

Progressive Body Weight Workout

Warm-Up - complete before each workout	
Arm Circles	10 forward, 10 backwards
Glute Raises	10-20 repetitions
Inchworm	10-20 repetitions
Hip Rotations	10 each side
Jumping Jacks	10-20 repetitions
Chest Stretch	20-30 second hold
Calf Stretch	20-20 second hold

Cool-Down - complete after each workout OR complete Progressive Flexibility Workout	
Cardio	5min Walk
Hip Flexor Stretch	20-60 second hold
Quads Stretch	20-60 second hold
Hamstrings Stretch	20-60 second hold
Calf Stretch	20-60 second hold
Lateral Spine	20-60 second hold
Core Rotation	20-60 second hold

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Complete Total Repetitions in as many sets as desired. Perform pullups OR rows. Pullups have custom repetition number							
Week 1: 20 total reps each	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (10)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (10)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Stretch and Rest	Stretch and Rest
Week 2: 30 total reps each	Pullups (15)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (15)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (15)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Stretch and Rest	Stretch and Rest
Week 3: 40 total reps each	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (20)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (20)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Stretch and Rest	Stretch and Rest
Week 4: 50 total reps each	Pullups (25)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (25)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Pushups Dips Squats Good Mornings Crunches Core rotations Burpees	Pullups (25)/Rows Bentover YTA's Lunges Single leg deadlifts Glute Raise Superman Mountain Climbers	Stretch and Rest	Stretch and Rest

For more information regarding this workout, please contact Kelcie Heron, Personal Trainer and Group Fitness Instructor, at heronkm@gmail.com, AND copy fitness@uab.edu.

Warm-Up Exercise Descriptions

Exercise	Link
Arm Circles	https://exrx.net/WeightExercises/Other/ArmCircle#:~:text=Stand%20with%20feet%20shoulder%20width,out%20to%20each%20side%20horizontally.&text=Rotate%20arms%20together%20in%20
Glute Raises	https://www.coachmag.co.uk/glute-exercises/2333/glute-bridge-how-to-do-it-benefits-and-variations#:~:text=Lie%20face%20up%20on%20the,feet%20flat%20on%20the%20ground.&text=Lift%20
Inchworm	https://www.verywellfit.com/how-to-do-the-inchworm-exercise-4685855
Jumping Jacks	https://exrx.net/Aerobic/Exercises/JumpingJack
Chest Stretch	https://exrx.net/Stretches/ChestGeneral/StraightArm
Calf Stretch	https://exrx.net/Stretches/Gastrocnemius/Wall

Workout Exercise Descriptions

Exercise	Link
Pushups	https://exrx.net/WeightExercises/PectoralSternal/BWPushup
Dips	https://exrx.net/WeightExercises/Triceps/BWBenchDip
Squats	https://exrx.net/WeightExercises/Quadriceps/BWSquat
Good Mornings	https://www.youtube.com/watch?v=5_kxfjJhB4I
Crunches	https://exrx.net/WeightExercises/RectusAbdominis/BWCrunch
Core Rotations	https://myrehabconnection.com/simple-trunk-rotation-exercise-progression/
Burpees	https://exrx.net/Aerobic/Exercises/Burpee
Pullups	https://exrx.net/WeightExercises/LatissimusDorsi/BWPullup
Rows	https://www.youtube.com/watch?v=rloXYB8M3vU
Bentover YTA's	https://www.youtube.com/watch?v=P4_Omfrx4NU
Lunges	https://exrx.net/WeightExercises/Quadriceps/BWLunge
Single Leg Deadlifts	https://exrx.net/WeightExercises/GluteusMaximus/DBSingleLegStiffLegDeadlift
Glute Raise	https://www.coachmag.co.uk/glute-exercises/2333/glute-bridge-how-to-do-it-benefits-and-variations#:~:text=Lie%20face%20up%20on%20the,feet%20flat%20on%20the%20ground.&text=Lift%20
Superman	https://exrx.net/WeightExercises/ErectorSpinae/Superman
Mountain Climbers	https://exrx.net/Aerobic/Exercises/MountainClimber

Cool-Down Exercise Descriptions

Exercise	Link
Cardio	Any form of cardio - preferably low intensity
Hip Flexor Stretch (Standing)	https://exrx.net/Stretches/HipFlexors/Standing
Hip Flexor Stretch (Kneeling)	https://exrx.net/Stretches/HipFlexors/KneelingHipFlexor
Quads Stretch	https://exrx.net/Stretches/Quadriceps/Standing#:~:text=Grasp%20top%20ankle%20or%20forefoot,or%20forefoot%20to%20rear%20end.&text=Straighten%20hip%20by%20moving%20knee,Hold%20
Hamstring Stretch	https://exrx.net/Stretches/Hamstrings/Standing
Calf Stretch	https://exrx.net/Stretches/Gastrocnemius/Wall
Lateral Spine	https://www.youtube.com/watch?v=BlKdX4TUqg
Core Rotation	https://myrehabconnection.com/simple-trunk-rotation-exercise-progression/