



Bodyweight Strength Level 1: Week 1: Day 2

Anytime Workouts

3 sets
per exercise

15 reps
per set

60 secs
rest between sets

50min
135cal



For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets, unless otherwise indicated.

Use your own bodyweight as resistance.

No need for a lot of equipment for this full-body strength program.

Achieve maximum results with just your own bodyweight and these high intensity workouts.

Each week of this 4-week program contains three workouts. They should be performed in sequence, with 1 day of rest in-between.

Equipment: Bodyweight

Intensity

Reps: 15

Sets: 3 sets per exercise

Load: BODYWEIGHT

Rest: 60 seconds between sets

For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets.

Use your own bodyweight as resistance.

Side Lunge

Legs



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Bench Dip Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Lying Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Bench Side Bridge Abs



- 1 - Lie on your side on the edge of a bench with your feet on the floor, legs straight out on top of one another.
 - 2 - Raise your body up, resting on your forearm on the bench and your foot on the floor.
- Keep your body in a straight line, elbow directly under your shoulder.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			