



BEGINNERS BODYWEIGHT EXERCISE

*Variety
Program*

What You Should Expect

The Beginner Bodyweight Exercise Program is specifically designed to get you started on your journey to achieving optimal health and fitness.

You will learn how you can use your own bodyweight to do simple exercises at any time in any location without the use of equipment.

If you find that you are not challenged with the beginner level exercises, then you should immediately advance to the intermediate exercises.

This program is designed for you to do anytime anywhere, and has routines that you can always continue to work on to help you achieve the results you want.

If you find that you are struggling to reach the recommended amount of reps, or complete the suggested time

don't worry! Feel free to slow down and take breaks when needed. When you feel like you can go again, do it! The more you practice the better you will get!

Each exercise is built around your body's core movement patterns. You will improve your muscular endurance, enhance joint stability, increase flexibility, improve control of posture, and improve your balance and coordination.

If you're unsure how to perform an exercise in this program, press the play button on the left to view a video demonstration by one of our fitness instructors.

Every workout can be completed in **30 minutes or less**, which is less time than watching your favorite TV show.

This program is based on two foundational training methods:

1

**Bodyweight Strength
Training**

2

**Cardiovascular
Fitness**

What You Need to Know to Get Started

Are you ready to transform your health and fitness?

We are going to walk you through your 21-day program, one day at a time.

At the beginner level, our goal is to get you started doing some simple, foundation exercises to transform your body. You will follow our program as you work out every other day for a total of 3 days a week.

The three days between your workouts are called **Active Rest Days**. On Active Rest Days you will do something active that you enjoy for 30 minutes. It could be going for a walk, riding a bike, or playing in the yard with your kids.

Doing something active for 30 minutes each day is an opportunity for you to develop good lifestyle habits while giving your muscles and joints a break.

If you are feeling great on an Active Rest Day and want to exercise, just pick any day's program and do it. If it's nice outside, consider doing some speed walking for 30 minutes. You are also welcome to walk after any of your 3, 21-day fit exercise routines for however long you would like.

For each period of exercise, do as much as you can and stop when you need to. If you can't meet the required duration time, stop at the number that you can do. Make goals for yourself to improve a little further the next time. It's all about your personal progress!

Some exercises include a modification. If you find that doing the exercise as recommended is too difficult or uncomfortable, do the modified version.

If you feel you can do more than what's suggested, cut down on rest times, or add more reps to each exercise, or add an additional circuit. The more you push yourself, the better your results will be.

You may find yourself trying an exercise and not liking it very much. That's okay! The next time it comes up in a circuit, replace it with an exercise you do like that works the same part of your body.

Before you start each workout, remember the most important thing you can do to avoid injury is to warm up and do some light stretching. Aim for at least 5 minutes.

Caution: *If you are pregnant or suffering from any health illnesses we encourage you to consult with your healthcare professional before starting this program. If during any of the exercise circuits you experience shortness of breath, dizziness or don't feel right, stop immediately and consult with your healthcare professional before proceeding.*

Three Weeks at a Glance



The daily Cardio Training Circuit and Strength Training Circuit will be combined in one workout for all three days.

Cardio Training will be done first for a total of **10 minutes**. You will see 4 different exercises in the cardio training section. Perform each movement 8 times which is also known as 8 reps; before moving on to the next exercise. The 4 exercises makeup one circuit. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training will be done second after the cardio training segment, for a total duration of **10 minutes**. You will be performing 4 different body weight movements in the strength training section. Perform each movement 8 times which is also known as 8 reps; before moving on to the next exercise. The 4 exercises makeup one circuit. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit.

Tip 1: During rest periods try to walk and keep moving instead of sitting down.

Tip 2: As you improve and would like to raise intensity, take less rests, or cut down on the rest time. You could also add more reps, or add in a full circuit when you are ready.

Tip 3: Don't forget the importance of both the warm up and cool down. Engage in light stretching before exercise, and deeper stretching after exercise to help promote recovery and reduce the risk of injury. Even 5 minutes before and after will make a difference.



