



BODYWEIGHT ADVENTURES



WORKOUT INSTRUCTIONS

REP RANGE:

Aim to complete the minimum number of reps in the given range for each exercise. For example, if the range is “6-10,” try to do at least 6 reps. Once you can perform the top range of the exercise, you are more than ready for the Boss Battle!

TOO DIFFICULT?

That’s OK! Try one of these strategies:

- Take a quick 30-second rest, then keep going until you hit the minimum number of reps.
- Check the exercise library at the back for an easier variation.
- Start with fewer sets and work to increase them over time.

FEELING STRONG?

Awesome! Here’s how you can increase the challenge.

- Try increasing the number of reps or sets.
- Check the exercise library at the back for a harder variation.
- Take a swing at the Boss Battle! If you defeat them, move to the next level!

REST BETWEEN SETS:

Rest for 1-2 minutes or until you feel ready to go again.

WEEKLY SCHEDULE:

Aim to workout 2 to 4 times a week, alternating between the workouts listed for your level.

BOSS BATTLE:

To defeat the Boss and move on to the next level, you must take out all their “Hit Points” in a single round of exercises with minimal rest.

- The hit points are listed to the upper right-hand corner of the boss.
- The exercises are listed underneath the boss and indicate the damage conversion rate. (I.e. 2 squats = 1 hit point, with a max of 5 damage, which means if you can do 10 squats in a row, without stopping, you deal 5 damage, the maximum amount for this exercise!)

WHEN TO BATTLE:

You can try defeating a Boss whenever you want! If you are stuck, we recommend you continue to exercise for 2-6 weeks before trying again. You’ll grow stronger and be ready to knock the Boss out of sight!

LEVEL 1

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm circles:** 5x/way
- **Forward leg swings:** 5/side
- **Sideways leg swings:** 5/side
- **March in place:** 5 steps/side

WORKOUT DAY 1

- **Assisted Squat:** 3 x 6-10
- **Wall Push-ups:** 3 x 6-10
- **Wall Slides:** 3 x 6-10
- **Elevated Front Plank (waist high):** 3 x 20-40 sec

WORKOUT DAY 2

- **Good Mornings:** 3 x 6-10
- **Wall Push-ups:** 3 x 6-10
- **Elevated Front Plank (waist high):** 3 x 20-40 sec
- **2-Arm Doorway Rows:** 3 x 6-10

BOSS BATTLE: GENERAL DOMS 1



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Assisted Squats:

2 reps = 1 damage (Max 5 damage)



Wall Pushups:

2 reps = 1 damage (Max 5 damage)



Elevated Front Plank (waist high):

10 sec = 1 damage (Max 5 damage)



LEVEL 2

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Assisted Squat:** 3 x 8-12
- **Wall Push-ups:** 3 x 8-12
- **Wall Slides:** 3 x 8-12
- **Elevated Front Plank (waist high):** 3 x 30-50 sec

WORKOUT DAY 2

- **Good Mornings** 3 x 8-12
- **Wall Push-ups:** 3 x 8-12
- **Elevated Front Plank (waist high):** 3 x 30-50 sec
- **2-Arm Doorway Row:** 3 x 8-12

WORKOUT DAY 3

- **Box Squats (to chair/sofa):** 3 x 6-10
- **Wall Pushup:** 3 x 8-12
- **Elevated Front Plank (knee high):** 3 x 20-40 sec
- **1-Arm Doorway Row:** 3 x 6-10/side

BOSS BATTLE: WIDOWMAKER 1



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Box Squats:

2 reps = 1 damage (Max 5 damage)



Wall Pushups:

3 reps = 1 damage (Max 5 damage)



Elevated Front Plank (waist high):

15 sec = 1 damage (Max 5 damage)



LEVEL 3

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Good Mornings** 3 x 10-15
- **Wall Push-ups:** 3 x 10-15
- **Elevated Front Plank (waist high):** 3 x 40-60 sec
- **2-Arm Doorway Row:** - 3 x 10-15

WORKOUT DAY 2

- **Box Squats (to chair/sofa):** 3 x 8-12
- **Wall Pushup:** 3 x 10-15
- **Elevated Front Plank (knee high):** 3 x 30-50 sec
- **1-Arm Doorway Row:** 3 x 8-12/side

WORKOUT DAY 3

- **Kickstand One-Leg RDL:** 3 x 6-10/side
- **Elevated Pushup (countertop/waist high):** 3 x 6-10
- **Elevated Front Plank (knee high):** 3 x 30-50 sec
- **Wall Slides:** 3 x 10-15

