



Bodyweight Workouts

Exercise equipment is not a requirement to get in great shape. Here are seven simple, high-intensity workouts that use only bodyweight to improve your cardiovascular conditioning. Before starting these workouts make sure to complete a 5 – 10 minute warmup. Each of these workouts is designed to be performed at your own pace.

Workout #1

5 rounds of:

- Run 400 meters
- 25 Air Squats

Workout #2

10 rounds of:

- 10 Push Ups
- 10 Walking Lunges

Workout #3

Perform 20 minutes of....

- 5 Pull Ups or body rows
- 10 Push Ups
- 15 Air Squats

Workout #4

100 Burpees for time

Workout #5

4 rounds of:

- 400 meters – run the straightaways and perform walking lunges on the corners

Workout #6

4 rounds of:

- Run 100 meters
- 10 Push Ups
- Run 100 meters
- 10 Air Squats
- Run 100 meters
- 1 minute Plank Hold

Workout #7

3 rounds of:

- 20 Air Squats
- 10 Decline Push Ups (feet elevated on a bench or chair)
- 20 Reverse Lunges (10 each leg)
- 10 Plank w/Leg Lifts (10 leg lifts rt. & left)

