



Bodyweight Strength Level 2 Workout 1

Anytime Workouts

223cal



Tim Phillips

Here Is Your Workout

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,

Circuit

Perform each exercise in the workout,
one after another, and then rest. This
is one circuit.

One Leg Kneel Push Up

Chest



1 - Support your body on one knee and hands with your elbows bent, your chest nearly touching the floor and one foot raised with your knee bent at 90 degrees.

2 - Push up to a straight arm position, keeping the foot raised with the knee bent.

- Lower your upper body back to the start position and repeat.
- 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	

Walk Out Push Up

Chest



- Stand upright with your arms by your sides.

1 - Bend forward at the waist and place your hands on the floor in front.

2 - Walk your hands out until your body is straight in the top position of a push up.

3,4 - Perform a push up then walk your hands back in and return to the upright position.

#	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	

Quadrant Hop

Legs



1 - Stand with your hips and knees slightly bent and your arms down by your sides.

2 - Push off your toes to hop straight forward.

3 - Land softly, bending your knees slightly to absorb and then hop to the side.

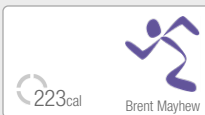
- Next, hop to the back, then to the other side, completing a square.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	



Bodyweight Strength Level 2 Workout 1

Anytime Workouts



Pulse Squat

Legs



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.

3,4 - Raise your hips, coming up about 6-8 inches, then lower back to the bottom position in a pulsing motion.

5 - Push through your heels to return to the top position, keeping your back flat and looking straight ahead throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1			60.0	
2			60.0	
3			60.0	

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, trying to make a straight line from your hips to your shoulders.

- Lower yourself back to the floor and repeat.

#	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	