

BODYWEIGHT WORKOUT ROUTINE CHEAT SHEET



Workout Plan: 4-Day Split

Day 1: Upper-Body Workout 1

Day 2: Lower-Body Workout 1

Day 3: Rest

Day 4: Upper-Body Workout 2

Day 5: Lower-Body Workout 2

Day 6: Rest

Day 7: Rest

Upper-Body Workout

3 Sets of Push-Ups (or knee push-ups)

3 Sets of Pike Push-Ups (or hand elevated pike push-ups)

3 Sets of Bench Dips

3 Sets of Chin Ups (or underhand grip body rows)

3 Sets of Supermans

Lower-Body Workout

4 Sets of Squats

3 Sets of Lunges

3 Sets of Glute Bridge

2 Sets of Ab Crunches

2 Sets of Twisting Crunches

2 Sets of Air Bike

Reps & Rest

Do All Sets 1 Rep Short Of Failure

Rest 1 - 2 Minutes Between Sets

Rest 2 - 3 Minutes Between Heavy Exercises

Rest 1 Minutes Between Easier Exercises

Method Of Progression

1. If You Can't Do An Exercise Yet, Start With An Easier Variation
2. Once You Can Do 20 Reps In One Set, Move On To A More Difficult Variation
3. Then Focus On Reaching 20 Reps For The New Exercise

Progression: Upper-Body Workout

3 Sets of Push-Ups → One-Handed or Weighted Push-Ups

3 Sets of Pike Push-Ups → Feet Elevated Pike Push-Ups

3 Sets of Bench Dips → Dips

3 Sets of Chin Ups → Pull-Ups

3 Sets of Supermans

Progression: Lower-Body Workout

4 Sets of Squats → Pistol Or Weighted Squats

3 Sets of Lunges → Weighted Lunges

3 Sets of Glute Bridge → Single Leg Glute Bridge

2 Sets of Ab Crunches → Hanging Leg Raises

2 Sets of Twisting Crunches → Hanging Oblique Leg Raises

2 Sets of Air Bike