

MONDAY - MAR. 23, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Bodyweight Program Progression	This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.							
	Do like letters right after each other (Ex. A1, A2, A3, then back to the top for the 2nd rd and then do the 3rd rd.)							
	Week 1: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 2: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 3: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 4: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
Week 5: 25 Seconds rest after all sets and reps are completed before moving on to the next set of letters.								
A Burpees		15		15		15		
A Body Squat		15		15		15		
A glute bridges		15		15		15		
can be done with upper back on bench or chair or on floor. If you have a mini-band, you can put it on above the knees								
B Split Jump		15		15		15		
B Walking Lunges		15		15		15		
Can be done in=place if space is an issue								
B Superman		15		15		15		
C Calf Raises		15		15		15		
C Bicycles		30		30		30		
C V-Ups		30		30		30		

TUESDAY - MAR. 24, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Push Up		15		15		15		
can add resistance (backpack with books, bands)								
A Y-T-W iso holds		15 secs		15 secs		15 secs		
A rows		15		15		15		
Single arm row, use backpack with books/weight in it.								
B Foot Elevated Push-Ups		10		10		10		
B lat pull-downs		15		15		15		
use broomstick or pvc pipe, Pull down behind the neck until arms are at 90 degree angle and emphasize squeeze at bottom.								
B Floor Triceps Extensions		12		12		12		
C Side Planks		30 secs		30 secs		30 secs		
C Push Up Plank		30 secs		30 secs		30 secs		

THURSDAY - MAR. 26, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Box Jump		15		15		15		
Box Should be at a low height so the reps can be done rapidly. Can do vertical jumps with no box with emphasis of getting off the ground as quick as possible.								
A Sumo Squats		15		15		15		
A Glute Bridge (non-weighted)		15		15		15		
B Tuck Jumps		15		15		15		
B Lateral Lunges		15		15		15		
B Body Hip Hinge		15		15		15		
Bodyweight RDL, Can be done with weights (water bottles, backpacks)								
C 3 Way Calf Raise		10		10		10		
C Flutter Kicks		30		30		30		
C Toe Touches		30		30		30		

FRIDAY - MAR. 27, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Inchworm Push Ups		15		15		15		
A Y-T-W raises		15		15		15		
	can hold small weights							
A Scap Retract PUP		15		15		15		
C Lying T holds		15 secs		15 secs		15 secs		
	hold arms out like a letter T and off the ground while laying on stomach, emphasize squeezing of shoulder blades.							
B Plate Hand Step Ups		15		15		15		
	can replace plates with books or other short surface. Can replace with hand walks (up, up, down, down, out, out, in,in)							
B rows		15		15		15		
	can use back pack							
B dips		15		15		15		
	can put hands on chair or bench. Can also elevate feet on surface to increase difficulty							
C Plank to Push Up Hold		30 secs		30 secs		30 secs		
C Lying Heel Touch Side Crunch		30		30		30		

MONDAY - MAR. 30, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Burpees		15		15		15		15
A Body Squat		15		15		15		15
A glute bridges		15		15		15		15
	can be done with upper back on bench or chair or on floor. If you have a mini-band, you can put it on above the knees							
B Split Jump		15		15		15		15
B Walking Lunges		15		15		15		15
B Superman		15		15		15		15
C Calf Raises		15		15		15		
C Bicycles		30		30		30		
C V-Ups		30		30		30		

Bodyweight Program Progression

This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.

Do like letters right after each other (Ex. A1, A2, A3, then back to the top for the 2nd rd and then do the 3rd rd.)

Week 1: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 2: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 3: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 4: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 5: 25 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

TUESDAY - MAR. 31, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Push Up		15		15		15		15
A Y-T-W iso holds		15 secs		15 secs		15 secs		15 secs
A rows		15		15		15		15
	Single arm row, use backpack with books/weight in it.							
B Foot Elevated Push-Ups		10		10		10		10
B lat pull-downs		15		15		15		15
	use broomstick or pvc pipe, Pull down behind the neck until arms are at 90 degree angle and emphasize squeeze at bottom.							
B Floor Triceps Extensions		12		12		12		12
C Side Planks		30 secs		30 secs		30 secs		
C Push Up Plank		30 secs		30 secs		30 secs		

