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| --- |
| **Body Weight Workouts** |
|   |  |  |  |  |  |  |  |  |  |  |  |   |
|   |  |  |  |  |  |  |  |  |  |  |  |   |
|   |   | **Day 1** |   |
| **Day #1** |
|   | Warm up | Speed Mechanics-[HIGH KNEES](https://youtu.be/Newxff_EQMo), [BUTT KICKS](https://youtu.be/JzYZXZOVqtg), [A-SKIP](https://youtu.be/Zf4rGBOCs60) |   |   |   |   |   |   |   |
|   | Core-Front Plank 2X1 min |   |   |   |   |   |   |   |   |   |   |
|   |   | Workout  |   |  |   |
|   |   | Warm up (specifics) | **Sets/Reps** | **Weight** | **rest** |   |  |   |
|   |   | Bird Dogs  | 2X24 (12/12) |   |   |   |  |  |  |  |  |   |
|   |   |   |   |   |   |   |  |  |  |  |  |   |
|   | Levels | **Giant Set**  | **Sets/Reps** | **Weight** | **rest** |  |  |  |  |  |  |   |
|   |  | Body Weigth Squats  | 4X15 | BW |   |  |  |  |  |  |   |
|   |  | Sgl Leg Glute Bridges  | 4X15/15 | BW |   |  |  |  |  |  |   |
|   |  | *Straight Leg lifts*  | 4X15 | BW | 30 sec  |  |  |  |  |  |   |
|   |   | **Giant Set**  | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |   |
|   |   | **Push ups**  | 3X12 | BW |   |  |  |  |  |  |   |
|   |   | Scap Push ups  | 3X12 | **BW** |  |  |  |  |  |  |   |
|   |   | T-s  | 3X12 | BW |   |  |  |  |  |  |   |
|   |   | **Arms**  | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |   |
|   |   | Sgl leg RDL Hold  | 3X30/30 | 10-30 lbs  |   |  |   |   |   |   |   |
|   |   | Side Lunges  | 3X12/12 | 10-20 lbs  |   |  |   |   |   |   |   |
|   |  | **Cardio**  | **Sets/Reps** | **Weight/%** | **rest** |  |  |  |  |  |   |
|   |   | Light Run  | 10 minutes or 1.5 miles  |   |  |  |  |  |  |   |
|   |   | **Recovery**  |   |   |   |  |   |   |   |   |   |
|   |   | Static Stretch-Hamstrings/Hips/Quads  |   |   |  |   |   |   |   |   |
|   |   |   |   |   |   |  |   |   |   |   |   |
|   |   |