

**4 Week  
Body Weight  
Program**



## **PROGRAM INFORMATION**

This a 4-week program. All movements are bodyweight and require no equipment and a minimal amount of space. Each week the workout will repeat with an increase in reps.

If you stick to the plan, make progress on the exercises from week to week, and do your best to stay consistent... You will be amazed at what you will accomplish in the next 4 weeks.

If you have any questions, please don't hesitate to reach out.

Stay Safe!

-Don Saladino

Follow me on Instagram: [@donsaladino](https://www.instagram.com/donsaladino)

## **DISCLAIMER**

*The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.*

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**DON SALADINO**

## WORKOUT CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Full Body	Full Body	Cardio	Full Body	Full Body	Cardio	Recovery
<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
Full Body	Full Body	Cardio	Full Body	Full Body	Cardio	Recovery
<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
Full Body	Full Body	Cardio	Full Body	Full Body	Cardio	Recovery
<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
Full Body	Full Body	Cardio	Full Body	Full Body	Cardio	Recovery

## WORKOUT INSTRUCTIONS

For each workout, you will see your “Rounds”, “Reps”, and “Rest” for each exercise. It will look like this:

	EXERCISES	Rounds	Reps	Rest
A1	Body Weight Squat	4	10	
A2	Push Up		10	
A3	Plank Walkout to Push Up		5	30 Seconds
B1	Body Weight Squat	4	8	
B2	Push Up		8	
B3	Prone Cobra		10	
B4	Lateral Bound		8	30 Seconds

This represents how the workout will be completed. In this example, you will be doing a circuit with 2 exercises (A1, A2) for 4 rounds. Your rest period is 30-seconds after you complete each circuit. If you feel like you need more rest, take it. You want to make sure you are pushing yourself!

For example, this is what it would look like:

**Body Weight Squat:** 10 reps

**Push Up:** 10 reps

**Plank Walkout to Push Up:** 5 Reps

*Four Rounds. Rest 30-seconds, the move on to the next circuit (B).*

Throughout the program, you will find 3-5 exercises in a circuit.

**Click link for the 4 Week Body Weight Exercise Demonstrations**

<https://www.dropbox.com/sh/53978iozut4cdci/AAB7rnZDm2FkHGqEibKWYau6a?dl=0>

## **DAY 1- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Single Leg Glute Bridge	3	8	
A2	Cats & Dogs		10	
A3	Reach Backs		8	30-seconds
B1	Single Leg RDL	4	8	
B2	Body Weight Squat		8	
B3	Push Up		8	
B4	Prone Cobra		10	
B5	Lateral Bound		8	30-seconds

## **DAY 2- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Hip Airplane	3	6	
A2	Body Weight Windmill		6	
A3	Bear Crawl		6	30-seconds
B1	Body Weight Good Morning	4	8	
B2	See Saw Lunge		8	
B3	Explosive Push Up		3	
B4	T-s, Y-s, L-s, W-s		8	
B5	Squat Jump		8	30-seconds

## **DAY 3**

	EXERCISES	Rounds	Reps	Rest
A1	Tuck Jump	5	5	
A2	Matrix Jump		5	
A3	Lateral Plyo Push Up		5	
A4	Ice Skaters		5	
A5	Depth Jump for Height		5	30-seconds

## **DAY 4- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Thoracic Bridge	3	2	
A2	Side Crawl		5	
A3	Hip Windshield Wipers		10	30-seconds
B1	Elevated Single Leg Glute Bridge	4	8	
B2	Single Leg Squat		5	
B3	Plank Walkout to Push Up		5	
B4	Prone Cobra Rocks		10	
B5	Bounding		5	30-seconds



## **DAY 5- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Lunge to Reach	3	5	
A2	Squat to Stand		5	
A3	Lateral Lunge		5	30-seconds
B1	Single Leg RDL to Hop	4	5	
B2	Split Jumps		5	
B3	Pike Push UP		5	
B4	Side Plank Elbow to Knee		5	
B5	Hollow Rocks		10	30-seconds

## **DAY 6**

	EXERCISES	Rounds	Reps	Rest
A1	Jump Squat	5	5	
A2	Lateral Bound		5	
A3	Single Leg Lateral Hops		5	
A4	Plyo Push Up		5	
A5	Bounding		5	30-seconds

## **DAY 7- RECOVERY DAY**

## **DAY 8- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Single Leg Glute Bridge	3	10	
A2	Cats & Dogs		15	
A3	Reach Backs		10	30-seconds
B1	Single Leg RDL	4	10	
B2	Body Weight Squat		10	
B3	Push Up		10	
B4	Prone Cobra		15	
B5	Lateral Bound		10	30-seconds

## **DAY 9- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Hip Airplane	3	8	
A2	Body Weight Windmill		8	
A3	Bear Crawl		8	30-seconds
B1	Body Weight Good Morning	4	10	
B2	See Saw Lunge		10	
B3	Explosive Push Up		5	
B4	T-s, Y-s, L-s, W-s		10	
B5	Squat Jump		10	30-seconds

## **DAY 10**

	EXERCISES	Rounds	Reps	Rest
A1	Tuck Jump	5	8	
A2	Matrix Jump		8	
A3	Lateral Plyo Push Up		8	
A4	Ice Skaters		8	
A5	Depth Jump for Height		8	30-seconds

