



Max Calorie Burn "Bodyweight"

DC PHYSICAL



Chay Jones

Here Is Your Workout

Achieve maximum weight loss results using just your own bodyweight with these high intensity workout circuits.

Equipment: Bodyweight

Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Step Up Balance

Legs



- 1 - Stand upright with one foot on a step or bench with your arms at your sides.
 - 2 - Step up onto the bench by pushing down on your front foot and raise your other leg up with a 90 degree angle at the knee.
- Step down off the bench onto the back foot and repeat.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Walk Out Push Up

Chest



- Stand upright with your arms by your sides.
- 1 - Bend forward at the waist and place your hands on the floor in front.
 - 2 - Walk your hands out until your body is straight in the top position of a push up.
 - 3,4 - Perform a push up then walk your hands back in and return to the upright position.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Sprinter Crunch

Abs



- 1 - Lie on your back with your legs straight and your head and feet off the floor with your arms by your sides.
 - 2 - Lift your upper body off the floor while also bringing one elbow and the opposite knee in to meet in the middle.
- Lower your upper body and leg and repeat with the opposite elbow and knee.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Lateral Mountain Climber

Cardio



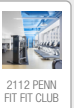
- 1 - Support your body on your toes and hands with your knees bent and drawn up into your chest.
 - 2 - Step one foot out to the side with your leg straight, keeping your hands on the floor.
 - 3 - Step back to the center and switch sides.
- Alternate sides rapidly.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



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Foot Up Split Squat

Legs



1 - Stand upright with one foot on a bench behind with your arms by your sides.

2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.

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	15			
2	15			
3	15			

Alternating Bridge

Lower Back



- Support your body off the floor, resting on your toes and forearms.

1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.

2 - Hold briefly, then lower yourself back to the floor and repeat with the other arm and opposite leg.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Vertical Jumps

Cardio



- Stand upright with your arms by your sides.

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 and raising your arms overhead.

- Land in semi-squat with your arms back by your sides and repeat the jump.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Push Up to T

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, then raise one hand to the ceiling while rotating your body to the same side and look up at your hand.

- Lower your body back to the start position and repeat to the other side.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	5			
2	5			
3	5			

Alternating V-Up

Abs



1 - Lie on your back with your legs straight and your arms stretched out overhead.

2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.

- Lower both and repeat using the opposite arm and leg.

- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			