THURSDAY - APR. 2, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Box Jump		15		15		15		15
Box Should be at a low height so the reps can be done rapidly. Can do vertical jumps with no box with emphasis of getting off the ground as quick as possible.								
A Sumo Squats		15		15		15		15
A Glute Bridge (non-weighted)		15		15		15		15
B Tuck Jumps		15		15		15		15
B Lateral Lunges		15		15		15		15
B Body Hip Hinge		15		15		15		
Bodyweight RDL, Can be done with weights (water bottles, backpacks)								
C 3 Way Calf Raise		10		10		10		
C Flutter Kicks		30		30		30		
C Toe Touches		30		30		30		

FRIDAY - APR. 3, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Inchworm Push Ups		15		15		15		15
A Y-T-W raises		15		15		15		15
can hold small weights								
A Scap Retract PUP		15		15		15		15
B Plate Hand Step Ups		15		15		15		
can replace plates with books or other short surface. Can replace with hand walks (up, up, down, down, out, out, in,in)								
B rows		15		15		15		
can use back pack								
B dips		15		15		15		
can put hands on chair or bench. Can also elevate feet on surface to increase difficulty								
C lying T holds		15 secs		15 secs		15 secs		
hold arms out like a letter T and off the ground while laying on stomach, emphasize squeezing of shoulder blades.								
C Plank to Push Up Hold		30 secs		30 secs		30 secs		
C Lying Heel Touch Side Crunch		30		30		30		

MONDAY - APR. 6, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Burpees		20		20		20		20
A Body Squat		20		20		20		20
A glute bridges		20		20		20		20
can be done with upper back on bench or chair or on floor. If you have a mini-band, you can put it on above the knees								
B Split Jump		20		20		20		20
B Walking Lunges		20		20		20		20
B Superman		20		20		20		20
C Calf Raises		20		20		20		
C Bicycles		40		40		40		
C V-Ups		40		40		40		

Bodyweight Program Progression

This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.

Do like letters right after each other (Ex. A1, A2, A3, then back to the top for the 2nd rd and then do the 3rd rd.)

Week 1: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 2: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 3: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 4: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 5: 25 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

TUESDAY - APR. 7, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Push Up		18		18		18		18
A Y-T-W iso holds		20 secs		20 secs		20 secs		20 secs
A rows		20		20		20		20
Single arm row, use backpack with books/weight in it.								
B Foot Elevated Push-Ups		12		12		12		12
B lat pull-downs		20		20		20		20
use broomstick or pvc pipe, Pull down behind the neck until arms are at 90 degree angle and emphasize squeeze at bottom.								
B Floor Triceps Extensions		15		15		15		15
C Side Planks		30 secs		30 secs		30 secs		
C Push Up Plank		30 secs		30 secs		30 secs		

THURSDAY - APR. 9, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Box Jump		18		18		18		18
Box Should be at a low height so the reps can be done rapidly. Can do vertical jumps with no box with emphasis of getting off the ground as quick as possible.								
A Sumo Squats		18		18		18		18
A Glute Bridge (non-weighted)		18		18		18		18
B Tuck Jumps		15		15		15		15
B Lateral Lunges		18		18		18		18
B Body Hip Hinge		18		18		18		
Bodyweight RDL. Can be done with weights (water bottles, backpacks)								
C 3 Way Calf Raise		15		15		15		
C Flutter Kicks		40		40		40		
C Toe Touches		40		40		40		

FRIDAY - APR. 10, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Inchworm Push Ups		18		18		18		18
A Y-T-W raises		20		20		20		20
can hold small weights								
A Scap Retract PUP		18		18		18		18
B Plate Hand Step Ups		18		18		18		
can replace plates with books or other short surface. Can replace with hand walks (up, up, down, down, out, out, in, in)								
B rows		20		20		20		
can use back pack								
B dips		20		20		20		
can put hands on chair or bench. Can also elevate feet on surface to increase difficulty								
C lying T holds		20 secs		20 secs		20 secs		
hold arms out like a letter T and off the ground while laying on stomach, emphasize squeezing of shoulder blades.								
C Plank to Push Up Hold		40 secs		40 secs		40 secs		
C Lying Heel Touch Side Crunch		40		40		40		

