

No equipment

4-WEEK

MUSCLE BUILDING

BODYWEIGHT WORKOUT



PLAN INTRODUCTION

Bodyweight exercises are excellent. They can help you transform your body using nothing but your own body. That means you can perform a workout literally anywhere once you learn how to use your bodyweight to create enough stimulus to challenge the muscle. This bodyweight workout will get progressively harder during the 4 weeks and is perfect for anyone to take on as they try to learn how to use their bodyweight to build muscle and burn fat.



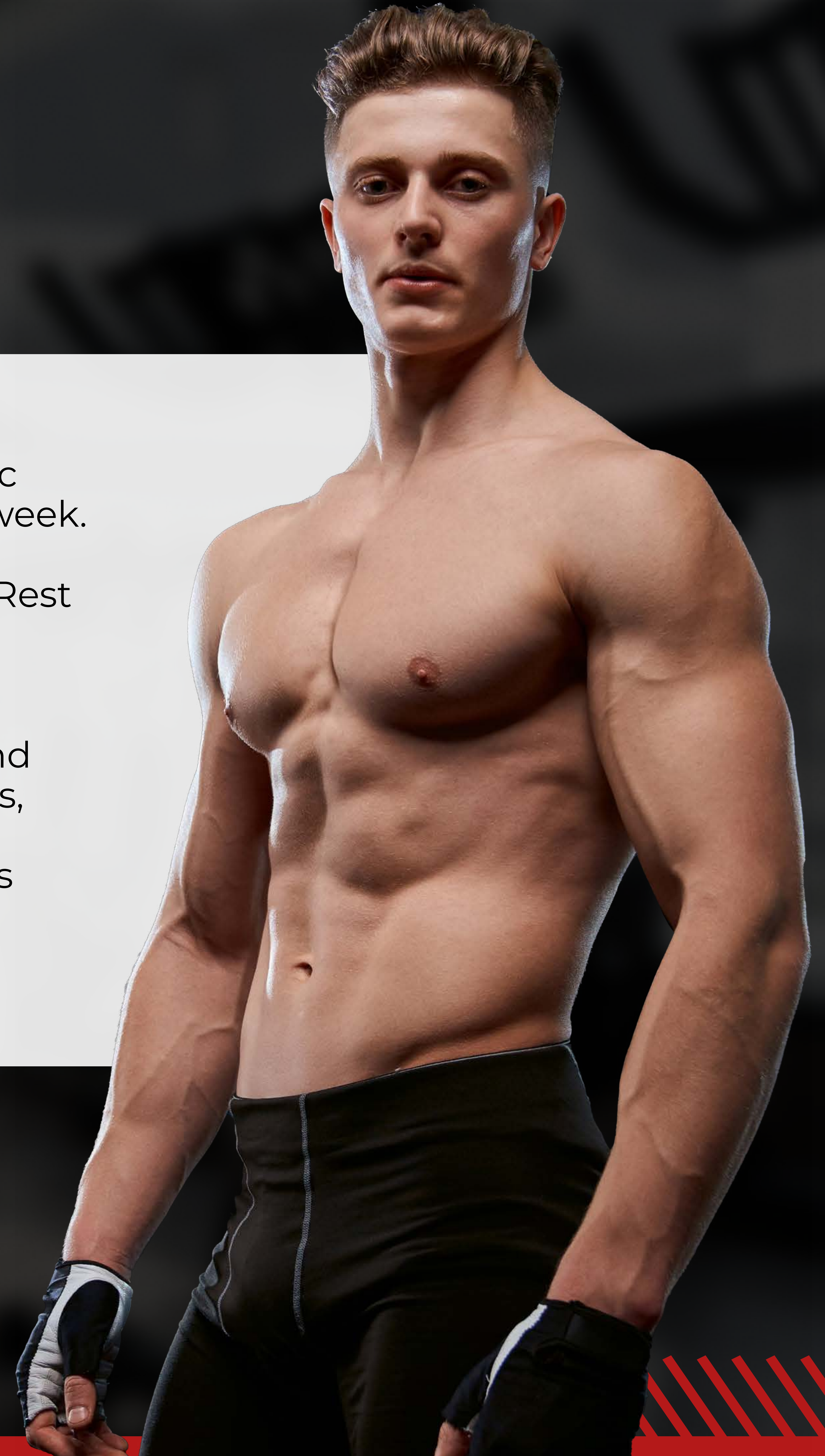
It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT *PLAN*

Bodyweight Workout Weeks 1 and 2 introduce you to the basic bodyweight exercises and progress your volume slightly each week. Perform the following routine three times per week on nonconsecutive days such as Monday, Wednesday and Friday. Rest 30 – 60 seconds between sets.

Bodyweight Workout Weeks 3, and 4 increase the intensity and difficulty. Since you will be performing more challenging moves, you will again build up your volume over time. Perform the following routine three times per week on nonconsecutive days such as Monday, Wednesday and Friday. Rest 30 – 60 seconds between sets.



WORKOUT PLAN

Week 1

- **Push-Ups** 3 sets, 15 reps
- **Inverted Rows** 3 set, 10 reps
- **Diamond (hands close) Push-ups** 3 sets, 10 reps
- **Deep Squats w/ a 3-second pause at the bottom** 3 sets, 15 reps
- **Single Leg Calf Raises** 3 sets, 15 reps
- **Stationary Lunges** 3 sets, 10 reps
- **Lying Leg Raises** 3 sets, 10 reps
- **Floor Crunches** 3 sets, 10 reps

Week 2

- **Push-Ups** 4 sets, As Many Reps as Possible
- **Inverted Rows** 4 set, As Many Reps as Possible
- **Diamond (hands close) Push-ups** 4 sets, As Many Reps as Possible
- **Deep Squats w/ a 3-second pause at the bottom** 3 sets, 20 reps
- **Single Leg Calf Raises** 4 sets, As Many Reps as Possible
- **Stationary Lunges** 4 sets, 20 reps
- **Lying Leg Raises** 4 sets, 15 reps
- **Floor Crunches** 4 sets, 15 reps

Week 3

- **Medium-Width Grip PullUps** 4 sets, 10 reps
- **Feet Elevated Pushups** 4 set, 15 reps
- **Rear Foot Elevated Bulgarian Spit Squats** 4 sets, 10 reps
- **Feet Elevated Diamond Push-Ups** 4 sets, 10 reps
- **Jump Squats** 4 sets, 10 reps
- **Walking Lunges** 3 sets, Lengths reps
- **Single Leg Calf Raises** 4 sets, As many Reps as Possible
- **Decline Board Crunches** 3 sets, 10 reps
- **Hanging Leg Raises** 3 sets, 10 reps

Week 4

- **Medium-Width Grip PullUps** 4 sets, 15 reps
- **Feet Elevated Pushups** 4 set, 20 reps
- **Rear Foot Elevated Bulgarian Spit Squats** 4 sets, 15 reps
- **Feet Elevated Diamond Push-Ups** 4 sets, 15 reps
- **Jump Squats** 4 sets, 15 reps
- **Walking Lunges** 3 sets, Lengths reps
- **Single Leg Calf Raises** 4 sets, As many Reps as Possible
- **Decline Board Crunches** 4 sets, 15 reps
- **Hanging Leg Raises** 3 sets, 15 reps



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