



INTERMEDIATE BODYWEIGHT EXERCISE PROGRAM

Simplified Program

This Intermediate Bodyweight Exercise Program is the next step for anyone looking for a little more challenge in their workout.

Over the course of this program, you'll build on your existing strength by using your bodyweight to do simple exercises at any time in any location without the use of equipment.

Not only will this program help you achieve the results you're looking for, it will do so simply. You'll work out your entire body using a select few exercises, so you'll never feel overwhelmed. If you're interested in learning a variety of exercises, ask your coach about our variety program.

You can continue using this routine for the rest of your life without needing anything more than your body.

Each workout is designed to build on the last, so you'll be able to watch yourself getting stronger as the days and weeks go by.

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

You can complete each workout in 30 minutes or less, which is less time than watching your favorite TV show.

This routine utilizes two foundational training methods:

1

**Bodyweight Strength
Training**

2

**Cardiovascular
Fitness**

*It also features **weekly strength tests**, where you'll have the opportunity to track your strength as it grows.*

What You Need to Know to Get Started

Are you ready to take the next step in transforming your health and fitness?

This three week program will do just that.

Five days a week, you will complete either a bodyweight strength training session, a high intensity interval training circuit, or a strength test. We will walk you through exactly what you need to do for each section.

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 sufficient time to recover.

If you are feeling great on an Active rest Day and want to exercise, consider doing some speed walking for 30 minutes.

For each period of exercise, do as much as you can and stop. If you can't meet the required duration time, stop at the number that you can do.

If you feel you can do more than what's suggested, add more time to each exercise or add an additional repeat to the sequence. The more you push yourself, the greater your results will be.

Before you start each workout, be sure to warm up and do some light stretching for at least five minutes.

Caution: *If you are pregnant or suffering from any health issues, 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.*

The Three Types of Routines at a Glance

1

Strength Training Circuits

During each strength training circuit, you will work your way through three rounds of four Core Movements. Your goal is to complete more reps with each workout. You'll complete a strength training circuit twice a week.

2

High Intensity Interval Training

During high intensity interval training, you will exercise at high intensities for a short period of time. Your goal is to perform each exercise at maximum effort. You'll move as quickly as you can - without sacrificing your form - to do as many repetitions as possible in the given time. You'll do High Intensity Interval Training twice a week.

3

Strength Assessment Test

During strength assessment tests, you'll have a chance to slow down and really focus in on one exercise at a time. You'll do as many reps of a given Core Movement as you can, rest for a few seconds, then do as many reps as you can again. After five minutes of repeating this pattern, you'll write down your total number of reps. As the weeks go by, you'll see this number go up. You'll do a strength assessment test once a week.



Workout: Strength Training Circuit

Incline Push-Ups on a Chair, Bench or Couch *(Do as many reps as possible)*



GOAL



50
reps

GOAL



35
reps



WATCH VIDEO

Chair-Assisted Squat

(Do as many reps as possible)



GOAL



50
reps

GOAL



50
reps



WATCH VIDEO

Push-Up Position Plank

(Hold your body up in a plank position as shown in the second image as long as possible)



GOAL



60
sec

GOAL



60
sec



WATCH VIDEO

Lunges Steps Forwards and Back

(Do as many reps (left and right) as possible)



GOAL



25
reps

GOAL



25
reps



WATCH VIDEO

Rest for 3 minutes

Repeat this sequence three times. Try not to rest in the middle of your rounds. If you need to rest, limit yourself to no more than 60 seconds between exercises.

Remember - you will only fully benefit from these workouts and make significant progress if you push yourself outside of your comfort zone. Use these workouts to challenge yourself to get stronger physically, mentally, and emotionally. The discipline and determination that you will generate by doing so will carry over into every other aspect of your life.



Workout:

High Intensity Interval Training Workout

Mountain Climber

(Do as many reps as possible)



GOAL



25
reps

GOAL



25
reps





WATCH VIDEO

Rest for up to 2 minutes

Mountain Climber (Round Two)

(Do as many reps as possible)



GOAL	GOAL
 25 reps	 25 reps





WATCH VIDEO

Rest for up to 2 minutes

Half Burpee

(Do as many reps as possible in 30 seconds)



GOAL	GOAL
 10 min	 10 min



WATCH VIDEO



Do as many Half Burpee reps as possible in **10 minutes**. Alternate **Half Burpee** for **30 seconds** and **rest for 30 seconds** until you reach **10 minutes**.



