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		T	
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		in push-up position
Day 2			
Lower Body		_	
Circuit One: 3 Rounds	Lunges	20	walking or standing lunges
NO knee pain	Burpees	10	walking of scartaing langes
THO KINCE PUIN	Air Squats		work on full depth (below parallel)
	Burpees	10	work on fail depth (below parallel)
	Burpees	10	
Circuit Two: 2 Rounds			
As Fast As Possible			
	Caust lumps	15	
Squat Jump Demo	Squat Jumps		
	Sit-ups	20	
All Maria	Air Squats	25	
Alt. V-Up Demo	Alternating V-Ups	30	
Day 3 - Core			
Circuit One: 3 Rounds		20	
Push-up Plank Demo	Push-up Plank	20	
	Sit-ups	25	
	Push-ups		from knees if needed; no "worming"
	V-Ups	25	
	Plank	1 min	
Cirtcuit 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 acrue 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	
Cirtcuit Two: 2 Rounds	Mountain Climbers	25	
	Bicycles	20	
	Burpees	10	
Buyout:	Air Squats	75	do as many sets as needed to acrue total reps

Week 3			
Day 1	Exercise	Reps	Notes
Upper Body	Like i disc	The participation of the parti	Notes
Circuit One: 3 Rounds	Push-ups	10	
2 min. rest b/n rounds	V-Ups	20	
2 mm. rest by mrounds	Close-Grip Push-ups	10	
	Plank	1 min	
	Wide-Grip Push-ups		from knees; NO shoulder pain
	Sit-ups	20	Troff Mices, No Shoulder pain
	Sit ups	20	
Circuit Two: 2 Rounds	Dead Bugs	15	
The care 1 wor 2 Hourids	Sit-ups	20	
	Burpees	15	
	Shoulder Taps	20	
	SHOULDET TUPS	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	
NO KIEE Palli	Burpees	10	
	Air Squats	20	
	Burpees	10	
		20	
	Lunges	20	
Circuit Two: 2 Rounds	Squat Jumps	15	
As Fast As Possible	Sit-ups	20	
AS FAST AS POSSIBLE		25	
	Air Squats Alternating V-Ups	30	
	Alternating v-ops	30	
Day 3			
Core			
Circuit One: 3 Rounds	Push-up Plank	20	
Circuit Offe. 3 Rourius	Sit-ups	25	
	Push-ups	20	from knees if needed; no "worming"
			Tront knees it needed, no worming
	V-Ups	25	
	Plank	1 min	
Cirtouit Two: 2 Poweds	Mountain Climbors	30	
Cirtcuit Two: 2 Rounds	Mountain Climbers	30	
	Bicycles	20	
	Burpees	10	
D	Dort was		
Buyout:	Push-ups	50	