Rahul's “Bodylifting” Cardio-Muscular Program

Description: Depending on what you have available to you (chairs for dips, jump rope, open space, partner to carry in open space), this program is great if you don't have a gym available to you. It is great if you don't have access to a gym, but want to maintain your fitness level.

A general program will take one of the cardio options listed and alternate it with four workouts, one from each of the other categories. A good program would consist of at least three cycles over the course of the workout *for the day*, with three consecutive days of the program followed by a rest day. I recommend doing stretches before each workout, holding each in stretched position for at least **10 seconds** before releasing tension.

Stretches: butterfly position, “touch your toes without bending knees,” neck rolls, glute stretch (on back), “stretch to toes” (sitting on ground, feet stretched out in front), quad stretch, lat stretch (leg across other leg), tricep stretch, deltoid stretch, chest stretch (hold hand against edge of wall), groin stretch (lunge-like position). Refer to demonstrations in workouts if you need help or email me. It's pretty short, but effective if you're consistent.

***An example workout:***

***Cycle 1:*** 5 Suicides, 30 crunches, 30 pushups, 30 squats, 8 pull ups **REST for 1 minute**

***Cycle 2***: 5 Suicides, 30 crunches, 30 pushups, 30 squats, 8 pull ups **REST for 1.5 minutes**

***Cycle 3***: 5 Suicides, 30 crunches, 30 pushups, 30 squats, 8 pull ups **REST for 2 minutes if you wish to continue with more cycles**

***The next day:***

***Cycle 1:*** 15 burpees, six-inches cycle, 7 deltoid-press pushups, 2 minute wall sit, 8 chin-ups **REST**

***Cycle 2:*** 10 burpees, six-inches cycle, 6 deltoid-press pushups, 1 minute wall sit, 8 chin-ups **REST**

***Cycle 3*:** 5 burpees, six-inches cycle, 5 deltoid-press pushups, 30 sec wall sit, 8 chin-ups **REST**

***Etc.***

***Cardio Options***

1) Jump Rope: *Start at* ***2 minutes*** *for first cycle,* ***1.5 minutes*** *for the second, and* ***1 minute for the last.***

2) Sprints/Suicides: *Set distance of 100 meters away. Run to spot, touch the ground, and run back to beginning position. This is* ***the definition of one suicide sprint***. *Do* ***5 suicides*** *for every cycle. A variation of this could be a “partner carry”; carry a friend on your back or in your arms to location, sprinting,* ***3 times each cycle.***

3) “Ladder” climbs (in push-up position): *Start at* ***20****, then* ***15****, then* ***10*** *for the last cycle.*

4) Burpees: *Start at* ***15*** *burpees, then* ***10****, then* ***5.***

***For Abs*** (can start at lower reps/set and time constraint and increment each week by **5 reps** or **30 sec**)

1) Crunches: ***30,*** *increment by* ***5*** *each week*

2) Oblique Crunches: *same as normal crunches*

3) Iowas: **3x30**

4) Six-inches: *For a single cycle***: 1 *min***, **30*****sec*** *of scissors***, 30 *sec*** *in normal position*

5) Plank Position: *For a single cycle***: 1 *min***, **30 *sec*** *one leg out,* **30 *sec*** *other leg out***.**

***For Chest and Arms*** (can start at lower reps and increment by **5** each week)

1) Pushups: **30 *per cycle***

2) Spiderman-pushups: **10 *for each side for each cycle***

3) Diamond pushups: **10 *for each cycle***

4) Deltoid-press pushups: *Start at* ***7, increment down by one.*** *Per week, increase start rep by 1.*

5) Dips: **10 *for each cycle.***

***For Legs***

1) Body weight bulgarian split squats: **3x10**

2) Pistol squats: **3x10**

3) Body weight squats: **3x30**

4) “Wall-sits”: *Start at* ***2 min****, then* **1 min**, then **30 sec**

5) Lunges: **3x10** for each leg

***For Back***

1) Pullups: **3x8**

2) Chin ups (also works ***biceps***): **3x8**