



Bodyweight Strength Level 2 Workout 2

Anytime Workouts

223cal



Tim Phillips

Here Is Your Workout

Circuit

There are 4 workouts for this week. Perform each workout once, following the indicated intensity.

Do the first 2 workouts one day after the other, then take one day to rest. Then perform the next 2 workouts, one day after the other.

Equipment: Bodyweight,

Incline Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position.
- Lower your chest back down to the step and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

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.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

Squat

Hotel



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

Dead Bug

Abs



- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
 - 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	



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Alternating Superman

Hotel



1 - Lie face down on floor with your legs straight and your arms outstretched overhead.

2 - Raise one arm and the opposite leg straight up about 18 inches off the floor.

- Slowly lower both and repeat with the other arm and leg.
- Be sure to keep your arms and legs straight throughout and your head steady.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

Uni Glute Bridge

Legs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.

- Lower yourself back to the floor and repeat using the other leg.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

Bridge to Plank

Lower Back



1 - Raise your body off the floor, resting on your toes and forearms.

2, 3 - Straighten your arms, one at a time, coming up into the top of a push up position and hold briefly.

4, 5 - Lower yourself back to your forearms, one arm at a time.

- Repeat, alternating sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	