



# 10 BODYWEIGHT WORKOUTS TO ADD TO YOUR TRAINING PROGRAM

## HOW TO USE THESE WORKOUTS:

- There are ten bodyweight workouts in this book.
- Use the workouts as a fun addition to your current exercise schedule. If you're feeling ambitious, try one every two or three days until you've done all ten.
- Beginner, intermediate, and advanced versions of each workout are available (unless the workout is "self-scaling"). For self-scaling workouts, your fitness level will naturally limit volume and intensity.
- As you begin, pay careful attention to your performance and recovery, and always choose a version of the workout that you know you can perform successfully. As you gain further experience, you can try more advanced versions.
- These can be wonderful workouts to use as "tests." Perform one at the beginning of your program, and then repeat it at the end to see how far you've come.
- As with any exercise program, get clearance from your doctor prior to beginning.

## ONE MORE THING...

### UNSURE ABOUT A MOVEMENT?

- There is a full appendix in the back of this book, including written instructions for each movement.
- Movements appear in the appendix in the same order they appear in the book.
- A quick Google search can help as well, should you prefer to see video.



# THE LONG MILE

## DIRECTIONS:

Run a mile as fast as you can. Stop every 60 seconds and do a set of air squats. The clock stops when you've covered 1 mile.

## DIFFICULTY:

BEGINNER: 10 Air Squats per Set

INTERMEDIATE: 15 Air Squats per Set

ADVANCED: 20 Air Squats per Set



# POLE SPRINT

## DIRECTIONS:

Find a road with telephone poles. Run at 80% speed between the first two poles. Walk between the next two. Alternate until you've done 10 runs and 10 walks total.

## NOTES:

It's a "fartlek" (don't laugh). It's Swedish for "speed play." The idea is to mix near-maximal sprints with your normal running pace. This technique will build your speed.





# BEAR ATTACK

## DIRECTIONS:

Set up 2 markers 10 yards apart. When you're ready to begin, start a timer:

**On Odd Minutes:** Do 4 Shuttle Sprints

**On Even Minutes:** Do 2 Shuttle Bear Crawls

Rest for the remainder of the minute.

## DIFFICULTY:

BEGINNER: Go for 10 Minutes Total

INTERMEDIATE: Go for 16 Minutes Total

ADVANCED: Go for 20 Minutes Total



## 10-YARD HERO

### DIRECTIONS:

Do the following for time:

*Run 10 yards, do 1 burpee, run back to the start*

*Run 20 yards, do 2 burpees, run back to the start*

*Run 30 yards, do 3 burpees, run back to the start*

... Continue until you reach the prescribed distance for your difficulty level.

### DIFFICULTY:

BEGINNER: Go Until 50 Yards / 5 Burpees

INTERMEDIATE: Go Until 80 Yards / 8 Burpees

ADVANCED: Go Until 100 Yards / 10 Burpees



# HEART ALTERNATOR

## DIRECTIONS:

You'll work for 20 seconds and rest for 40 seconds, alternating between two exercises – sprinting and burpees. Begin by sprinting for 20 seconds, then rest for 40 seconds, then do burpees for 20 seconds, and rest for 40 seconds. That's one round.

## DIFFICULTY:

BEGINNER: 6 Rounds

INTERMEDIATE: 8 Rounds

ADVANCED: 10 Rounds



A composite image showing a woman in a black athletic outfit standing on a wooden box on the left, and a man in a black tank top and shorts doing sit-ups on the floor on the right. The background is a bright, sunlit gym with pull-up bars and rings hanging from the ceiling.

## CARDIO BLAST

### DIRECTIONS:

This 12-minute bodyweight workout will build your stamina and cardiovascular capacity, and will prove a challenge, regardless of your fitness level.

Here's how to get it done:

- Set your clock for 12 minutes.
- Do 5 burpees, 10 sit-ups, and 15 squats.
- Repeat as many times as possible until the 12 minutes is up.

A man in a black t-shirt is in a starting crouch on a dark track, looking forward with determination. The text 'LEAP YEAR' is overlaid in white on a dark horizontal band across the middle of the image.

# LEAP YEAR

## DIRECTIONS:

The scheme is simple: push-ups and standing long jumps with a rep count equal to the minute.

(Minute 1) Do 1 push-up, then 1 long-jump

(Minute 2) Do 2 push-ups, then 2 long-jumps

(Minute 3) Do 3 push-ups, then 3 long-jumps

Continue until you cannot complete the prescribed reps within the minute.



# ONE INCH AT A TIME

## DIRECTIONS:

In 20 minutes, you'll do as many rounds as possible of the prescribed inchworm push-ups and lunges for your fitness level. One round for each level is...

