

## **Full Body Bodyweight Program (3 Days per Week)**

**Focus:** Full-body endurance, muscular stamina, and bodyweight strength

**Schedule:**

- **Day 1:** Full Body Strength & Endurance
  - **Day 2:** Full Body Conditioning
  - **Day 3:** Full Body Mobility & Core Stability
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### **Day 1 - Full Body Strength & Endurance**

1. **Bodyweight Squats** – 4 sets × 20-25 reps
  2. **Push-Ups (Standard or Knee Push-Ups)** – 4 sets × 15-20 reps
  3. **Walking Lunges** – 3 sets × 15 reps per leg
  4. **Dips (Using parallel bars or sturdy surfaces)** – 3 sets × 12-15 reps
  5. **Inverted Rows (Under a bar or table)** – 3 sets × 8-12 reps
  6. **Plank** – 3 sets × 45-60 seconds
  7. **Mountain Climbers** – 4 sets × 30 seconds
  8. **Glute Bridges** – 3 sets × 20 reps
  9. **Superman Hold** – 3 sets × 30 seconds
  10. **Jumping Jacks** – 4 sets × 30-45 seconds
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### **Day 2 - Full Body Conditioning**

1. **Burpees** – 4 sets × 12-15 reps
2. **High Knees** – 4 sets × 30 seconds
3. **Jumping Lunges** – 3 sets × 12 reps per leg
4. **Push-Ups (Explosive or Clapping Push-Ups)** – 3 sets × 8-10 reps
5. **Squat Jumps** – 4 sets × 12-15 reps
6. **Plank to Push-Up** – 3 sets × 10 reps

7. **Leg Raises** – 3 sets × 15-20 reps
  8. **Side Plank (Hold per side)** – 3 sets × 30-45 seconds
  9. **Russian Twists** – 3 sets × 20 reps per side
  10. **Tuck Jumps** – 3 sets × 10-12 reps
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### **Day 3 - Full Body Mobility & Core Stability**

1. **Cat-Cow Stretch** (for spine mobility) – 3 sets × 10 reps
  2. **Hip Openers (Lunges with a twist)** – 3 sets × 10 reps per side
  3. **Walking Leg Raises (Straight-leg)** – 3 sets × 12-15 reps per leg
  4. **Side Leg Raises** – 3 sets × 12-15 reps per side
  5. **Bird-Dog** (Core stability exercise) – 3 sets × 12-15 reps per side
  6. **Lying Leg Circles** (for hip flexibility) – 3 sets × 10 circles per leg
  7. **Plank with Shoulder Taps** – 3 sets × 20 reps
  8. **Cobra Stretch (for spine and chest flexibility)** – 3 sets × 20-30 seconds
  9. **Superman Hold** (Core and lower back stability) – 3 sets × 30 seconds
  10. **Child's Pose Stretch** – 2-3 minutes of deep stretching
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### **Progression & Notes:**

- **Repetitions:** Focus on increasing reps each week as your endurance improves.
- **Rest Periods:**
  - For endurance-based exercises (burpees, jumping lunges, high knees): 30-45 seconds rest between sets.
  - For strength-based exercises (push-ups, rows, glute bridges): 45-60 seconds rest.
  - For core exercises (plank, leg raises): 30-45 seconds rest.
- **Modifications:** If some exercises are too challenging, reduce reps or use easier variations (e.g., knee push-ups, assisted lunges).

- **Recovery:** Proper recovery (rest days, hydration, and nutrition) is essential to avoid overtraining and to enhance endurance.