

Body Weight Workout Program

If you need to scale any of the below workouts, start by reducing the number of circuits by 1, and see how you feel. Next, cut the reps by 5, if more scaling is needed. Never push through any serious pain.

Week 1			
Day 1	Exercise	Reps	Notes
Upper Body			
Circuit One: 3 Rounds	Push-ups	10	Strict (chest to ground); from knees if needed
V-Up Demo	V-Ups	20	
	Close-Grip Push-ups	10	hands under shoulders; from knees if needed
	Plank	1 min	
Circuit Two: 2 Rounds			
Dead Bug Demo	Dead Bugs	15	
	Sit-ups	20	
	Burpees	15	
Shoulder Tap Demo	Shoulder Taps	20	in push-up position
Day 2			
Lower Body			
Circuit One: 3 Rounds	Lunges	20	walking or standing lunges
NO knee pain	Burpees	10	
	Air Squats	20	work on full depth (below parallel)
	Burpees	10	
Circuit Two: 2 Rounds			
As Fast As Possible			
Squat Jump Demo	Squat Jumps	15	
	Sit-ups	20	
	Air Squats	25	
Alt. V-Up Demo	Alternating V-Ups	30	
Day 3 - Core			
Circuit One: 3 Rounds			
Push-up Plank Demo	Push-up Plank	20	
	Sit-ups	25	
	Push-ups	20	from knees if needed; no "worming"
	V-Ups	25	
	Plank	1 min	
Circuit Two: 2 Rounds			
Mt. Climber Demo	Mountain Climbers	20	
Bicycles Demo	Bicycles	15	
	Burpees	10	
Buyout:	Air Squats	50	do as many sets as needed to accrue total reps

Week 2			
Day 1	Exercise	Reps	Notes
Upper Body			
Circuit One: 3 Rounds	Push-ups	15	Strict; from knees if needed
	V-Ups	20	
	Close-Grip Push-ups	10	hands under shoulders; from knees if needed
	Plank	1 min	
Circuit Two: 2 Rounds			
	Dead Bugs	20	
	Sit-ups	25	
	Burpees	15	
	Shoulder Taps	20	in push-up position
Day 2			
Lower Body			
Circuit One: 3 Rounds	Lunges	20	walking or standing lunges
NO knee pain	Burpees	10	
	Air Squats	20	work on full depth (below parallel)
	Burpees	10	
Circuit Two: 2 Rounds			
	Squat Jumps	20	
As Fast As Possible	Sit-ups	25	
	Air Squats	25	
	Alternating V-Ups	30	
Day 3			
Core			
Circuit One: 3 Rounds	Push-up Plank	20	
	Sit-ups	25	
	Push-ups	20	from knees if needed; no "worming"
	V-Ups	25	
	Plank	1 min	
Circuit Two: 2 Rounds			
	Mountain Climbers	25	
	Bicycles	20	
	Burpees	10	
Buyout:	Air Squats	75	do as many sets as needed to accrue total reps

Week 3			
Day 1	Exercise	Reps	Notes
Upper Body			
Circuit One: 3 Rounds	Push-ups	10	
2 min. rest b/n rounds	V-Ups	20	
	Close-Grip Push-ups	10	
	Plank	1 min	
	Wide-Grip Push-ups	10	from knees; NO shoulder pain
	Sit-ups	20	
Circuit Two: 2 Rounds			
	Dead Bugs	15	
	Sit-ups	20	
	Burpees	15	
	Shoulder Taps	20	
Day 2			
Lower Body			
Circuit One: 3 Rounds	Lunges	20	
2 min. rest b/n rounds	Burpees	10	
NO knee pain	Air Squats	20	
	Burpees	10	
	Air Squats	20	
	Burpees	10	
	Lunges	20	
Circuit Two: 2 Rounds			
As Fast As Possible	Squat Jumps	15	
	Sit-ups	20	
	Air Squats	25	
	Alternating V-Ups	30	
Day 3			
Core			
Circuit One: 3 Rounds	Push-up Plank	20	
	Sit-ups	25	
	Push-ups	20	from knees if needed; no "worming"
	V-Ups	25	
	Plank	1 min	
Circuit Two: 2 Rounds			
	Mountain Climbers	30	
	Bicycles	20	
	Burpees	10	
Buyout:	Push-ups	50	