



**8 Week
Beginner Bodyweight
Guide**

WEEK 1

Welcome to WEEK 1!

Congratulations on starting the Beginner Bodyweight Program!

Get Ready!

There are 4 active workout days/week in this program. Two days will work on strength. *Don't be afraid of that word. That's how you get a lean, toned body!* And two days will be conditioning days to workout that heart and get/keep you in great shape. You may want to consider starting so that your rest days fall on the best day(s) for you. I like to start on Monday so that my rest days are on Weds/Sat/Sun and workout days are M/T/Th/F.

The workouts get progressively more challenging but always easy to scale to your ability. You can start at any level.

Why Strength training or “toning” is important for your health:

- Add lean muscle tone to your body
- Increase your daily caloric expenditure (burn more calories even when resting)
- Be able to hold your kids, play tag and run around without exhaustion
- Make daily activities like picking up a bag of groceries easier and pain-free
- Feel better, no back pain, no knee pain...
- Strengthen your bones
- Don't worry ladies, we promise you won't look like a body builder...**that takes way more commitment than we have time for.**





Notes:

1. Don't be a hero-

If you haven't worked out before or at least not for a while, don't kill yourself. Push at your own pace. If you need more rest, take it. If you can't finish a set, don't worry about it. Now this isn't an excuse to quit an exercise because it's hard. You need to push through. But, I don't want to see you throwing up or injuring yourself by trying to do too much too soon.

1b. Read last paragraph again, it's important!

2. Eat Healthy-

If you are working out but feeding your body mostly processed "foods" then you are not going to see results. Sure you may lose a pound or two, but nothing dramatic will happen without a proper diet of real food.

3. You will be sore-

This happens. Just keep going. The soreness will not come as often or as intense especially if you finished one of our bodyweight programs or have already been working out.

4. Stay accountable-

If at all possible, find a friend to check in with or even workout with.

Check in with each other each day. Or at least go on our [Fit Family Lifestyle Facebook page](#) and let us know how your workout went each day. It's a great way to stay connected and help each other stay on track. Sometimes the only motivation you need is to see a text from someone telling you that they did their workout that day to inspire you to fit yours in.



5. How to read the workout-

Your workout will be labeled with letters and numbers. The letters indicate the order of exercises. The number next to the letter will indicate a superset. That is a set where you should look super doing it :) No, just kidding. It's actually a set where you do two or more exercises together without any rest between them. So if you see on day 1, A1 pushups and A2 Squats that means you do you pushups then squats right away, then you rest.

6. Don't change the program-

It might be tempting to change the order of the exercises or add in something extra if you are used to doing longer workouts. Don't. Everything you need is in here and arranged in a particular order for a reason.

Day 1: Strength Training Day

Start out with your Push ups (A1) for 10 reps then without rest do 10 Squats (A2). Rest 1 minute after the squats, then repeat those exercises 2 more times.

Next, the “B” Set. 20 Lunges with arms overhead. Rest for a minute and repeat until all 3 sets are done.

Move onto the Hamstring Raises (C1) and Chair Dips (C2) next. Doing 15 of each before resting. Then take a minute rest and repeat until you have finished that set 3 times.

Finish with 3 sets of 10 Hip Raises (D1), resting between sets.

Beginner Bodyweight Workout—Week 1 Day 1

“A” Set: 3 sets of 10 reps

A1: Push ups

A2: Squats

“B” Set: 3 sets of 20 reps (10 each leg)

B1: Lunges with Arms Overhead

“C” Set: 3 sets of 15 reps

C1: Hamstring Raises

C2: Chair Dips

“D” Set: 3 sets of 10 reps

D1: Hip Raises (Ab exercise)

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Day 2: Conditioning Rounds.

You may have some soreness, but just push on through.

You'll be doing 3 minute rounds. Continue doing each exercise for 30 seconds one after another until you get to 3 minutes (I like to use the stopwatch feature on my phone).

Then rest for 1-2 minute. Then repeat the circuit again.

Your goal is to do the circuit 3-4 times. Resting 1 minute between each round. *You can take 2-3 minutes if you really need between the circuits or only do 2 minute rounds though.* Push yourself, but not so hard that you quit!

Beginner Bodyweight Workout—Week 1 Day 2

A1: Wall Marches (30 Seconds)

A2: Wall Pushups (30 Seconds)

1 Round = 3 times through the exercises

Rest between rounds and complete 2-3 rounds

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Day 3 is a rest or do whatever you want day.

It's best to be active though!

Here are a few ideas:

- Yoga
- Tennis
- Family game of tag at the playground (We do this but Dave ALWAYS wins. I guess being a speed & agility coach has its advantages)
- Hiking
- Walk/run with your dog
- Bike ride
- Indoor (or outdoor) rock climbing
- Skiing

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Day 4: Strength Training Day

Start out with your Close Push-ups (A1) for 10 reps then without rest do 10 Wide Push-ups (A2). Rest 1 minute after the Wide Push-ups, then repeat those exercises 2 more times.

Next, the “B” Set. 10 Jump Squats (each leg) then 10 Bodyweight Squats. Rest for a minute and repeat until all 3 sets are done.

Move onto the Straight Arm Push-ups (C1) and Plank Push-ups (C2) next. Then take a minute rest and repeat until you have finished that set 3 times.

Finish with 3 sets of 12 Reverse Crunches (D1) and Straight Leg Sit-ups (D2) resting between sets.

Beginner Bodyweight Workout—Week 1 Day 4

“A” Set: 3 sets of 10 reps

A1: Close Push-ups

A2: Wide Push-ups

“B” Set: 3 sets of 10 reps

B1: Jumps Squats

B2: Squats

“C” Set: 3 sets of 20 reps

C1: Straight Arm Push-ups

C2: Plank Push-ups (10 each arm)

“D” Set: 3 sets of 12 reps

D1: Reverse Crunches

D2: Straight Leg Sit-ups

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Day 5 - Conditioning rounds

You'll be doing 3 minute rounds. Continue doing each exercise for 30 seconds one after another until you get to 3 minutes.

Then rest for 1-2 minutes and repeat the circuit again.

Your goal is to do the circuit 2-3 times. Resting 1 minute between each round. *You can take 2-3 minutes if you really need between the circuits or only do 2 minute rounds.*

Push yourself. But not so hard that you quit, deal?!

Beginner Bodyweight Workout—Week 1 Day 5

A1: High Knees (30 Seconds)

A2: Mountain Climbers (30 Seconds)

1 Round = 3 times through the exercises

Rest between rounds and complete 2-3 rounds

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DAY 6:

Catch up on any workouts you missed or enjoy another fun active-rest day

DAY 7:

REST and plan out the next week.

