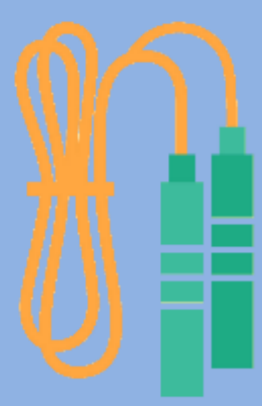


# BODYWEIGHT WORKOUT



for Beginners  
-Level 2-



A



B



## Jump Rope

Sets: 3-4  
Reps: 30-60 secs  
Tempo: Fast  
Rest: 30 - 60 Secs

A



B



## Push-ups

Sets: 3-4  
Reps: 10-15  
Tempo: 2-0-1-0  
Rest: 30 - 60 Secs

A

Optional: Medicine Ball



B



## B-Split Lunge

Sets: 3-4  
Reps: 12 each  
Tempo: 3-0-1-0  
Rest: 30 - 60 Secs

A

Equipment: TRX Band



B



## Inverted Rows

Sets: 3-4  
Reps: 10-15  
Tempo: 3-0-1-0  
Rest: 30 - 60 Secs

A



B



## Butt Bridge

Sets: 3-4  
Reps: 10-15  
Tempo: 2-0-1-1  
Rest: 30 - 60 Secs

A



B



## One-Leg Dips

Sets: 3-4  
Reps: 12-15  
Tempo: 3-0-1-0  
Rest: 30 - 60 Secs

A



B



## Step-ups

Sets: 3-4  
Reps: 15 each  
Tempo: 2-0-1-0  
Rest: 30 - 60 Secs

A



B



## Side Plank

Sets: 3-4  
Reps: 60 secs  
Tempo: Hold  
Rest: 30 - 60 Secs