

WORKOUT #1 BODYWEIGHT							
TRAINING	SETS x REPS	week 1	week 2	week 3	week 4	week 5	week 6
1.)Squat Jumps	3 x 15						
2a. Bulgarian Lunges 1 1/2 reps	4 x 6-15						
2b. Pushups (chest to floor)	4 x 10						
3a. SL Hip thrust (1 sec pause)	3 x 10						
3b. Side Plank lifts	3 x 15-20						
4a. Sliding hamstrings	3 x 10						
4b. Standing hip Abduction	3 x 25						
4c) Pledge Planks	3 x 10/s						
WORKOUT #2 BODYWEIGHT							
TRAINING	SETS x REPS	week 1	week 2	week 3	week 4	week 5	week 6
1. Squat Jumps	3 x 15						
2a. Skater Squat	4 x 8/leg						
2b. Side arm pushups	4 x 15/arm						
3a. SL Elevated Glute Bridge	3 x 20/leg						
3b. Sliding Mtn Climbers (towels)	3 x 20/leg						
4a. SL Box Squat	3 x 8-10/leg						
4b. Side Lying leg lifts	3 x 20						
RKC Plank	3 x 30 sec						
WORKOUT #3 BODYWEIGHT							
TRAINING	SETS x REPS	week 1	week 2	week 3	week 4	week 5	week 6
1. Squat Jumps	3 x 15						
2a. Side lunges	3 x 15						
2b. Tricep Pushups (ecc focus)	3 x 6 -12						
3a. Nordic hams (or sliding hams)	4 x 10-15						
3b. Cross body Mtn Climbers	4 x 10						
4a Split Squat 1 1/2 reps	3 x 10 /s						
4b. Frog Pumps	3 x 50						
4c Bear	3 x 20 sec						

Disclaimer: This program, including nutritional and exercise information is designed for educational purposes only, and you follow at your own risk. You are an adult. capable of listening to your body and knowing what it can and can't handle. I have done my best to prepare you for a safe and effective workout but please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. Amber Ramga and Acceleration Fitness Inc assume no risk for your voluntary participation .