



BODYWEIGHT TRAINING

PICK ONE FROM EACH SECTION

EXERCISE #1 LEGS

SQUATS

- **BODYWEIGHT SQUATS** - 3 SETS OF 15
- **ASSISTED PISTOL SQUATS** - 3 SETS OF 10 EACH LEG
- **PISTOL SQUATS** - 3 SETS OF 5 EACH LEG

PUSH UPS

- **HANDS-ELEVATED PUSH UPS** - 3 SETS TO FAILURE
- **PUSH UPS** - 3 SETS TO FAILURE
- **FEET-ELEVATED PUSH UPS** - 3 SETS TO FAILURE

EXERCISE #2 PUSH

EXERCISE #3 PULL

PULL UPS OR ROWS

- **TABLE ROWS** - 3 SETS TO FAILURE
- **ASSISTED PULL UPS** - 3 SETS TO FAILURE
- **PULL UPS** - 3 SETS TO FAILURE