## **DAY 11- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Thoracic Bridge	3	3	
A2	Side Crawl		8	
A3	Hip Windshield Wipers		12	30-seconds
B1	Elevated Single Leg Glute Bridge	4	10	
B2	Single Leg Squat		8	
B3	Plank Walkout to Push Up		8	
B4	Prone Cobra Rocks		12	
B5	Bounding		10	30-seconds

## **DAY 12- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Lunge to Reach	3	8	
A2	Squat to Stand		8	
A3	Lateral Lunge		8	30-seconds
B1	Single Leg RDL to Hop	4	8	
B2	Split Jumps		8	
B3	Pike Push UP		8	
B4	Side Plank Elbow to Knee		8	
B5	Hollow Rocks		12	30-seconds

## **DAY 13**

	EXERCISES	Rounds	Reps	Rest
A1	Jump Squat	5	8	
A2	Lateral Bound		8	
A3	Single Leg Lateral Hops		8	
A4	Plyo Push Up		8	
A5	Bounding		8	30-seconds

## **DAY 14- RECOVERY DAY**

## **DAY 15- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Single Leg Glute Bridge	3	12	
A2	Cats & Dogs		20	
A3	Reach Backs		12	30-seconds
B1	Single Leg RDL	4	12	
B2	Body Weight Squat		12	
B3	Push Up		12	
B4	Prone Cobra		20	
B5	Lateral Bound		12	30-seconds

## **DAY 16- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Hip Airplane	3	10	
A2	Body Weight Windmill		10	
A3	Bear Crawl		10	30-seconds
B1	Body Weight Good Morning	4	12	
B2	See Saw Lunge		12	
B3	Explosive Push Up		8	
B4	T-s, Y-s, L-s, W-s		12	
B5	Squat Jump		12	30-seconds

## **DAY 17**

	EXERCISES	Rounds	Reps	Rest
A1	Tuck Jump	5	10	
A2	Matrix Jump		10	
A3	Lateral Plyo Push Up		10	
A4	Ice Skaters		10	
A5	Depth Jump for Height		10	30-seconds

## **DAY 18- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Thoracic Bridge	3	4	
A2	Side Crawl		10	
A3	Hip Windshield Wipers		12	30-seconds
B1	Elevated Single Leg Glute Bridge	4	12	
B2	Single Leg Squat		10	
B3	Plank Walkout to Push Up		10	
B4	Prone Cobra Rocks		15	
B5	Bounding		12	30-seconds

## **DAY 19- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Lunge to Reach	3	10	
A2	Squat to Stand		10	
A3	Lateral Lunge		10	30-seconds
B1	Single Leg RDL to Hop	4	10	
B2	Split Jumps		10	
B3	Pike Push UP		10	
B4	Side Plank Elbow to Knee		10	
B5	Hollow Rocks		15	30-seconds

## **DAY 20**

	EXERCISES	Rounds	Reps	Rest
A1	Jump Squat	5	10	
A2	Lateral Bound		10	
A3	Single Leg Lateral Hops		10	
A4	Plyo Push Up		10	
A5	Bounding		10	30-seconds

## **DAY 21- RECOVERY DAY**

## **DAY 22- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Single Leg Glute Bridge	3	15	
A2	Cats & Dogs		25	
A3	Reach Backs		15	30-seconds
B1	Single Leg RDL	4	15	
B2	Body Weight Squat		15	
B3	Push Up		15	
B4	Prone Cobra		25	
B5	Lateral Bound		15	30-seconds

## **DAY 23- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Hip Airplane	3	12	
A2	Body Weight Windmill		12	
A3	Bear Crawl		12	30-seconds
B1	Body Weight Good Morning	4	15	
B2	See Saw Lunge		15	
B3	Explosive Push Up		10	
B4	T-s, Y-s, L-s, W-s		15	
B5	Squat Jump		15	30-seconds



## **DAY 24**

	EXERCISES	Rounds	Reps	Rest
A1	Tuck Jump	5	12	
A2	Matrix Jump		12	
A3	Lateral Plyo Push Up		12	
A4	Ice Skaters		12	
A5	Depth Jump for Height		12	30-seconds

## **DAY 25- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Thoracic Bridge	3	5	
A2	Side Crawl		12	
A3	Hip Windshield Wipers		20	30-seconds
B1	Elevated Single Leg Glute Bridge	4	12	
B2	Single Leg Squat		10	
B3	Plank Walkout to Push Up		10	
B4	Prone Cobra Rocks		15	
B5	Bounding		12	30-seconds

## **DAY 26- Full Body**

	EXERCISES	Rounds	Reps	Rest
A1	Lunge to Reach	3	12	
A2	Squat to Stand		12	
A3	Lateral Lunge		12	30-seconds
B1	Single Leg RDL to Hop	4	12	
B2	Split Jumps		12	
B3	Pike Push UP		12	
B4	Side Plank Elbow to Knee		12	
B5	Hollow Rocks		20	30-seconds

## **DAY 27**

	EXERCISES	Rounds	Reps	Rest
A1	Jump Squat	5	12	
A2	Lateral Bound		12	
A3	Single Leg Lateral Hops		12	
A4	Plyo Push Up		12	
A5	Bounding		12	30-seconds

## **DAY 28- RECOVERY DAY**