

Bodyweight Training for Beginners Sample

Warm Up and Mobility

Open the Gate:

2 sets

6 reps each side



Close the Gate:

2 sets

6 reps each side



Calf Raises

2 sets

20 reps



Inchworm

2 sets

8 reps



Wide Squats Stretch

2 sets

6 reps each side



Deep Squats Stretches

2 sets

6 reps each side



Downward Dog into Hip Stretch

2 sets

6 reps on each side



Squats into Hip Lifts

2 sets

8 reps



Figure 8 Wrists Rotation

2 sets

10 reps each way



Bear Crawl

3 sets

As long as you can keep good technique



Training Plan

Staggered Stance Squats

Muscles worked: Glutes, quadriceps, core, adductors, calves

Assisting muscles: Rear delts

3 sets

10 reps each side

30 seconds rest in between each set



Knee Plank

Muscles worked: Core, front delts, pectorals muscles, triceps, glutes, trapezius, quadriceps, hamstrings, rhomboids, lats, calves

3 sets

Hold as long as you can maintain good technique. Stop before the lower back starts to arch, your hips start to dip or you start hunching

30 seconds rest in between each set



Hip Pike

Muscles worked: Front delts, mid delts, rear delts, core, pectorals muscles, triceps, quadriceps

3 sets

10 reps

30 seconds rest between each set



Glute Bridges

Muscles worked: Glutes, hamstrings, core, calves, lower back muscles

3 sets

10 reps

30 seconds rest in between each set



Knee Plank Scapular Protraction

Muscles worked: Serratus anterior, pectorals muscles, triceps, rhomboids, lats, trapezius, core, quadriceps, front delts, hamstrings

3 sets

12 reps

30 seconds rest between each set



Back Extension

Muscles worked: Glutes, lower back muscles, rear delts, core, hamstrings, lats, quadratus lumborum

3 sets

10 reps

30 seconds rest in between each set



Assisted Standing Kickbacks

Muscles worked: Glutes, hamstrings, core, middle glutes, adductors, calves, Assisting muscles: Rear delts

3 sets

8 reps each side

30 seconds rest between each set



Bear Crawl Opposite Leg and Arm Lift

Muscles worked: Core, front delts, quadriceps, pectorals muscles, rear delt

Assisting muscles: Serratus anterior

3 sets

12 reps (6 reps each side)

30 seconds rest in between each set



Stretches

Achilles Stretches Exercise

2 sets each side
10-20 seconds



Thoracic Extension on a Box

2 sets
10-20 seconds



Hip Flexors Stretch

2 sets each side
10-20 seconds



Wrists Stretch

2 sets each side and each position
10-20 seconds



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