

# Bodyweight Workouts

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Hey there,

Here's a collection of Bodyweight Workouts. Please read the following paragraphs before getting stuck in!

- ▶ Participants should be able to workout at high intensity for around 20 minutes before attempting these workouts.
- ▶ Please seek advice of a qualified trainer if in doubt.
- ▶ **Please warm up well** for 10 minutes before attempting any of these routines. For example: try 5 minutes of skipping or jogging, 5 minutes of easy kettlebell moves and some dynamic stretches as a good warm up routine.

That's it!

Enjoy and stay safe...

Chris

# Bodyweight 300 Workout

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***Duration: 7-12 minutes***

Complete the following exercises as fast as possible

- ▶ 50 x Bounce Bounce Squat Low
- ▶ 50 x Sprinter Skips (25 each)
- ▶ 50 x Squat Jumps
- ▶ 50 x Squat Thrusts
- ▶ 50 x Mountain Climbers (50 each leg)
- ▶ 50 x Shoulder Taps (25 each)

Record your result and try to beat it next time!

***Too easy? Repeat!***

## 30 Seconds On / Off

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### *Duration: 25 minutes*

- ▶ Set a timer for 5 min and 30s on/off intervals.
- ▶ Set up 5 stations:
  - Squats,
  - Push ups,
  - Jumping jacks,
  - Plank hip dips,
  - Tuck jumps (alternative, reverse lunges)
- ▶ Stay on each station for 5 sets (5 minutes)
- ▶ Complete as many reps as possible in 30s. Rest for 30s.

### *Other Options:*

- ▶ Too easy? Change it to 45s on and 15s off!

# Descending Mega Set

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## *Duration: 25 minutes*

- ▶ You will perform 5 exercises:
  - Shallow lunge jumps
  - Press ups (normal, incline or shoulder or a mix!)
  - Fancy jumping jacks (jumping jacks plus crouch down when feet are together)
  - In out squats
  - Abs Russian twist
- ▶ First set will comprise 50 reps of each exercise
- ▶ Second set will be 40 reps,
- ▶ Then 30, 20 and 10
- ▶ Rest 2 minutes between sets

# Total Body Blaster

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## ***Duration: 25 min***

Set 1: Complete as many rounds as possible in 7 min

- ▶ 10 Press-ups
- ▶ 10 Full sit-ups
- ▶ 10 Squat to squat jump
- ▶ 20 Bounce bounce squat low

2 minutes rest

## ***Set 2: Complete as many rounds as possible in 7 min***

- ▶ 10 Body weight squats (or squat jumps)
- ▶ 20 Mountain climbers (on each leg)
- ▶ 10 Plank hips dips (on each side)
- ▶ 20 fancy jacks

2 minutes rest

## ***Set 3: Complete as many rounds as possible in 7 min***

- ▶ 10 Reverse lunges (on each leg)
- ▶ 10 Tricep dips
- ▶ 10 Plank knees to elbows
- ▶ 20 Ice skaters

# Glutes and Legs

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**Duration: 20 minutes**

**Circuit 1:** Repeat 3 times with minimal rest between circuits

- ▶ 20 Squats
- ▶ 20 Mountain climbers
- ▶ 20 Walking lunges
- ▶ 10 Squat thrusts

**Circuit 2:** Repeat 3 times with minimal rest between circuits

- ▶ 10 Lateral lunges (side lunges, each side)
- ▶ 10 Pendulum lunges  
(forward lunge + reverse lunge on the same leg, 10 each leg)
- ▶ 20 Sumo Squat
- ▶ 20 High Knees (Each side)

**Circuit 3:** Repeat 3 times with minimal rest between circuits

- ▶ 10 Curtsy lunges (each side)
- ▶ 20 Donkey kicks on EACH side
- ▶ 20 Hip bridges
- ▶ 20 Jumping Jacks

# Abs Giant Set

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***Duration: 10 min***

Complete this Abs Giant Set on its own as part of another workout.

Set a timer for 30 second ON intervals and 10 seconds OFF.

Complete the following:

- ▶ Push-ups
- ▶ Knees-to-elbows
- ▶ Hip dips
- ▶ Bicycle crunches
- ▶ Flutter kicks
- ▶ Lying on back, leg lowers (single or double)
- ▶ Rope climb
- ▶ Russian twist

**Rest 1-2 minutes then repeat!**