



## 4-Week Bodyweight Program: Weeks 1-2

### Day #1: Monday

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Lateral Line Hops x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x8 ea. (Slow)
  - Open Book x8 ea.

### Exercises

- 1) Squat Jumps - 3x10
- 2) Sumo Squat - 3x15
- 3) Split Squat Iso-Hold (Ground) - 3x :15-:20 ea.
- 4) Double-leg Hip Bridge - 3x15
- 5) Push-Up (Normal Hand Position) - 3x15

- 6) Book Bag or Duffel Bag Bent-Over Row (Wt. as Needed) - 3x15
- 7) Deadbug Hold - 3x :25+ ea.
- 8) Side Plank (Any Variation) - 3x :30+ ea.

## **Day #2: Tuesday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Lateral Line Hops x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x8 ea. (Slow)
  - Open Book x8 ea.

## **Exercises**

- 1) Tuck Jumps - 3x10
- 2) Squat (Tempo: 5/2/1) - 3x12-15
- 3) Lateral Lunge - 3x10 ea.
- 4) Book Bag or Duffel Bag RDL (Any Stance) - 3x15
- 5) Book Bag Curl to OH Press - 3x15
- 6) Super Hero Under Arrest - 3x15
- 7) 4-Way Plank Series (Front/Right/Left/Front) - 3x :30+ ea.
- 8) SL V-Ups - 3x15 ea.

### **Day #3: Wednesday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Lateral Line Hops x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Str8-Leg Kick/Frankenstein x 10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x8 ea. (3 second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
  - Open Book x8 ea.

### **Week #1**

- 10 yd. Sprints x3 (Full recovery before completing next rep)
- 20 yd. Sprints x3 (Full recovery before completing next rep)

### **Week #2**

- 10 yd. Sprints x4 (Full recovery before completing next rep)
- 20 yd. Sprints x4 (Full recovery before completing next rep)

### **Day #4: Thursday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Lateral Line Hops x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Str8-Leg Kick/Frankenstein x10 ea.

- Cat/Cows x15
- Fire Hydrants x10 ea.
- Prone I-Y-Goalpost x 8 ea. (3 second hold at the top)
- Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
- Open Book x 8 ea.

### **Exercises**

- 1) Broad Jumps - 3x8
- 2) Bulgarian Split Squat (Rear Foot Elevated; Use Stair) - 3x15 ea.
- 3) Forward Lunge - 3x15 ea.
- 4) Leg Curl (Socks on Hardwood Floor; Down Slow, Up Strong) - 3x10-15
- 5) Plank Wax On/Off (Use socks on hands on hardwood floor) - 3x10-15 ea.
- 6) Book Bag or Duffel Bag Upright Row (Wt. as Needed) - 3x15
- 7) Deadbug (Alternate; 3-second hold each leg) - 3x15 ea.
- 8) Windshield wipers or Hip Rotation - 3x10-15 ea.

### **Day #5: Friday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Lateral Line Hops x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3 second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)

- Open Book x 8 ea.

### **Exercises**

- 1) Split Jumps (Cycle Feet) - 3x10 ea.
- 2) Incline Split Squat (Front Foot Elevated; Use stair) - 3x15 ea.
- 3) Reverse Lunge - 3x15 ea.
- 4) Single-Leg Hip Bridge - 3x10-15 ea.
- 5) Book Bag or Duffel Bag Bent-Over Rows - 3x15
- 6) Book Bag Front Raise - 3x10-15
- 7) Bearcrawl Hold Shoulder Taps - 3x15 ea.
- 8) Str8-leg Raise/Toe Touch Combo - 3x15 ea.

## **4-Week Bodyweight Program: Weeks 3-4**

### **Day #1: Monday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Line Hops (Front/Back) x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Mountain Climbers x :20
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)

- Open Book x 8 ea.
- Alternative Warm-up (Jump Rope or other Dynamic Exercises) x 7-10 mins.

