

NEW BEGINNINGS ***Personal Training***

BEGINNER BODYWEIGHT WORKOUT

Do this circuit w no rest between exercises. When you're done, rest for a minute and repeat 1-2 more times. Try to work yourself up to 3 sets.

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| 1) Body weight squats | 15 |
| 2) Jumping Jacks | 30 |
| 3) Step ups | 10 each leg |
| 4) Plank | 30-60 secs |
| 5) Side plank | 20-30 secs each side |
| 6) Pushups | 10 |
| 7) Static lunge | 10 each |
| 8) Mountain climbers | 15 each |

Exercises:

1) Body weight squat :



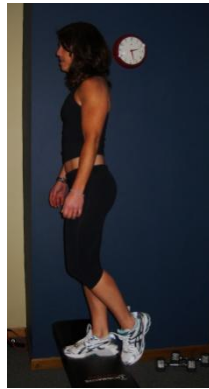
- Stand with feet shoulder width apart, toes pointed forward
- Start the movement at the hip joint. Push hips back as if you were sitting in a chair.
- Weight in heels

- Chest up-- DO NOT round your lower back
- Squat as deep as possible, but make sure your knees don't go over your toes (you will strain your knees).
- Push with your glutes, hamstrings and quads to return to start position.

2) Jumping Jacks:

(no description)

3) Step ups:



- Stand facing a bench and place one foot on the bench, the other on the floor.
- Keeping your abs braced and glutes squeezed, start the move by pushing through the bench foot to lift the body up to a standing position.
- Slowly lower your body, while keeping your foot on the bench the entire time. Pause briefly at bottom and repeat.
- Do all reps with one leg and then switch to the other leg.

4) Plank:



- Lie on your stomach, legs straight behind you.
- Rest on your elbows
- Lift your body off the floor in a straight neutral position.
- Make sure your back is flat. Don't let your hips sag or lift your butt up.
- Hold

5) Side Plank



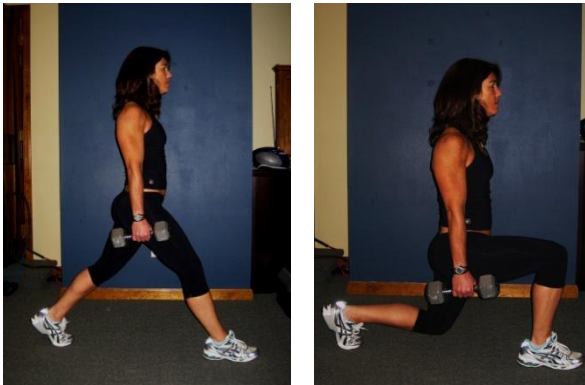
- Lie on side, legs extended and stack feet.
- Support body weight on your elbow and hip.
- Rest other arm along side of your body.

6) Pushups:



- Lie face down, legs straight behind you, feet together
- Place palms on the floor, out to the side of your chest
- Palms directly under elbows.
- Keep abs tight and back straight (don't let your hips sag) and eyes focused on floor in front of you.
- Lower your entire upper body until upper arms are parallel to floor. Push back up and repeat.
- If needed, start with modified pushup (on knees)

7) Static Lunge:



- Stand with feet shoulder width apart.
- Step forward with one leg, taking a larger than normal step.
- Press front on your back foot into the ground to help keep balance (hold a wall if too difficult). Back knee should also be bent.
- Lower your body until your front thigh is parallel to the floor.
- Keep upper body upright and lower back flat.
- Push to the upright position (don't step back). Stay in the split stance.
- Perform all reps for one leg and then switch.

8) Mountain Climbers



- Brace your abs and start in the top of the pushup position
- Pick one foot off the floor and bring your knee up to your chest. Don't let your hips sag or rotate.
- Keeping abs braced, return your leg to the start position.
- Alternate sides until you complete all of the required reps.