



NEW BEGINNINGS ***Personal Training***

INTERMEDIATE 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) Prisoner Squats | 15 |
| 2) Jumping Jacks | 50 |
| 3) Bulgarian split squats | 20 each leg |
| 4) Pushups | 20 |
| 5) Front lunges (alternate) | 10 each |
| 6) Dips | 15 |
| 7) Stability Ball Leg curls | 15 |
| 8) Plank | 30-60 secs |
| 9) Burpees | 15 each |
| 10) Bicycles | 50 |

Exercises Descriptions:

1) Prisoner 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) Bulgarian Split squats:

- Stand with feet shoulder-width apart facing away from a bench.
- Place the instep of one foot on the bench (shoe laces). Step forward with the other foot, taking a larger than normal step.
- Contract your glutes and abs and keep your chest up.
- Lower your body until your front thigh is parallel to the floor.
- Push up to the start position remaining in the split squat.
- Perform all reps for one leg and then switch.

4) 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.

5) Front Lunge:



- Feet shoulder width apart. Step forward w/ left leg (larger than normal step)
- Keep right toe on ground and lower your body until left thigh is parallel to floor.
- Upper body upright; lower back flat
- Push w/ left leg back to starting position.
- Do all 10X on left leg and repeat w/ right leg.

6) Dips:

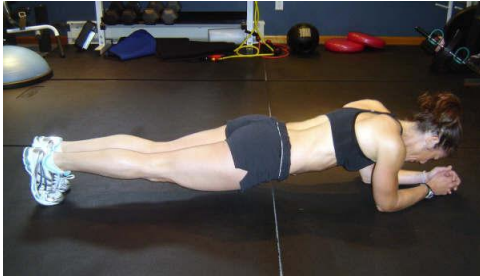
- Sit on chair/bench w/fingers forward on the edge of the surface.
- Lift yourself away from it and lower yourself (legs straight out).
- Keep your body close to the bench as you lower yourself so you don't strain your shoulders.
- Lift back up and repeat.

7) Stability Ball Leg Curls:



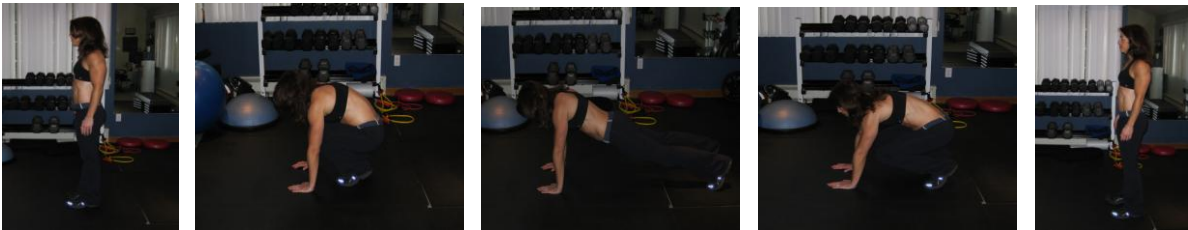
- Lie on back with balls of feet on stability ball, hands by side
- Tighten your abs, contract your glutes and lift your hips.
- Keep abs tight, contract your hamstrings and roll the ball toward your butt while keeping your hips bridged. Pause and slowly return to start position keeping the hips bridged.

8) 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

9) Burpees:



- Stand with feet hip-width apart
- Bend down into a squat position
- Kick your legs back together into a plank position
- Jump your knees in toward your elbows in a squat position
- Stand up (for extra challenge jump up as high as you can)
- Land and go back in squat position and repeat.

10) Bicycle crunches:

- Lie on back, knees bent and the small of your back pressed against the floor.
- Rest your hands behind your head (thumbs behind ears)
- Extend your right foot out straight as you simultaneously bring your right armpit and left knee toward each other.
- Repeat using opposite arm and leg.
- Keep the movement slow and controlled.