

**IF YOU CAN SEE IT IN YOUR MIND, AND YOU HAVE
THE COURAGE TO SPEAK FOR IT, IT WILL
HAPPEN.**

BODYWEIGHT WORKOUT SERIES

For weight gain and weight loss

WORKOUT SPLIT (Weight Loss)

Days	Exercise
Monday	Cardio
Tuesday	Workout A + Abdominals
Wednesday	Workout B
Thursday	Cardio
Friday	Workout C
Saturday	Abdominals
Sunday	Rest

WORKOUTS

WORKOUT A

UPPER BODY			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Tricep Dips	20	18	15
2.Lying Upper Back Squeeze	20	20	20
3.Knee Pushups or Wall Pushups	20	15	12
4.Shoulder Planck	N.A.	N.A.	N.A.

WORKOUT B

LOWER BODY & CORE			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.1 and ½ Squats	15	12	10
2.Jump lunges or lunges	10	8	8
3.High hip bucks	20	18	20
4.Push through crunches	20	20	25

WORKOUT C

Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Bird Dog (each side)	20	15	12
2.Step Up (each leg)	20	18	17
3.Calf Raises	Till burn	Till burn	Till burn + 5
4.Angel and Devil	N.A.	N.A.	N.A.

CORE WORKOUT

ABDOMINALS			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Planck	N.A.	N.A.	N.A.
2.Leg Raise	15-20	12-18	10-15
3.V-ups	12	10	8
4.Daigonal Crunches	12-15	10-12	8-10
5.Side Crunches (alternate)	20	20	20

Important Instructions-

- For cardio workout refer to HIIT pdf.
- Drink at least 1ltr of water during workout.
- Do not stick to the rep ranges given above it is just for reference.
- For rep range that are written with N.A., means that you have to that exercise according to your strength.
- Reps can be increased according to strength.
- Follow proper diet to do this workout.
- Warmup is mandatory before every workout.
- You can do either dynamic warmup exercises or stretches for particular muscle group before workout.
- Do static stretching after every workout.

Stretching Routine

Workout	Stretches
Workout A	Chest, shoulders, back
Workout B	Quads, hamstring, glutes
Workout C	Back, glutes, quads
Workout D	Shoulders, quads, glutes
Cardio	Refer to cardio warmup video

EMBRACE THE SUCK!!!

GOOD LUCK!