









BODYWEIGHT BASICS

Trainer: _____

KEY POINTS

1. Bodyweight exercise (or calisthenics exercises) are a fantastic alternative to use when you don't have workout equipment nearby, and can be used as both a cardio and strength training workout.
2. Below are some examples of callisthenic exercises you can utilize at home, in a hotel room, or even at your desk, with options to progress the exercise if you find the beginner movements are too easy for you.
3. Complete 2 sets of 12-15 reps of each exercise below, taking 60 seconds rest between sets.

Example	Circuit	Exercise	Reps	Sets	Rest
	A1	Bodyweight Squat	12-15	2	60 sec.
	A2	Push Up	12-15	2	60 sec.
1 minute rest					
	B1	Stationary Lunge	12-15	2	60 sec.
	B2	Alternating Superman	12-15 (each side)	2	60 sec.
1 minute rest					
	C1	Laying Hip Bridge	12-15	2	60 sec.
	C2	Triceps Bench Dip	15-15	2	60 sec.
1 minute rest					
	D1	Glute Kickbacks	15	2	60 sec.
	D2	Flutter Kicks	12-15 (each leg)	2	60 sec.
Cool Down					

To progress your workout - or make it harder - consider the following options:

Time:

Reps

Sets

- Reduce or increase rep speed

- Increase number of reps per set

- Increase number of total sets