MONDAY - APR. 13, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Burpees		12		12		12		12
A Body Squat		20		20		20		20
A glute bridges		20		20		20		20
can be done with upper back on bench or chair or on floor. If you have a mini-band, you can put it on above the knees								
B Split Jump		15		15		15		
B Walking Lunges		20		20		20		
B Superman		25		25		25		
C Calf Raises		30		30		30		
C Bicycles		50		50		50		
C V-Ups		50		50		50		

MONDAY - APR. 13, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Bodyweight Program Progression	This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.							
	Do like letters right after each other (Ex. A1, A2, A3, then back to the top for the 2nd rd and then do the 3rd rd.)							
	Week 1: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 2: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 3: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
	Week 4: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.							
Week 5: 25 Seconds rest after all sets and reps are completed before moving on to the next set of letters.								

TUESDAY - APR. 14, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Push Up		20		20		20		20
A Y-T-W iso holds		20 secs		20 secs		20 secs		20 secs
A rows		20		20		20		20
	Single arm row, use backpack with books/weight in it.							
B Foot Elevated Push-Ups		12		12		12		
B lat pull-downs		20		20		20		
	use broomstick or pvc pipe, Pull down behind the neck until arms are at 90 degree angle and emphasize squeeze at bottom.							
B Floor Triceps Extensions		15		15		15		
C Side Planks		30 secs		30 secs		30 secs		
C Push Up Plank		30 secs		30 secs		30 secs		

THURSDAY - APR. 16, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Box Jump		20		20		20		20
	Box Should be at a low height so the reps can be done rapidly. Can do vertical jumps with no box with emphasis of getting off the ground as quick as possible.							
A Sumo Squats		20		20		20		20
A Glute Bridge (non-weighted)		20		20		20		20
B Tuck Jumps		15		15		15		
B Lateral Lunges		20		20		20		
B Body Hip Hinge		20		20		20		
	Bodyweight RDL, Can be done with weights (water bottles, backpacks)							
C 3 Way Calf Raise		20		20		20		
C Flutter Kicks		50		50		50		
C Toe Touches		50		50		50		

FRIDAY - APR. 17, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Inchworm Push Ups		20		20		20		20
A Y-T-W raises		25		25		25		25
	can hold small weights							
A Scap Retract PUP		20		20		20		20
B Plate Hand Step Ups		20		20		20		
	can replace plates with books or other short surface. Can replace with hand walks (up, up, down, down, out, out, in,in)							
B rows		25		25		25		
	can use back pack							
B dips		20		20		20		
	can put hands on chair or bench. Can also elevate feet on surface to increase difficulty							
C lying T holds		20 secs		20 secs		20 secs		
	hold arms out like a letter T and off the ground while laying on stomach, emphasize squeezing of shoulder blades.							
C Plank to Push Up Hold		40 secs		40 secs		40 secs		

FRIDAY - APR. 17, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
C Lying Heel Touch Side Crunch		40		40		40		

MONDAY - APR. 20, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Burpees		12		12		12		12
A Body Squat		20		20		20		20
A glute bridges		20		20		20		20
can be done with upper back on bench or chair or on floor. If you have a mini-band, you can put it on above the knees								
B Split Jump		15		15		15		
B Walking Lunges		20		20		20		
B Superman		25		25		25		
C Calf Raises		30		30		30		
C Bicycles		50		50		50		
C V-Ups		50		50		50		

Bodyweight Program Progression

This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.

Do like letters right after each other (Ex. A1, A2, A3, then back to the top for the 2nd rd and then do the 3rd rd.)

Week 1: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 2: 45 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 3: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 4: 30 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

Week 5: 25 Seconds rest after all sets and reps are completed before moving on to the next set of letters.

TUESDAY - APR. 21, 2020

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Push Up		20		20		20		20
A Y-T-W iso holds		20 secs		20 secs		20 secs		20 secs
A rows		20		20		20		20
Single arm row, use backpack with books/weight in it.								
B Foot Elevated Push-Ups		12		12		12		
B lat pull-downs		20		20		20		
use broomstick or pvc pipe, Pull down behind the neck until arms are at 90 degree angle and emphasize squeeze at bottom.								
B Floor Triceps Extensions		15		15		15		
C Side Planks		30 secs		30 secs		30 secs		
C Push Up Plank		30 secs		30 secs		30 secs		