

Body Weight Strength Workout

(Phase 1)

Legs

1. Rear Foot Elevated Lunges – 3 x 15 (each leg)
2. 1 – Legged Squat into Chair (controlled descent) – 3 x 12 (each leg)
3. Sumo Squat to Stand – 3 x 8

Pushups

1. Perfect Pushups (5 seconds on the way down, 5 seconds on the way up) – 3 x 8
2. Diamond Pushups – 3 x 8

Core

1. Plank on Forearms – 45 seconds
2. Side Plank (left and right elbows) – 30 seconds each

Finisher

- Do as many pushups as you can for 40 seconds then rest for 20 seconds. After 1 total minute start the process again for 5 total minutes (5 rounds of pushups). Count how many you do and see if you can improve your score each day.