

Chay Jones

Here Is Your Workout

There are 4 workouts for this week. Perform each workout once, following the indicated intensity.

Do the first 2 workouts one day after the other, then take one day to rest. Then perform the next 2 workouts, one day after the other.

Equipment: Bodyweight

Superset

Perform two exercises back to back, then rest. This is one superset.

Reverse Lunge

Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Superset

Perform two exercises back to back, then rest. This is one superset.

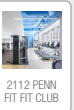
Squat Jump

Legs



- Stand upright with your hands to the sides of your head.
- 1 - Bend at the hips and knees into a semi-squat position leaning your torso slightly forward.
 - 2 - Push off your feet, jumping straight up.
 - 3 - Land in semi-squat and repeat the jump.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Superset

Perform two exercises back to back, then rest. This is one superset.

Glute Bridge March

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
 - 3 - Raise one leg up, bending at the hip with your knee at a 90 degree angle.
- Lower the leg and your body back to the floor and repeat raising the other leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Hop Knee Drive

Legs



- Stand upright with your arms by your sides.
- 1 - Step one foot backward, dropping your back knee, leaning your torso forward and touching the same side hand to the floor.
 - 2 - Drive off your front foot and jump straight up, reaching your opposite arm overhead and swinging your back knee up in front.
- Land back in the start position and immediately jump up again.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Superset

Perform two exercises back to back, then rest. This is one superset.

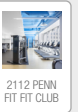
Lying Superman

Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



Bicycle Crunch

Hotel



- Lie on your back with your legs straight and your hands to the sides of your head.

1 - Raise your head and shoulders, bring one knee towards your chest and the opposite elbow to this knee, twisting your torso.

2 - Lower your upper body and leg to the floor and repeat to the opposite side using your other leg.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				