BOSS BATTLE: THUNDERLORD OVERSQUAT 1



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Box Squats:

3 reps = 1 damage (Max 5 damage)

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Elevated Pushups (waist high):

2 reps = 1 damage (Max 5 damage)

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Elevated Front Plank (knee high):

10 sec = 1 damage (Max 5 damage)

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LEVEL 4

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Box Squats (to chair/sofa):** 3 x 10-15
- **Wall Push-ups:** 3 x 15-20
- **Elevated Front Plank (knee high):** 3 x 40-60 sec
- **1-Arm Doorway Row:** 3 x 10-15/side

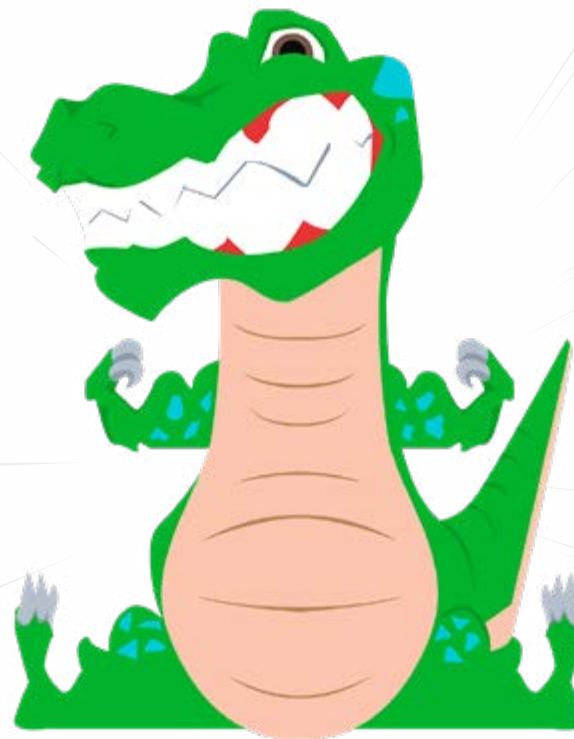
WORKOUT DAY 2

- **Kickstand One-Leg RDL:** 3 x 8 - 12/side
- **Elevated Pushup (countertop/waist high):** 3 x 8 - 12
- **Elevated Front Plank (knee high):** 3 x 40-60 sec
- **Wall Slides:** 3 x 10-15

WORKOUT DAY 3

- **Bodyweight Squat:** 3 x 6-10
- **Elevated Pushup (countertop/waist high):** 3 x 8-12
- **Knee Plank:** 3 x 20-40 sec
- **2-Arm Doorway Row:** 3 x 15-20

BOSS BATTLE: T FLEX 1



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Bodyweight Squats:

2 reps = 1 damage (Max 5 damage)



Elevated Pushups (waist high):

3 reps = 1 damage (Max 5 damage)



Knee Plank:

10 sec = 1 damage (Max 5 damage)



LEVEL 5

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Kickstand One-Leg RDL:** 3 x 10 - 15/side
- **Elevated Pushup (countertop/waist high):** 3 x 10-15
- **Elevated Front Plank (knee high):** 3 x 40-60 sec
- **Wall Slides:** 4 x 10-15

WORKOUT DAY 2

- **Bodyweight Squat:** 3 x 8-12
- **Elevated Pushup (countertop/waist high):** 3 x 10-15
- **Knee Plank:** 3 x 30-50 sec
- **2-Arm Doorway Row:** 4 x 15-20

WORKOUT DAY 3

- **Step Up (mid-shin to knee high):** 3 x 6-10/side
- **Elevated Pushup (mid thigh):** 3 x 6-10
- **Side Knee Plank:** 3 x 20-40 sec/side
- **1-Arm Doorway Row:** 3 x 15-20/side

BOSS BATTLE: CAPT. JACKED SPARROW 1



13
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Bodyweight Squats:

3 reps = 1 damage (Max 5 damage)



Elevated Pushups (mid thigh):

2 reps = 1 damage (Max 5 damage)



Step Ups (mid-shin to knee high):

2 reps/side = 1 damage (Max 5 damage)



Knee Plank:

15 sec = 1 damage (Max 5 damage)



LEVEL 6

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Bodyweight Squat:** 3 x 10-15
- **Elevated Pushup (countertop/waist high):** 3 x 15-20
- **Knee Plank:** 3 x 40-60 sec
- **2-Arm Doorway Row:** 4 x 15-20 (3 sec slow on the way down)

