

TRAINING PROGRAM

“THE 24 EXERCISES -
WARM-UP OR FULL BODY WEIGHT WORKOUT”

BY

FREDRIK LINDSTROM



IMPORTANT

Published by www.StockholmSportAcademy.se

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“THE 24 EXERCISES - WARM-UP OR FULL BODY WEIGHT WORKOUT”

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THANK YOU!

WELCOME!

ONE of the best things with this program is that YOU CAN practice where ever
YOU like. So take advantage of this,
feel mobile and swap your training surroundings.

What Equipment do you need?

- shoes and workout clothes

Start YOUR Training Today!

/ Fredrik

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STAY HEALTY IN LIFE AND KEEP ON SMILING

About the author



Name: Fredrik Lindström

Born: 1975

Nationality: Swedish

Personality: Explorer

“It all comes down to the individual’s attitude to learning”

Explanation of Training Program

Exercise = Start with the first exercise and move on to the one below

Reps = Number of times you should perform an exercise from start to finish

Note: If the exercise is single arm or single leg - remember to complete the number of reps with both your left and right side

Sets = Number of times you should repeat each round of prescribed reps

But I can't do a regular push up!

If you can't do a regular push up - don't worry - just do it modified instead.

It's the same with all exercises - if you can't one the regular way - do it modified.

In the end make sure that you are doing the exercises strictly!

How to do the warm-up PROGRAM:

Complete 1 set of each exercise in order, without resting between exercises.

Then continue with your Sport or Training Program.

How to do the Full body weight PROGRAM:

Complete each exercise in order, without resting between exercises.

Rest 3 minutes after the first circuit, then repeat the circuit 2-5 times.

Do the Full Body Weight Program three times a week, resting for at least a day after each session.

So you might do the workout on Monday, Wednesday and on Friday.

Become even more serious about your training:

Do the cardio workout 3 times a week on the days between your BODY weight workouts.

So you might do your cardio sessions on Tuesday, Thursday and Saturday.

THE 24 EXERCISES - WARM-UP OR FULL BODY WEIGHT WORKOUT

THE 24 EXERCISES		FOR WARM UP	FOR FULL BODY WORKOUT
Exercise	Reps	Sets	Sets
HALF JUMPING JACKS	10	1	2–5
JUMPING JACKS	10	1	2–5
STANDING SIDE CRUNCH	10	1	2–5
HIP TWIST	10	1	2–5
ANKLE CIRCLES	10	1	2–5
ANKLE JUMPS	10	1	2–5
SPLIT JACKS	10	1	2–5
STAR JUMPERS	10	1	2–5
SQUAT THRUSTS	5	1	2–5
SPLIT SQUAT CYCLE	10	1	2–5
LOW SIDE TO SIDE LUNGE	10	1	2–5
ARM CIRCLES	10	1	2–5
LATERAL BOUND TO STABILIZE	10	1	2–5
WALKING HIGH KICKS	10	1	2–5
SQUAT - WIDE STANCE	10	1	2–5
LYING STRAIGHT LEG RAISE	10	1	2–5
SQUAT - CLOSE STANCE	10	1	2–5
BURPEES	5	1	2–5
CHASE THE RABBITS	10	1	2–5
KNEES – FROM V TO I	10	1	2–5
HIGH KNEES	10	1	2–5
GROINERS	10	1	2–5
LYING SIDE LEG RAISE	10	1	2–5
WALKING HIGH KNEES	10	1	2–5

THE 24 EXERCISES

HALF JUMPING JACKS



Start:

- Stand tall with feet together and hands by your sides

Finish:

- As you jump up spread your arms and legs (arms halfway as a regular jumping jacks)
- Jump back to the starting position

JUMPING JACKS



Start:

- Stand tall with feet together and hands by your sides

Finish:

- As you jump up spread your arms and legs
- Without pausing jump back to the starting position

STANDING SIDE CRUNCH



Start:

- Stand with feet hip-width apart
- Your arms should be bent with hands at head height

Finish:

- Raise one knee and touch with your opposite elbow
- Return to the starting position and alternate sides

HIP TWIST



Start:

- Stand still with your feet as you rotate your upper body sideways

Finish:

- Jump up and in the air rotate your lower body 180 degrees
- Jump back to the starting position

