10-15		x4	10-15		x4	10-15		x4	10-15		
& Hanging Shoulder Elevation	x3	10-15		х3	10-15		х3	10-15		х3	10-15		
/Depression													
		"											
Single Leg Squat to Box -or- Rear Foot	x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		
Elevated Squat		0.42			0.42			0.42			0.42		
& Partner Row -or- Weight Rope Drag & Step Up to Lunge Lateral	x4 x3	8-12 10ea. r/l		x4 x3	8-12 10ea. r/l		x4 x3	8-12 10ea. r/l		x4 x3	8-12 10ea. r/l		
& Release Push Ups	x3	10-15		x3	10-15		x3	10-15		x3	10-15		
& Nelease Fusil Ops	^3	10-13		۸٥	10-13		۸۵	10-13		۸٥	10-13		
Forward to Backward Lunge	x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		x4	10ea. r/l		
& Fwd/Bkwd Bear Crawls	х3	10yds. ea.		x3	10yds. ea.		х3	10yds. ea.		х3	10yds. ea.		
& Suitcase Carry (bucket w/sand)	х3	~20 yds r/l		х3	~20 yds r/l		х3	~20 yds r/l		x3	~20 yds r/l		
Swings (weights or bucket w/sand)	х3	20		х3	20		х3	20		x3	20		
& Bridges	х3	:20 ea. side		х3	:20 ea. side		х3	:20 ea. side		х3	:20 ea. side		
NOTES				A 11 1 2 4	7 0 0								
NOTES:			D			)VE		NIT P	REP	)			
	PRE-WORK		IN-PLACE HO	NPS	LUNGE SERIE		SHOULDER I	DRFD	ABS/CORE		POST WORK		
	Low Back Hip 1		Fwd/Bkwd Hops		Lunge Forward w/twist		Shoulder 4-\		Crunches 20-30 x 4 sets		Quick Stretch Sequence (:15) take 2-3 minutes to relax before Hip Flexor Hip Flexor Reach		
	Single Leg Hip B	-	Slalom Hops	-	Lunge Backward w/reach Lunge Lateral w/touch		Front Raise Lateral Raise						
			X-over In & Out:	s									
	GM Raise (Hip A				,		Bent Raise		Reverse Cru	nches			
	GM Raise (Hip A	es (alternating)	Shuffle Splits									Hip Flexor Knuckles Down	
	GM Raise (Hip A 1 Count Chinne	es (alternating)		Outs	Squat Push Lat	eral	Internal/Exter	anai Rotation	10-20 X 4 Se			Hip Flexor Straighten Leg	
	GM Raise (Hip A 1 Count Chinne	es (alternating)	1/4 Squat In & C	Outs :h-Skip-Run-Sprin		eral	Internal/Exter	anai Rotation	10-20 X 4 Se			hten Leg	
	GM Raise (Hip A 1 Count Chinnee In Place Inch-W	es (alternating)	1/4 Squat In & C			eral	Internal/Exter	anal Kotation	Hanging Rais				
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wo Bird Dog	es (alternating) 'orm & Push-Up	1/4 Squat In & 0 High Knee Marc	:h-Skip-Run-Sprin						ses	Hip Flexor Straig		
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wi Bird Dog -or-	es (alternating) 'orm & Push-Up	1/4 Squat In & 0 High Knee Marc	h-Skip-Run-Sprin	nt I				Hanging Rais	ses	Hip Flexor Straig Glute Medius (fi	gure 4)	
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wo Bird Dog -OI- Low Back Hi	es (alternating) form & Push-Up	1/4 Squat In & C High Knee Marc	h-Skip-Run-Sprin	10 reps ea. O		10 reps ea. (		Hanging Rais	ses	Hip Flexor Straig Glute Medius (fi Lying Quad	gure 4)	
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wi Bird Dog -or- Low Back Hi Hip Bridge	es (alternating) form & Push-Up p 2 Leg High Kick	1/4 Squat In & C High Knee Marc	h-Skip-Run-Sprin	10 reps ea. O		10 reps ea. (		Hanging Rais 10-20 x 4 set	ses	Hip Flexor Straig Glute Medius (fi Lying Quad REPEAT ALL FOR	gure 4)	
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wi Bird Dog -Or- Low Back Hi Hip Bridge Supine Straight Clams & Modific	es (alternating) form & Push-Up p 2 Leg High Kick	1/4 Squat In & C High Knee Marc	h-Skip-Run-Sprin	10 reps ea. O		10 reps ea. (		Hanging Rais 10-20 x 4 set Chinees	ses	Hip Flexor Straig Glute Medius (fi Lying Quad REPEAT ALL FOR Quadruped Hip	gure 4) t OTHER SIDE Wag	
	GM Raise (Hip A 1 Count Chinned In Place Inch-Wi Bird Dog -Or- Low Back Hi Hip Bridge Supine Straight Clams & Modific	es (alternating) form & Push-Up  p 2  Leg High Kick ed Curl-Up	1/4 Squat In & C High Knee Marc	h-Skip-Run-Sprin	10 reps ea. O		10 reps ea. (		Hanging Rais 10-20 x 4 set Chinees	ses ts	Hip Flexor Straig Glute Medius (fi Lying Quad REPEAT ALL FOR Quadruped Hip Baby Bounce QP Lat Stretch (F	gure 4) t OTHER SIDE Wag R/L) Groin Stretch (R/	