Workout: Strength Training Circuit

Incline Push-Ups on a Chair, Bench or Couch *(Do as many reps as possible)*



GOAL	GOAL
 50 reps	 35 reps



WATCH VIDEO

Chair-Assisted Squat

(Do as many reps as possible)



GOAL



50
reps

GOAL



50
reps



WATCH VIDEO

Push-Up Position Plank

(Hold body in a plank position with knees off the ground as long as possible)



GOAL



60
sec

GOAL



60
sec



WATCH VIDEO

Lunges Steps Forwards and Back

(Do as many reps (left and right leg) as possible)



GOAL



25
reps

GOAL



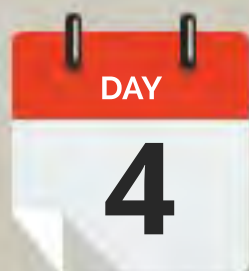
25
reps



WATCH VIDEO

Rest for 3 minutes

Repeat this sequence three times. Try not to rest in the middle of your rounds. If you need to rest, limit yourself to no more than 60 seconds between exercises.



Active Rest:

Do something active for 30 minutes

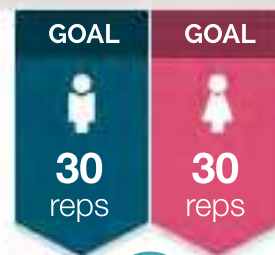


Workout:

High Intensity Interval Training Workout

Mountain Climber

(Do as many reps (left and right) as possible)

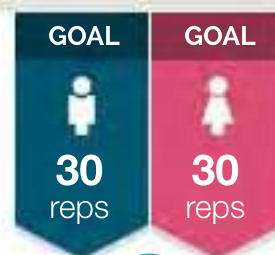


WATCH VIDEO

Rest for up to 2 minutes

Mountain Climber (Round Two)

(Do as many reps (left and right) as possible)

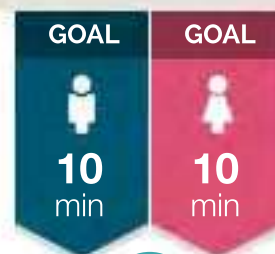


WATCH VIDEO

Rest for up to 2 minutes

Half Burpee

(Do as many reps as possible in 30 seconds)



WATCH VIDEO

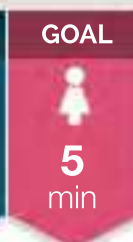
Do as many Half Burpee reps as possible in 10 minutes. Alternate Half Burpee for 30 seconds and rest for 30 seconds until you reach 10 minutes.



Workout: Strength Assessment Test

Incline Push-Ups on a Chair, Bench or Couch

(Do as many reps as possible in five minutes, taking short rests as needed)

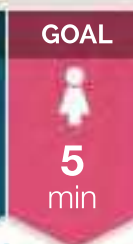
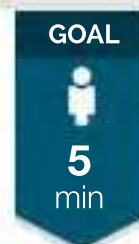


WATCH VIDEO

Rest for 3 minutes

Chair-Assisted Squat

(Do as many reps as possible in five minutes, taking short rests as needed)

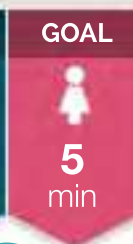


WATCH VIDEO

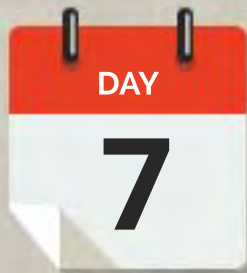
Rest for 3 minutes

Lunges Steps Forwards and Back

(Do as many reps as possible in five minutes, taking short rests as needed)



WATCH VIDEO



Active Rest:

Do something active for 30 minutes

Repeat this 7 day sequence twice more for a 21 day workout

Congratulations! You've successfully finished your 21 day challenge! We hope you're proud of yourself for starting a more challenging workout routine and seeing it through to the end.

Enjoy the feeling of accomplishment, and don't forget how good it feels to reach your goals.

Your next step? Take what you've learned and apply it to the next chapter of your life. Don't let yourself fall back into old habits, and keep moving forward.

Looking for more of a challenge? Go through our Advanced Exercise Guide over the next three weeks and watch your strength and fitness continue to grow.

Welcome to Your New Life!