


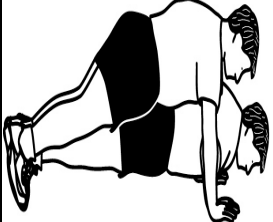


## Body Weight Workout

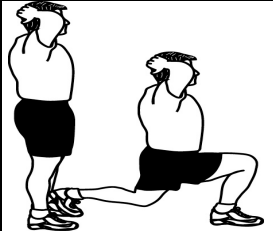
### Full Body **SUPERSETS**

Body Weight Squat	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			


Body Weight Squats: 3 sets of 15 reps. Superset w/Push-Ups. Rest 1.5 minutes between superset cycles. No rest within superset cycle.

Push-Ups	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

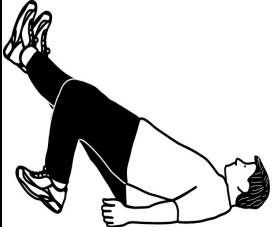
Push Ups: 3 sets of 12 reps. Superset w/Body Weight Squats. Rest 1.5 minutes between superset cycles. No rest within superset cycle.

Forward Lunge	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

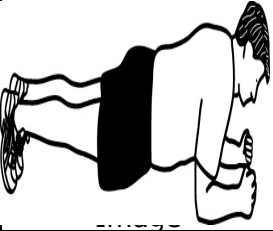
Forward Lunge: 3 sets of 12 reps each leg. Superset w/Bird Dog. Rest 1.5 minutes between superset cycles. No rest within superset cycle. (step forward, step back, repeat on other leg - that's one rep)

Bird Dog	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

Bird Dog: 3 sets of 12 reps each side. Superset w/Forward Lunge. Rest 1.5 minutes between superset cycles. No rest within superset cycle. (full extension of one arm and opposite leg, repeat with other limbs - that's one rep)

Single Leg Glute Bridge	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

Single Leg Glute Bridge: 3 sets of 8 reps each leg. Superset w/Bird Dog. Rest 1.5 minutes between superset cycles. No rest within superset cycle. (While extended leg is in air the other foot is pressed firmly against the ground as you press hips up as high as possible. The lower hips back to the floor (that's one rep) but don't rest on the floor. As soon as your glutes graze the floor press back up. Do full set on one side then execute set on otherside without resting).

Plank	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set 3
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

Plank: 3 sets of 30 seconds. Superset w/Single Leg Glute Bridge. Rest 1.5 minutes between superset cycles. No rest within superset cycle.