DAY 1 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Jumping Jacks



15
SEC

Mountain Climbers



15
SEC

Standing in place Skips



15
SEC

Jog in place



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Kneeling Pushups



15
SEC

Air Squats



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Alternating Bird Dogs



15
SEC

Crunches



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 2 Active Rest

Do something active for 30 minutes

DAY 3 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Kneeling Pushups



15
SEC

Air Squats



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Alternating Bird Dogs



15
SEC

Crunches



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 2 Active Rest

Do something active for 30 minutes

DAY 3 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Imaginary Jump Rope



15
SEC

Plank to Stand



15
SEC

High Knees/Marching



15
SEC

Butt Kicks



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Chair Triceps Dips

(Make sure the chair is stable and sturdy)



15
SEC

Alternating Reverse Lunges



15
SEC

Anterior Reaches



15
SEC

Bicycle Crunches



Rest up to 1-2 minutes or more as necessary

DAY 4 Active Rest

Do something active for 30 minutes

DAY 5 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Skaters



15
SEC

Kneeling Plank Shoulder Taps



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Front Kick Toe Touch



15
SEC

High Knees/Marching



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Kneeling Pushups



15
SEC

Side Lunges



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Swimmers/Superman's



15
SEC

Plank



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 6 Active Rest

Do something active for 30 minutes

DAY 7 Rest



DAY 8 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Ski Jumps



15
SEC

Front Kicks



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Front Punches



15
SEC

Plank to Stand



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Bridges



15
SEC

Kneeling Pushups



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Fire Hydrant Hip Lifts



15
SEC

Lying Oblique Reach



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 9 Active Rest

Do something active for 30 minutes

DAY 10 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Standing Mountain Climber



15
SEC

Kneeling Plank Shoulder Taps



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Front Kick Toe Touch



15
SEC

Side to Side Hop



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Alternating Bird Dog



15
SEC

Standing Alternating Forward Lunge



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Chair Dips

(Make sure the chair is stable and sturdy)



15
SEC

Crunches



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 11 Active Rest

Do something active for 30 minutes

DAY 12 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Front and Back Hop



15
SEC

Mountain Climbers



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Upper Cut Jabs



15
SEC

Jog in Place



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Anterior Reaches



15
SEC

Kneeling Pushups



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Air Squats



15
SEC

Bicycle Crunches



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 13 Active Rest

Do something active for 30 minutes

DAY 14 Rest



DAY 15 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Jumping Jacks



15
SEC

Plank to Stand



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Front Punches



15
SEC

Butt Kicks



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Kneeling Pushups



15
SEC

Alternating Reverse Lunge



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Chair Triceps Dips

(Make sure the chair is stable and sturdy)



15
SEC

Lying Oblique Reach



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 16 Active Rest

Do something active for 30 minutes

DAY 17 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Mountain Climbers



15
SEC

Imaginary Jump Rope



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Upper Cut Jabs



15
SEC

Front Kick Toe Touch



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Air Squats



15
SEC

Superman's



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Anterior Reaches



15
SEC

Plank



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 18 Active Rest

Do something active for 30 minutes

DAY 19 Workout

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Cardio Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Skaters



15
SEC

Kneeling Plank Shoulder Taps



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Front and Back Hops



15
SEC

Jog in Place



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

Strength Training Circuit

(Rest 20-30 seconds between each exercise)

15
SEC

Fire Hydrant Hip Lifts



15
SEC

Chair Triceps Dips

(Make sure the chair is stable and sturdy)



WATCH
VIDEO



WATCH
VIDEO



15
SEC

Floor Bridge



15
SEC

Crunch



WATCH
VIDEO



WATCH
VIDEO



Rest up to 1-2 minutes or more as necessary

DAY 20 Active Rest

Do something active for 30 minutes

DAY 21 Rest

Congratulations, you have successfully completed your 21-day challenge. You should be proud of yourself. You did what you promised to do when you started the program. WOW!

Enjoy this feeling of achievement and don't allow yourself to forget how you feel right now!

Now the key is making what you've learned part of your daily life. Don't allow yourself to fall back into your old habits.

Welcome to Your New Life!

