**Home Exercising Bodyweight Only**

**A picture containing outdoor, man, water, person

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**Workout #1 (conditioning based)**

**3-4 Round Giant Set**

* Bodyweight Alternating Lunges 30 Seconds
* Bodyweight Squats 1 Min
* Mt.Climbers 30 Seconds (just using your knees, right knee to left elbow and vice versa alternating through the 30 seconds)
* 10-15 Push Ups

**3-4 Rounds**

* 15 Jumping Jacks
* 10 Wide Grip Elevated Push Ups
* 10 Hollow Tucks( <https://www.youtube.com/watch?v=JZd0rhN3I1U> )
* 15 Bodyweight Squats
* 5-10 Lateral Lunges per side

**Workout # 2**

**3-4 Rounds**

* Bicycle Kicks 10 Reps per side (do not alternate with these, knockout one side at a time)
* MT.Climbers 4 Point Touch Variation 10 Reps (*While in a push up plank position*: Right hand taps left shoulder and vice versa, then right knee comes up towards right elbow and vice versa) = 1 rep
* Bulgarian Split Squats 10 Reps (pause at the bottom for one second) (use a couch/ or a chair) (<https://www.youtube.com/watch?v=-FATUF39KNo>)
* 1 Min Elbow Planks

**3-4 Rounds**

* L Sit to Failure ( <https://www.youtube.com/watch?v=aqtDfU7L8Xg> )
* Bird Dog Planks 10 Reps (hold for 2 seconds when bringing the knee to the elbow) ( <https://www.youtube.com/watch?v=tobny19jauY> )
* Single Leg Glute Bridges 10 Reps per leg (hold for 2 second at the top of the contraction) (<https://www.youtube.com/watch?v=3NXv0Nany-Q> )
* 10 Bodyweight Squats (3 second tempo on the way down, with a 1 second pause at the bottom)

**Workout #3**

**15 Min AMRAP(As Many Rounds As Possible in 15 minutes)**

* 1 Min Stationary Bodyweight Lunges
* Inchworms into push up 10 Reps( <https://www.youtube.com/watch?v=Gv0rFtj-XjI> )
* 15 Air Squats

**Timed Bodyweight Upper Body**

* Max Push Ups in 10 Seconds into a 20 Second Push Up Plank, that’s one round. Aim for 6 rounds in 3 three minutes, scale back to 1-2 min if necessary. *Example: 20 push ups, then hold yourself up for 20 seconds*

**10 Min AMRAP**

* Bodyweight Dips (use a chair or couch and if you can elevate your feet, then even better) 20 Reps
* Wide Elevated Push Ups 10 Reps
* Butterfly Sit Ups 10 Reps (<https://www.youtube.com/watch?v=HghGGudXuGM> )

**Workout #4**

**15 Min AMRAP**

* Bodyweight Squats (10/10/10) (Narrow/Medium/Wide Stance)
* Glute Bridges (both feet) (10/10/10) (Narrow/Medium and Wide Stance)
* Bicycle Kicks (Alternating, pause with each rep. Be in control)
* Elbow plank into push up exchange( <https://www.youtube.com/watch?v=LM5Easvp384> )

**4 Rounds**

* 10 Burpees
* 10 Alternating Lunges
* Push Up Plank Hold 15 Seconds
* Halfway Push Up Plank Hold 15 Seconds
* Right Above the Ground Push Up Plank Hold 10 Seconds