



BODYWEIGHT PROGRAM

Warmup Options:

Dynamic

[Standing Dynamic](#)

Locomotive

[Rudiment Series](#)

[Linear Locomotion](#)

**If you struggle with push-ups, elevate your hands on something or go from your knees.*

Workout Options

[OPTION #1](#)

Dynamic and Locomotive Warm-Up

5-10 minutes

Warm-Up 2x10ea

A1. Rear Leg Elevated Split Squat

4x8ea (:5s eccentric)

B1. Glute Bridge March

4x15ea

B2. Single Leg Straight Leg Bridge

4x10ea (:3s eccentric)

C1. Push-Ups

4x10 (:3s eccentric)

C2. Lateral Lunges

4x10ea

AMRAP in 5 Minutes:

Squat 20

V-Ups 15

Push-Ups 10

D. [PEDESTAL](#)

2x10ea

[OPTION #2](#)

Dynamic and Locomotive Warm-Up

5-10 minutes

Warm-Up 2x10

A1. Bodyweight Squats

4x10 (:5s eccentric)

B1. Side Plank with Abduction

4x10ea (:3s eccentric)

B2. Single Leg Elevated Glute Bridge

4x15ea (:3s isometric)

C1. Push-Ups

4x10 (:3s down, :3s up)

C2. Alternating Lunges

4x10ea

AMRAP in 5 Minutes:

Squat 20

V-Ups 15

Push-Ups 10

D. [PILLAR](#)

2x10ea

[OPTION #3](#)

Dynamic and Locomotive Warm-Up

5-10 minutes

Warm-Up 2x10ea

A1. Rear Leg Elevated Split Squat

4x8ea (:3s down, :3s up)

B1. Single Leg Straight Leg Bridge

4x10ea (:3s iso, :3s ecc)

B2. Inverted Plank

4x :60s

C1. Push-Ups

4x10 (:3s isometric)

C2. Lateral Lunges

4x10ea

AMRAP in 5 Minutes:

Squat 20

V-Ups 15

Push-Ups 10

D. [PEDESTAL](#)

2x10ea