

4 Week Exercise Program - No Weights

WEEK 1

Monday: Upper body 3 sets of 10-12 reps with 60 seconds of rest

1. Regular Pushups
2. Band Curls
3. Band Overhead Extension
4. Dips
5. Side Raises with water bottle

Tuesday: Cardio/Core Power Walk for 30-60 minutes

1. Bicycle Crunches
2. Planks
3. Mountain Climbers
4. Supermans

Do each exercise for 30 seconds for 3 rounds no without rest

Wednesday: Lower body 3 sets 10-12 reps with 60 seconds of rest

1. Bulgarian Split Squat
2. Calve Raises
3. Glute Bridges
4. Sissy Squat

Thursday: Cardio/Core 5-6 sprints for 20-30 seconds

1. _Toe Touches
2. Broom Stick Twists
3. Power Jacks
4. Good Mornings

Do each exercise for 30 seconds for 3 rounds

Friday: Full body 4 sets of 12-15 reps rest no more the 60 seconds between sets

1. Pull Ups
2. Body Weight Squats
3. Glute Kickbacks
4. Dips
5. Curls with buckets
6. Front Raises

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WEEK 2

Monday: Upper body 3 sets of 10-12 reps with 60 seconds of rest

1. Chin Ups
2. Tricep Extension on Bench
3. Curls with back pack or bucket
4. Close Grip Bench Press
5. Side Lateral Raises with Band

Tuesday: Cardio/Core 5-6 sprints of 20-30 seconds

1. Flutter Kicks
2. Jumping Rope
3. Side Crunches
4. Supermans

Do each exercise for 30 seconds for 3 rounds with no rest

Wednesday: Lower body 3 sets of 10-12 reps with 60 seconds of rest between sets

1. Side Lunges
2. 1 Leg Raises
3. 1 Band Leg Curls
4. Stability Ball Leg Curl

Thursday: Cardio/Core 5-6 sprints for 20-30 sets

1. Crab Walk
2. Ins and Outs
3. Side Plank on each side
4. Step Ups

Friday: Full body 4 sets of 12-15 reps 60 seconds of rest between sets

1. Deadlift with a bench
2. Overhead Press with a bucket or back pack
3. Side Lateral Raises with a water bottle
4. Close Grip Push Ups

Do 3 sets of each exercise for 30 seconds for 3 rounds

WEEK 3

4 Week Exercise Program - No Weights

Monday: Upper body 4 sets of 12-15 reps with 60 seconds rest between sets

1. Regular Push Ups
2. 1 Arm Row with Bucket
3. 1 Arm Curl with Bucket
4. Dips

Tuesday: Cardio/Core 6-8 Sprints for 20-30 seconds

1. Plank
2. Elevated Situps
3. Mountain Climbers
4. Bicycle Crunches
5. Power Jacks

Do each exercise for 45 seconds for 4 rounds

Wednesday: Lower body 4 sets of 12-15 reps 60 seconds of rest between sets

1. Wide Stance Sumo Squat with bucket
2. Elevated Split Squat with bucket
3. Calve Raises on stairs
4. Thigh Abductor Raises

Thursday: Cardio/Core 6-8 Sprints for 20-30 seconds

1. Toe Touches
2. Jump Rope
3. Russian Twists
4. Step Ups
5. Good Mornings

Friday: Fullbody 12-15 reps 60 seconds of rest between sets

1. Band curls
2. Sissy Squat
3. Band Side Lateral Raises
4. 1 Arm Bucket Shrug
5. Band Rows

WEEK 4

Monday: Upper body 4 sets of 12-15 reps with 60 seconds of rest

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1. Elevated Push Ups
2. Band Side Lateral Raises
3. 1 Arm Curl with Bucket
4. Close Grip Bench with bucket

Tuesday: Cardio/Core Walk for 30-60 minutes

1. Jack Knife
2. Jumping Squats
3. Body Saw
4. Side Steps
5. Supermans

Do 4 sets of each exercise for 45 seconds for 4 rounds

Wednesday: Lower body 4 sets of 12-15 reps with 60 seconds of rest

1. Bodyweight Squat
2. Calve Raises
3. Glute Bridge
4. 1 Leg Band Curl

Thursday: Cardio/Core 6-8 Sprints for 20-30 seconds

1. Hollow Body Rock
2. Mountain Climbers
3. Row your boat
4. Burpees
5. Planks

Do each exercise for 45 seconds for 4 rounds

Friday: Fullbody 4 sets AMARP 12-15 reps with 60 seconds of rest between sets

1. Walking Lunges
2. Front Raises with water bottle
3. Curls with band
4. Skull Crushers on bench
5. Glute kick backs