

BODY WEIGHT WORKOUT

IF YOU DO NOT HAVE ACCESS TO A WEIGHT TRAINING FACILITY

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| 1. | FREE STANDING SQUATS * | 3 X 15-25 |
| 2. | STEP-UPS ** | 3 X 10 |
| 3. | SQUAT JUMPS | 3 X 8 |
| 4. | ALTERNATE SUPERMANS *** | 3 X 15 |
| 5. | CALF RAISES | 3 X 15-25 |
| 6. | CHIN-UPS | 3 X MAX |
| 7. | PUSH-UPS * | 3 X 15-25 |
| 8. | ABDOMINAL PROGRAM **** | 2 X 15 — routine style |

* If you are able to perform more than 25 reps, add resistance and/or increase the number of sets.

** Begin using an 18-24 inch high step — use a higher step when starting height is no longer challenging.

*** Supermans — lay flat on stomach, arms extended over head, raise shoulders and chest off ground by arching lower back, and hold for a 3 one-thousand count.

**** Abs — Do in the following order - 2 sets x 15 reps each

90° leg raise
Knee tuck
6 inch leg raise
Alternate crunch
Bicycle
Crunches

Rest

Perform second set in same order.

Increase to a third set when able to perform more than 15 reps throughout two sets.