ANKLE CIRCLES



Start:

- Stand on one foot with the other leg lifted in front of you

Finish:

- Without moving the leg, rotate your ankle
- After a while change direction

ANKLE JUMPS



- Jump on both feet
- As you push up try only to use the ankles and keep the rest of the body quiet
- Land and push off only with the balls of your feet (heels should never touch the ground)

SPLIT JACKS



Start:

- Stand with one foot in front of the other and the same arm raised in the air

Finish:

- Jump up and alternate legs and arms in the air

STAR JUMPERS



Start:

- Stand tall with your arms at your sides

Midway:

- Lower your body until your thighs are parallel to the ground

Finish:

- Explode up in to the air as you raise your hands to the sky
- Land in the starting position with your knees slightly bent

SQUAT THRUSTS



- Stand tall with arms at your sides
- Squat down and place your hands on the ground
- Jump back with your feet in to plank position
- Jump forward to squat position
- Stand up quickly

SPLIT SQUAT CYCLE



Start:

- Lunge down with your hands behind the head

Midway:

- Jump up and alternate legs in the air

Finish:

- Land in the lunge position
- Alternate back and forth

LOW SIDE TO SIDE LUNGE



Start:

- Stand with your feet twice shoulder-width apart and hands by your hips

Midway:

- Shift your weight to one leg
- Lower your body as you lean to the side
- Remember to brace your core and keep your back naturally arched

Finish:

- Without raising yourself up, reverse the movement to the opposite side, that is one rep

ARM CIRCLES



- Stand tall with your arms straight up
- Make big circles backwards and forwards with your arms
- Example, If Training Program saying, Arm Circles 3 min = 1,5 min backwards and 1,5 min forwards

LATERAL BOUND TO STABILIZE



Start:

- Leap to one side

Finish:

- Land on the outer foot and immediately push off to the other foot

WALKING HIGH KICKS



Start:

- Stand tall with arms at your sides

Finish:

- Keep your knee straight as you kick one leg up
- Reach for your toes with the opposite hand
- Return to starting position and alternate leg

SQUAT - WIDE STANCE



Start:

- Stand tall with feet twice shoulder-width apart and your toes turned out slightly

Finish:

- Lower your body until your thighs are parallel to the ground
- Remember to brace your core and keep back naturally arched (don't let it round)
- Push back to the starting position

LYING STRAIGHT LEG RAISE



Start:

- Lie on your back with straight legs

Finish:

- Keep both knees straight as you raise one leg upward as far as possible

SQUAT - ELBOW TO KNEE – CLOSE STANCE



Start:

- Stand tall with feet close together
- Place your hands under the chin

Finish:

- Lower your body by pushing your hips back and bending your knees
- Remember to brace your core and keep your back naturally arched (don't let it round)
- Touch your knees with the elbows
- Push back to the starting position

BURPEES



- Stand tall
- Squat down and place your hands on the ground
- Jump back with your feet and perform a pushup
- Jump forward to squat position
- Jump straight up with arms towards the sky

CHASE THE RABBITS



Start:

- Assume plank position with one leg bent and the knee as close to your chest as possible

Midway:

- Jump up with both feet and alternate legs in the air

Finish:

- Jump up and return to the starting position

KNEES – FROM V TO I



Start:

- Lie on the ground with your knees bent
- Your feet should be flat on the ground and about twice shoulder-width apart

Finish:

- Without moving your feet, lower your knees inward as far as possible
- Hold for 2 seconds and then return to the starting position

HIGH KNEES



- Run in place and lift your knees as high as possible
- Both feet should at one time be above the ground

GROINERS



Start:

- Assume plank position

Finish:

- Bring one foot forward and place it next to your hand (or as close as you can)
- Lower your hips
- Return to the starting position and alternate leg

LYING SIDE LEG RAISE



Start:

- Lie on your side with straight legs

Finish:

- Raise your upper leg without moving any other part of the body

WALKING HIGH KNEES



Start:

- Stand tall with your hands at your sides

Finish:

- Raise one knee as high as you can, and step forward
- Repeat with your other leg

**STAY HEALTHY IN LIFE
AND KEEP ON SMILING**

Enjoy the workouts and good luck with your training!



/ Fredrik - The Explorer