

# Bodyweight Strength Training Plan

upper / lower body + core

## Introduction

Welcome to your **bodyweight strength training plan!**

This workout routine is designed to help build strength and improve your overall fitness using only your **body weight**. No equipment needed - light weights for biceps curls are *optional*.

Aim for 3 sets of 8-12 repetitions for each exercise.

Remember to consult with your physician before starting any new exercise program.

## Upper Body/Core Exercises

### Push-Ups

Targets: Chest, shoulders, triceps

1. Start in a plank position, with your hands shoulder-width apart and your body in a straight line.
2. Lower your body until your chest almost touches the ground, keeping your elbows close to your body.
3. Push back up to the starting position.

*\* Modify on knees if needed\**

## Biceps Curls

Targets: biceps (the muscles on the front of your arm)

1. Stand with your feet hip-width apart, knees slightly bent.

\*optional\* dumbbell in each hand with arms fully extended by your sides.

**Keep your core braced and shoulders back. Palms should be facing forward.**

2. Keeping upper arms stationary and elbows tucked into your sides, curl the weights up towards your shoulders. Only your forearms should move.
3. Squeeze your biceps hard at the top of the movement with a slight pause.
4. Slowly lower back to the starting position in a controlled manner, maintaining tension on the muscle.

## Plank

Targets: Core, shoulders, back.

1. Start in a plank position with your forearms on the ground and your body in a straight line from head to heels.
2. Engage your core and hold the position.
3. Maintain a straight line, don't let your hips sag or rise.
4. Aim for 3 sets, holding each for 30-60 s

# Lower Body Exercises

## Squats

Targets: Quads, glutes, hamstrings

1. Stand with your feet shoulder-width apart and your toes slightly outward.
2. Lower your hips as if you're sitting in a chair, keeping your back straight and your chest up.
3. Go as low as you can while maintaining good form.
4. Push back up to the starting position.

## Lunges

Targets: Quads, glutes, hamstrings

1. Stand with your feet hip-width apart.
2. Step forward with one leg and lower your body until both knees are bent at 90-degree angles.
3. Keep your front knee behind your toes and your back knee close to the ground.
4. Push back up to the starting position.
5. Repeat on the other side.

## Glute Bridge

Targets: Glutes, hamstrings

1. Lie on your back with your knees bent and your feet flat on the ground.
2. Engage your glutes and lift your hips off the ground until your body forms a straight line from your shoulders to your knees.
3. Squeeze your glutes at the top of the movement.
4. Lower your hips back to the starting position.

## Important Considerations

- **Proper Form:** Focus on maintaining correct form throughout each exercise to prevent injuries.
- **Listen to Your Body:** If you feel pain, stop the exercise and rest.
- **Progression:** As you get stronger, you can increase the number of repetitions or sets, or try more challenging variations of each exercise.
- **Consistency is Key:** Aim to perform this workout routine 2-3 times per week for best results.
- **Nutrition and Hydration:** Remember to eat a balanced diet and stay hydrated.

## Next Steps

Now that you have your personalized bodyweight strength training plan, it's time to put it into **action!** Track your progress and make adjustments as needed. With dedication and consistency, you'll be well on your way to achieving your fitness goals.