

Beginner Bodyweight Workout

Workout A:

Squat: 25 reps or as many as possible before a rest is needed – which ever comes first.

Hop Scotch: 30 seconds of max effort.

Push Up: 25 reps or as many as possible before a rest is needed – which ever comes first.

Hop Scotch: 30 seconds of max effort.

Repeat cycle 4 – 8 rounds.

Workout B:

Baby Burpee: 30 seconds of work, 30 seconds of rest.

Repeat 4 – 12 times.

Workout C:

Lunge: 15 reps each leg or as many as possible.

Hop Scotch: 30 seconds.

Push Up: 25 reps or as many as possible.

Hop Scotch: 30 seconds.

Repeat cycle 4 – 8 rounds.

Workout D:

Squat Jump: 30 seconds of work, 30 seconds of rest.

Repeat 4 – 12 times.

Workout E:

Lunge: 10 reps each leg.

Baby Burpee: 10 reps.

Repeat 5 – 7 times.

Workout F:

Squat Jumps: Max reps in 10 minutes. Rest as needed and keep track of the reps completed. Try to beat rep count each time this workout comes up.

Workout G:

Tabata Intervals of the following:

Hop Scotch

Squat

Baby Burpee

Push Up

Follow a 4 days on, one day off, 3 days on, one day off cycle as follows:

May 1. Workout A

May 2. Workout B

May 3. Workout C

May 4. Workout D

May 5. OFF

May 6. Workout E

May 7. Workout F

May 8. Workout G

May 9. OFF

May 10. Workout A

May 11. Workout B

May 12. Workout C

May 13. Workout D

May 14. OFF

May 15. Workout E

May 16. Workout F

May 17. Workout G

May 18. OFF

May 19. Workout A

May 20. Workout B

May 21. Workout C

May 22. Workout D

May 23. OFF

May 24. Workout E

May 25. Workout F

May 26. Workout G

May 27. OFF

May 28. Workout A

May 29. Workout B

May 30. Workout C

May 31. Workout D