

Body Weight Basics

- Body weight exercise (or calisthenics exercises) are a fantastic alternative to use when you don't have workout equipment nearby,
- Calisthenics can be used as both a cardio and strength training workout.
- Ways to progress the workout:
 - Time: Reduce or increase rep speed
 - Reps: Increase the number of reps per set
 - Sets: Increase the total number of sets
 - Weight: Increase weight

| Circuit | Beginner Exercise | | Reps | Sets | Rest | Progress the Exercise |
|---------|--|---|-------|------|--------|--------------------------------|
| A | Squat |  | 12-15 | 2 | 60 sec | Pistol Squat |
| | Stationary Lunge |  | 12-15 | 2 | 60 sec | Forward Walking Lunge |
| B | Push Up on Knees or w/ Elevated Upper Body |  | 12-15 | 2 | 60 sec | Push Up |
| | Laying Hip Bridge |  | 12-15 | 2 | 60 sec | Single Leg Bodyweight Deadlift |
| C | Front Plank |  | 12-15 | 2 | 60 sec | Inchworm |
| | Superman |  | 12-15 | 2 | 60 sec | Alternating Superman |
| D | Forearm Side Plank |  | 12-15 | 2 | 60 sec | Straight Arm Side Plank |