

Bodyweight Strength Routine (4 Days per Week)

Focus: Strength endurance, core stability, full-body conditioning

Schedule:

- **Day 1:** Upper Body & Core
 - **Day 2:** Lower Body & Core
 - **Day 3:** Full Body Conditioning
 - **Day 4:** Core & Mobility
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Day 1 - Upper Body & Core

1. **Push-Ups (Standard or Elevated)** – 4 sets × 12-15 reps
 2. **Diamond Push-Ups** – 3 sets × 10-12 reps
 3. **Dips (Using parallel bars or sturdy surfaces)** – 3 sets × 10-12 reps
 4. **Plank to Push-Up** – 3 sets × 10 reps
 5. **Inverted Rows (Using a low bar or rings)** – 4 sets × 8-10 reps
 6. **Pike Push-Ups (Shoulder Focus)** – 3 sets × 8-10 reps
 7. **Side Plank (Hold per side)** – 3 sets × 30-45 sec
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Day 2 - Lower Body & Core

1. **Bodyweight Squats** – 4 sets × 20 reps
 2. **Walking Lunges** – 3 sets × 15 reps per leg
 3. **Bulgarian Split Squats** – 3 sets × 12 reps per leg
 4. **Single-Leg Romanian Deadlifts (Bodyweight)** – 3 sets × 10-12 reps per leg
 5. **Glute Bridges (Single Leg for more challenge)** – 3 sets × 15 reps
 6. **Wall Sit (Hold)** – 3 sets × 45-60 sec
 7. **Leg Raises** – 3 sets × 12-15 reps
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Day 3 - Full Body Conditioning

1. **Burpees** – 4 sets × 12-15 reps
 2. **Mountain Climbers** – 4 sets × 30 seconds
 3. **Jump Squats** – 3 sets × 15 reps
 4. **Push-Ups to T (Rotate and reach one arm to the sky)** – 3 sets × 10 reps per side
 5. **Jumping Lunges** – 3 sets × 10 reps per leg
 6. **Plank Jacks** – 3 sets × 20 reps
 7. **High Knees** – 3 sets × 30 seconds
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Day 4 - Core & Mobility

1. **Plank (Hold)** – 4 sets × 45-60 sec
 2. **Russian Twists** – 3 sets × 20 reps per side
 3. **Leg Raises** – 3 sets × 15 reps
 4. **Bicycle Crunches** – 3 sets × 20 reps per side
 5. **Superman Hold (For Lower Back Strength)** – 3 sets × 30-45 sec
 6. **Lying Flutter Kicks** – 3 sets × 30 seconds
 7. **Dynamic Stretching (Full Body)** – 5-10 minutes
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Progression & Notes:

- **Progressive Overload:** Increase reps over time, or adjust to more difficult variations (e.g., elevated push-ups, single-leg squats).
- **Rest Periods:**
 - Strength exercises (push-ups, squats): 45-60 sec rest
 - Conditioning exercises (burpees, mountain climbers): 30-45 sec rest
 - Core exercises: 30-45 sec rest
- **Form:** Focus on control during each movement, especially for core stability exercises. Quality over quantity.

- **Recovery:** Since this is bodyweight-focused, you can easily perform these exercises at home or anywhere. Recovery through hydration, proper nutrition, and sleep is key to seeing progress.