

# Nerd Fitness Academy

# Bodyweight Level 1

**BEFORE: Make sure to warm up first!**

#	Workout A	workout 1			workout 3			workout 5			workout 7		
		SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
	<b>MAIN LEVEL - CIRCUIT STYLE*</b>												
1	10 Push-ups												
2	15 Bodyweight Squats												
3	:15 Plank												
4	:30 Jumping Jacks												
	3 rounds, rest 1 minute between rounds												
	<b>Optional:</b>												
	<b>STAR POWER**</b>												
	Squat Thrusts / Walking at an Incline												
	<b>BONUS LEVEL***</b>												
	Notes (how'd you do?)												

**AFTER: Make sure to stretch and go through your cool down routine!**

**Pick your exercise variations:**

**Pushup** Incline Pushup / Knee Pushup / Pushup / Decline Pushup

**Bodyweight Squat** Box Squat / Bodyweight Squat / Prisoner Squat

**Plank** Knee Plank / Plank

**Jumping Jacks** Pick one from here: <https://academy.nerdfitness.com/womens-fitness-academy/wor>

\*CIRCUIT STYLE means to complete all of the exercises in the list, and then repeat. The number of "rounds" is the number of times you complete all of the exercises in the list. Sometimes you rest in between rounds, sometimes you don't.

\*STAR POWER: Pick ONE of the two (OPTIONAL)

1) Squat Thrusts: Do as many squat thrusts as you can in :30, then rest for :30. Repeat 5 times.

2) Walk up a hill (set the treadmill at an incline) for 5-10 minutes.

BONUS LEVEL - pick ONE (OPTIONAL)

1) Jump Rope Skill: Accumulate as many jumps as you can in :30, then rest :30, for 5 rounds (or, if you're just learning how to jump rope, get as many jumps as you can in :30, then rest :30, for 5 rounds)

2) Sprints - :10 seconds all out, :50 seconds walking for 10 minutes

3) Get ups: start out using your hands to help you, then work towards not using your hands at all. Do as many as you can in one minute, and then rest a minute

4) Stretching: Spend an extra 10 minutes stretching and working on general flexibility

**BEFORE: Make sure to warm up first!**

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#	Workout B	workout 2			workout 4			workout 6			workout 8		
		SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
	<b>MAIN LEVEL - CIRCUIT STYLE*</b>												
1	10 Inverted Rows												
2	20 Lunges												
3	10 Close Grip Pushup												
4	20 Step Ups												
	10 Reverse Crunches												
	:30 Jump Rope												
	3 Rounds, Rest 1 minute between rounds												
	Optional:												
	<b>STAR POWER**</b>												
	Shuttle Runs / Walking at an Incline												
	<b>BONUS LEVEL***</b>												
	Notes (how'd you do?)												

**AFTER: Make sure to stretch and go through your cool down routine!**

**Pick your exercise variations:**

- Inverted Row** Incline Pushup / Knee Pushup / Pushup / Decline Pushup
- Lunges** Box Squat / Bodyweight Squat / Prisoner Squat
- Close Grip Pushup** Knee Plank / Plank
- Step Up** Modified through height of box you are stepping on to
- Reverse Crunch** Reverse Crunch (to modify, keep your legs bent/do not go as high)
- Jump Rope** Pick one from here: <https://academy.nerdfitness.com/womens-fitness-academy/workouts/warm-u>

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\*STAR POWER: Pick ONE of the two (OPTIONAL)

- 1) Squat Thrusts: Do as many squat thrusts as you can in :30, then rest for :30. Repeat 5 times.
- 2) Walk up a hill (set the treadmill at an incline) for 5-10 minutes.

BONUS LEVEL - pick ONE (OPTIONAL)

- 1) Jump Rope Skill: Accumulate as many jumps as you can in :30, then rest :30, for 5 rounds (or, if you're just learning how to jump rope, get as many jumps as you can in :30)
- 2) Sprints - :10 seconds all out, :50 seconds walking for 10 minutes
- 3) Get ups: start out using your hands to help you, then work towards not using your hands at all. Do as many as you can in one minute, and then rest a minute
- 4) Stretching: Spend an extra 10 minutes stretching and working on general flexibility