



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	Bulgarian split squat	4x12	45	4010	12 Reps	12 Reps	12 Reps	12 Reps			
2	Set	Legs - Glute	Squats	3x15	60	4010	15 Reps	15 Reps	15 Reps				
3	Set	Push	Narrow push ups	4x12	60	2010	12 Reps	12 Reps	12 Reps	12 Reps			
4	Set	Pull	Reverse Push ups	4x12	60	2010	12 Reps	12 Reps	12 Reps	12 Reps			
5	Set	Triceps	Dips - Raised feet	3x12	60	2010	12 Reps	12 Reps	12 Reps				
6	Set	Back	Bag - rear delt fly	3x12	30	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	Shoulder push ups	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	Push ups	3x12	90	4010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Superman	3x12	90	2110	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Body weight skull crusher	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 lunge	4x12	60	2010	12 Reps	12 Reps	12 Reps	12 Reps			
2	Set	Legs - Glute	Single leg glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Legs - Quad	Ski Squats	4x12	120	2010	12 Reps	12 Reps	12 Reps	12 Reps			
4	Set	Calfs	Standing calf raise	3x12	90	3010	12 Reps	12 Reps	12 Reps				
5	Set	Abs	Plank Saw		90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs - Rotational	Side plank		45	2010	12 Reps	12 Reps	12 Reps				

How well did you train?



Training notes