

BODYWEIGHT PLAN

1 week sample





DAY 1

FULL BODY

WARM-UP

2-3 Rounds
5 Inchworms
10/side Single Leg Glute Bridges
5/side Squat Reach

WORKOUT OF THE DAY

A) Skill Progression – Push Ups

2 Sets
10 slow Knee Push Ups
+ 45sec Push Up Plank Hold

B) Structural Strength

3sets, rest 15sec
1st – 15 Bodyweight Hip Thrust
2nd – 40sec Bear Crawl Hold
3rd – 60sec AMRAP of (5 fast
Jumping Jacks + 5 Squats)

C) Timed Challenge

5 sets
10/leg Spider Climbers
+ 5 Sit Ups +
4 Tricep Dips
+ 3 Burpees
Take 20sec off between sets, then
go again. Be quick.

D) Finisher

30 Reps of Up Downs

COOLDOWN

Static Extension 90sec
Twisted Cross 90sec/side
Low Dragon



DAY 2

LOWER BODY

WARM-UP

2 Sets

30sec Skips

30se/side Low Dragon

30sec Upward and Downward Dogs

WORKOUT OF THE DAY

A) Strength

3 Sets, rest 45 sec

A1. Bodyweight Overhead Cyclist Squats

10-12 reps

A2. 5 total reps of
(1 Forward Lunge R + 1 Forward Lunge L + 1 Squat)

A3. Wall Sit Hold 30sec

B) Conditioning

3 Sets, rest 60sec

10 Lateral Jump Overs

10 Drop Squats

10 Candlestick to Stand

C) Core - Obliques

2-3 sets

10/side Oblique V Up

10/side Side Plank Hip Taps

10/side Plank Side Dips

COOLDOWN

Seal Stretch x 90sec

Heel Sit x 90sec

Couch Stretch x 90sec/side



DAY 3

AEROBIC CAPACITY BASED CARDIO + CORE

WARM-UP

Practice the Couch Stretch + Hip Opener for 3-4 mins

WORKOUT OF THE DAY

AN ACCUMULATOR (GET READY)

You have 6 exercises today - so read the instructions properly before you start.

Exercise 1- Skips (without a rope is fine) or Jog on the spot/around the room or Jacks

Exercise 2 - Weighted Sit Ups (hold a water bottle on your chest)

Exercise 3 - Cross Body Mountain Climbers

Exercise 4 - Reverse Crunch

Exercise 5 - Burpees

Exercise 6 - Single Leg V Ups

An accumulator drill gets gradually more and more difficult as you progress through the rounds. In Round 1 you do just Exercise 1.

In Round 2 you do Exercises 1 and 2, in Round 3 Exercises 1, 2 and 3 and soon till you get to Round 6.

Do not go all out in these 40 seconds, this is all about sustainable aerobic pace!

Round 1

40 sec on Exercise 1 (Skips or Jog or Jax)

Rest for 30 sec

Round 2

40 sec on Exercise 1 (Skips or Jog or Jax) then 40sec on Exercise 2 (Weighted Sit Ups)

Rest for 30 sec

Round 3

40 sec on Exercise 1 (Skips or Jog or Jax) then 40sec on Exercise 2 (Weighted Sit Ups) and 40sec on Exercise 3 (Cross Body Mountain Climbers)

Rest for 30 sec

and so on until you get to Round 6 and finish all 6 exercises for 40 sec each.

COOLDOWN

Static Back

Low Dragon/side

Tall Kneeling Oblique Stretch



DAY 4

UPPER BODY

WARM-UP

2-3 Sets

30sec Superman Hold

5/side Bodyweight Turkish Sit Ups

15/side Bicycle Crunches

WORKOUT OF THE DAY

A) Core Resistance Giant Set

3 Sets, rest 20-30sec between sets

A1. 30sec Plank Hold

A2. 6-8 Incline Push Ups

A3. 30sec Tricep Dips

A4. 45sec AMRAP Up Downs (keep working for 45sec, don't go all out – rather – sustain)

B) For Time

8-6-4

Hand Release Push Ups

9-6-3

Single Arm Dumbbell Turkish Sit Up R
(water bottle)

9-6-3

Turkish Sit Ups L

(So you will do 8 Push Ups + 9 Sit Ups R + 9 Sit Ups L, then 6 + 6 + 6, then 4+3+3)

C) Conditioning

30 Jacks

5 Up Downs into a Tuck Jump

10 V-Ups

20sec Shuttle Runs

D) Core Finisher

1st Set – 30sec of each

2nd Set – 40sec of each

3rd Set – 50sec of each

4th Set – 10sec of each

Hollow Body Hold (keep your hands under your lower back)

Hollow Body Flutter Kicks (keep your hands under your lower back)

Hollow Rocks (think of your body as a see saw)

COOLDOWN

3mins Standing Straddle Stretch

90sec Puppy Dog Stretch

30sec/side Upper Spinal Floor Twist