## DIFFICULTY:

BEGINNER: 6 Inchworm Push-Ups, 12 Lunges

INTERMEDIATE: 8 Inchworm Push-Ups, 16 Lunges

ADVANCED: 10 Inchworm Push-Ups, 20 Lunges



## SIT, HOLD, FLY

### DIRECTIONS:

The three movements: a wall sit, a plank hold, and a superman hold. You'll hold each for 30 seconds, switching between them with no rest, until you've completed the prescribed number of circuits for your fitness level.

### DIFFICULTY:

BEGINNER: Do 5 Total Circuits

INTERMEDIATE: Do 7 Total Circuits

ADVANCED: Do 10 Total Circuits





# SPRINT, BABY

## DIRECTIONS:

Run 400 meters (one lap around the track) at maximum effort.

Complete the prescribed attempts for your difficulty level.

## DIFFICULTY:

BEGINNER: 3 Attempts, Rest 2 Mins Between

INTERMEDIATE: 4 Attempts, Rest 2 Mins Between

ADVANCED: 5 Attempts, Rest 2 Mins Between

## ABOUT THE WHOLE LIFE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

## THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

## WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>



# MOVEMENT APPENDIX

## **HOW TO PERFORM A SHUTTLE SPRINT:**

Run ten yards, touch the ground, and run the ten yards back. This is one shuttle.

## **HOW TO PERFORM A BEAR CRAWL:**

Start on all fours, palms and balls of the feet in contact with the ground. When your left hand moves forward, your right leg moves forward simultaneously (and vice versa). Crawl out to the ten-yard line, turn, and come back. This is one shuttle.

## **HOW TO PERFORM A BURPEE:**

Begin at standing with your feet at hip width. Put your hands on the ground and kick back to a plank position, quickly lowering your chest to the ground (this is exactly like the bottom of a push-up). Rapidly push back up to a plank (the top of a push-up), simultaneously jumping your feet back under you. Jump and clap your hands over your head. This is one repetition.



## **HOW TO PERFORM A SIT-UP:**

Lie on the ground with your butt and shoulder blades in contact with the ground, your feet flat, and your knees bent at ninety degrees. Keeping your butt on the ground, sit up all the way. Your shoulders should be directly over your hips at the top. Return to the ground. This is one repetition.

## **HOW TO PERFORM A SQUAT:**

Stand with your feet at shoulder width, and send your hips back, simultaneously bending your knees until your hips are below parallel. Keep your weight on your heels throughout, your gaze on the horizon, and your back flat. Return to standing. This is one repetition.

## **HOW TO PERFORM A PUSH-UP:**

Start in a plank. Arms straight, with your shoulders, hips, knees, and ankles in a straight line. Abs are tight and engaged. Bend your arms, keeping your elbows against (or very near) your sides, descending until your chest touches the ground. Push back up to a plank, maintaining the straight line between shoulders, hips, knees, and ankles. This is one repetition.

## **HOW TO PERFORM A LONG JUMP:**

Start with both feet directly under your hips. Bend at your knees and waist as you swing both arms backward. Rapidly swing your arms forward and explosively extend your hips, reaching forward at a 45-degree angle while jumping off the ground. Keep your eyes on the spot where you want to land. Make sure you're looking forward rather than downward. Land and bend your knees, absorbing the forward motion. This is one repetition.

## **HOW TO PERFORM A INCHWORM PUSH-UP:**

Bend at the waist and put your hands on the ground in front of you. Leaving your feet where they are, walk your hands forward until you are in a classic push-up position, arms straight. Do a push-up. Leave your hands where they are, and walk your feet to your hands. If possible, keep your legs straight. Without returning to standing, repeat the sequence, walking your hands forward, performing a push-up, and then walking your feet to your hands.

## **HOW TO PERFORM A LUNGE:**

Start at standing with your feet shoulder-width apart. Stride forward with a single leg, keeping the other leg in place. Bend your front knee and back knee simultaneously until the back knee gently touches the ground. Your front knee should be stacked directly over your ankle when you reach the bottom, and your torso should remain vertical. Keep your hands off your legs and hips. Return to standing. This is one rep. Repeat with the other leg.

### **HOW TO PERFORM A WALL SIT:**

Stand with your back to the wall. Sit back into a squat with your butt and shoulders in contact with the wall and your upper leg parallel with the ground. Hold.

### **HOW TO PERFORM A PLANK HOLD:**

Take a classic push-up position, with your arms locked out and your shoulders, hips, knees, and ankles in line. Hold. If this is too challenging, put your forearms on the ground.

### **HOW TO PERFORM A SUPERMAN HOLD:**

Lie face-down on the ground with your arms in front of you (a la Superman). Simultaneously lift your arms, chest, and legs, so your torso is the only thing still in contact with the ground. Hold.