

BODYWEIGHT 1A

Workout 1

Date:

Workout 3

Date:

Do in order 3 rounds	Weight	Set 1	Set 2	Set 3	
	Assisted Bodyweight Squat - 10 reps				
	Elevated Pushup - 10 reps				
	Doorway Bodyweight Row - 10 reps				
	FINISH WITH: Farmers Walk - 30+ second trip				

Weight	Set 1	Set 2	Set 3	

BODYWEIGHT 1B

Workout 2

Date:

Workout 4

Date:

Do in order 3 rounds	Weight	Set 1	Set 2	Set 3	Set 4
	Good Morning - 10 reps				
	Standing Wall Walk - 5 trips up and down				
	One Leg Balance - 5 seconds per side				
	Wall Slide - 8 reps				
FINISH WITH: Front Plank - 3 sets of 20 seconds					

Weight	Set 1	Set 2	Set 3	Set 4