### **Exercises**

- 1) Squat Jumps (Rapid Fire) - 4x10
- 2) Sumo Squats (Tempo: 6/2/1; 6 seconds down, 2 sec. hold, stand up) - 3x10
- 3) Split Squat Iso-Hold/Rep Combo- 3x :10-:15 ea./x10 reps
- 4) Hip Bridge- 3x10-12 (Weight w/ book bag or dumbbell on your lap)
- 5) Plyo Push-Up- 3x3-8
- 6) Book Bag Rows- 3x :10-:15 ea./x10 reps
- 7) Deadbug Hold (Weight Above Chest or Forehead) - 3x:25+ ea.
- 8) Side Plank w/ Hip Drop - 3x:30+ ea.

### **Day #2: Tuesday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Line Hops (Front/Back) x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Mountain Climbers x :20
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
  - Open Book x 8 ea.
- Alternative Warm-up (Jump Rope or other Dynamic Exercises) x 7-10 mins.

## **Exercises**

- 1) Tuck Jumps - 4x10
- 2) Front Squat (Book bag in front of body racked across the shoulders) - 4x10
- 3) Lateral Lunge (Wt. as Needed) - 3x10 ea.
- 4) Book Bag RDL (5 seconds on the Lower Phase) - 3x12
- 5) Book Bag Floor Press- 3x12
- 6) Super Hero SSR (Rt Arm/Rt Leg at the same time; like Superman) -3x12 ea.
- 7) Plank to Hands - 3x8-12
- 8) Flutter Kicks - 3x :30+

## **Day #3: Wednesday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Line Hops (Front/Back) x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Mountain Climbers x :20
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
  - Open Book x 8 ea.
- Alternative Warm-up (Jump Rope or other Dynamic Exercises) x 7-10 mins.

### **Week #3**

- 10 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)
- 15 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)
- 20 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)

### **Week #4**

- 10 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)
- 15 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)
- 20 yd. Sprints x5 (Full recovery before completing next rep; :45-:60)

### **Day #4: Thursday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Line Hops (Front/Back) x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Mountain Climbers x :20
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
  - Open Book x 8 ea.
- Alternative Warm-up (Jump Rope or other Dynamic Exercises) x 7-10 mins.

### **Exercises**

- 1) Broad Jump - 4x8



- 2) Bulgarian Split Squat (Rear Foot Elevated (RFE);Tempo: 4/0/1) - 3x10 ea.
- 3) Walking Lunges - 3x12 ea.
- 4) Leg Curl (Socks on Hardwood Floor; Tempo:5/0/1) - 3x10-12
- 5) Plank w/ Alt. Leg Lifts - 3x10 ea.
- 6) Book Bag Front Raise to Upright Row - 3x10
- 7) V-Up Combo (Single Leg, Single Leg, Double Leg= 1 Rep) - 3x10-15
- 8) Side Plank w/ Forward Reach (Hand out in front of body at chest height) -  
3x :30+ ea.

### **Day #5: Friday**

- Dynamic Warm-Up
  - Jumping Jacks x :30
  - 2 Ft. Line Hops (Front/Back) x :20
  - High Knees (In place) x :15
  - Butt Kicks (In place) x :15
  - Mountain Climbers x :20
  - Str8-Leg Kick/Frankenstein x10 ea.
  - Cat/Cows x15
  - Fire Hydrants x10 ea.
  - Prone I-Y-Goalpost x 8 ea. (3-second hold at the top)
  - Lunge Hold w/ Lateral Hip Shift x 8 ea. (Slow)
  - Open Book x 8 ea.
- Alternative Warm-up (Jump Rope or other Dynamic Exercises) x 7-10 mins.

### **Exercises**

- 1) Static Split Jump (Don't Cycle Feet) - 3x8-10 ea.

- 2) Incline Split Squat (Front Foot Elevated; Use stair, Tempo: 4/0/1) - 3x10 ea.
- 3) 3-Way Lunge Series (Forward/Lateral/Reverse) - 3x5 ea.
- 4) SL Hip Bridge (4 seconds on the lower) - 3x10 ea.
- 5) Book bag Row Iso-Hold - 3xALAP (As long as possible) (Hold Close to Body)
- 6) Book bag SA Lateral Raise - 3x10 ea.
- 7) Bird Dog - 3x12 ea.
- 8) Bicycles - 3x20 ea.