



BODY WEIGHT PLAN

WEEK ONE



Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	High step up	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Glute	Squats	3x12	90	4010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Push ups	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
4	Set	Pull	Reverse Push ups	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
5	Set	Triceps	Dips	3x12	60	2010	12 Reps	12 Reps	12 Reps				
6	Set	Back	SuperMan	3x12	60	2010	12 Reps	12 Reps	12 Reps				

How well did you train?



Training notes

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Shoulders	Dive bomber push up	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Reverse push ups	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Push	Walking plank - each side	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Superman	3x12	90	2110	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Dips	3x12	60	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Bag curls	3x12	60	2010	12 Reps	12 Reps	12 Reps				

How well did you train?



Training notes

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Reverse lunges	4x8	90	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Glute	Glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Legs - Quad	Squats	4x12	90	3010	12 Reps	12 Reps	12 Reps	12 Reps			
4	Set	Calfs	Standing calf raise	3x12	60	3010	12 Reps	12 Reps	12 Reps				
5	Set	Abs	Plank		30	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs - Rotational	Side plank		60	2010	12 Reps	12 Reps	12 Reps				

How well did you train?



Training notes