

# BODYWEIGHT WORKOUT-Intermediate

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Do this circuit w no rest between exercises. When you're done, rest for a minute and repeat 1-2 more times. Try to work yourself up to 3 sets.

- 1) Body weight Squats 15
- 2) Jumping Jacks 50
- 3) Bulgarian split squats 20 each leg
- 4) Pushups 20
- 5) Supermans 20
- 6) Front lunges (alternate) 10 each
- 7) Dips 15
- 8) Plank 30-60 secs
- 9) Mountain climbers 15 each
- 10) Bicycles 50

## Exercises:

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### 1) Prisoner squat :



- Stand with feet shoulder width apart, toes pointed forward
- Start the movement at the hip joint. Push hips back as if you were sitting in a chair.
- Weight in heels
- Chest up-- DO NOT round your lower back
- Squat as deep as possible, but make sure your knees don't go over your toes (you will strain your knees).
- Push with your glutes, hamstrings and quads to return to start position.

### 2) Jumping Jacks:

(no description)

### 3) Bulgarian Split squats:

- Stand with feet shoulder-width apart facing away from a bench.
- Place the instep of one foot on the bench (shoe laces). Step forward with the other foot, taking a larger than normal step.
- Contract your glutes and abs and keep your chest up.
- Lower your body until your front thigh is parallel to the floor.
- Push up to the start position remaining in the split squat.
- Perform all reps for one leg and then switch.
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### 4) Pushups:



- Lie face down, legs straight behind you, feet together
- Place palms on the floor, out to the side of your chest
- Palms directly under elbows.
- Keep abs tight and back straight (don't let your hips sag) and eyes focused on floor in front of you.
- Lower your entire upper body until upper arms are parallel to floor. Push back up and repeat.

### 5) Supermans:

- Lie on your stomach
- Hands and legs straight out
- Keeping them straight, lift up both hands and legs (arching back)
- Slowly return to start position
- Repeat for the number of reps and then hold in the arched position

### 6) Front Lunge:

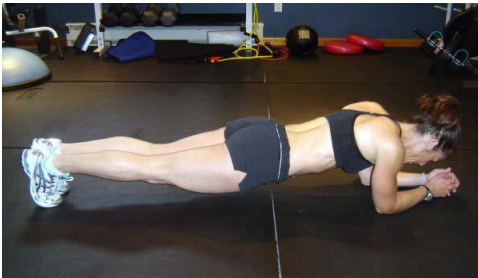


- Feet shoulder width apart. Step forward w/ left leg (larger than normal step)
- Keep right toe on ground and lower your body until left thigh is parallel to floor.
- Upper body upright; lower back flat
- Push w/ left leg back to starting position.
- Do all 10X on left leg and repeat w/ right leg.

#### 7) Dips:

- Sit on chair/bench w/fingers forward on the edge of the surface.
- Lift yourself away from it and lower yourself (legs straight out).
- Keep your body close to the bench as you lower yourself so you don't strain your shoulders.
- Lift back up and repeat.

#### 8) Plank:



- Lie on your stomach, legs straight behind you.
- Rest on your elbows
- Lift your body off the floor in a straight neutral position.
- Make sure your back is flat. Don't let your hips sag or lift your butt up.
- Hold

#### 9) Mountain Climbers



- Brace your abs and start in the top of the pushup position
- Pick one foot off the floor and bring your knee up to your chest. Don't let your hips sag or rotate.
- Keeping abs braced, return your leg to the start position.
- Alternate sides until you complete all of the required reps.

#### **10) Bicycle crunches:**

- Lie on back, knees bent and the small of your back pressed against the floor.
- Rest your hands behind your head (thumbs behind ears)
- Extend your right foot out straight as you simultaneously bring your right armpit and left knee toward each other.
- Repeat using opposite arm and leg.
- Keep the movement slow and controlled.