WORKOUT DAY 2

- **Step Up (mid-shin to knee high):** 3 x 8-12/side
- **Elevated Pushup (mid thigh):** 3 x 8-12
- **Side Knee Plank:** 3 x 30-50 sec/side
- **1-Arm Doorway Row:** 3 x 10-15/side (3 sec slow on the way down)

WORKOUT DAY 3

- **One-Leg RDL:** 3 x 6-10/side
- **Elevated Pushup (waist high):** 3 x 10-15 (3 sec slow on the way down)
- **Top Pushup Hold:** 3 x 20-40 sec
- **Assisted Bar Hang/Doorway Lean Back:** 3 x 20-40 sec

BOSS BATTLE: BURPEEBOP & RACKSTEADY 1



12
hit points

*Must at least deal 1 damage in each category to beat a boss

Step Ups (mid-shin to knee high):

3 reps/side = 1 damage (Max 5 damage)



Elevated Pushups (mid thigh):

3 reps = 1 damage (Max 5 damage)



One-Arm Doorway Rows:

4 reps/side = 1 damage (Max 5 damage)



LEVEL 7

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **March in Place:** 5 steps/side

WORKOUT DAY 1

- **Step Up (mid-shin to knee high):** 3 x 10-15/side
- **Elevated Pushup (mid thigh):** 3 x 10-15
- **Side Knee Plank:** 3 x 40-60 sec/side
- **1-Arm Doorway Row:** 4 x 15-20/side (3 sec slow on the way down)

WORKOUT DAY 2

- **One-Leg RDL:** 3 x 8-12/side
- **Elevated Pushup (waist high):** 4 x 15-20 (3 sec slow on the way down)
- **Top Pushup Hold:** 3 x 30-50 sec
- **Assisted Bar Hang/Doorway Lean Back:** 3 x 30-50 sec

WORKOUT DAY 3

- **Pause Squat:** 3 x 6-10
- **Knee Pushup:** 3 x 3-6
- **2-Arm Doorway Row:** 4 x 15-20 (2 second pause at the bottom)
- **Pike Up:** 3 x 6-10

BOSS BATTLE: MARY QUEEN OF SQUATS 1



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Pause Squats:

2 reps = 1 damage (Max 5 damage)



Knee Pushups:

1 rep = 1 damage (Max 5 damage)



One-Arm Doorway Rows:

5 reps/side = 1 damage (Max 5 damage)



LEVEL 8

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **One-Leg RDL:** 3 x 10-15/side
- **Elevated Pushup (mid thigh):** 4 x 15-20
- **Top Pushup Hold:** 3 x 40-60 sec
- **Assisted Bar Hang/Doorway Lean Back:** 3 x 40-60 sec

WORKOUT DAY 2

- **Pause Squat:** 3 x 8-12
- **Knee Pushup:** 3 x 5-8
- **2-Arm Doorway Row:** 4 x 15-20 (3 sec down, 2 second pause at the bottom)
- **Pike Up:** 3 x 8-12

WORKOUT DAY 3

- **Split Squat:** 3 x 6-10/side
- **Negative Pushup + Rockback:** 3 x 1-3
- **Elevated Pushup (mid thigh):** 2 x 10-15 (3 sec slow on the way down)
- **Side Plank:** 3 x 20-40 sec/side
- **1-Arm Doorway Row:** 4 x 10-15/side (3 sec slow on the way down, 2 second pause at the bottom)

BOSS BATTLE: GENERAL DOMS 2



15
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Pause Squats:

3 reps = 1 damage (Max 5 damage)



Knee Pushups:

2 reps = 1 damage (Max 5 damage)



Split Squats:

2 reps/side = 1 damage (Max 5 damage)



Negative Pushups:

1 rep = 1 damage (Max 5 damage)



LEVEL 9

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Pause Squat:** 3 x 10-15
- **Knee Pushup:** 3 x 6-10
- **2-Arm Doorway Row:** 4 x 15-20 (3 sec down, 2 second pause at the bottom)
- **Pike Up:** 3 x 10-15

WORKOUT DAY 2

- **Split Squat:** 3 x 8-12/side
- **Negative Pushup + Rockback:** 3 x 2-5
- **Elevated Pushup (mid thigh):** 3 x 15-20 (3 sec slow on the way down)
- **Side Plank:** 3 x 30-50 sec/side
- **1-Arm Doorway Row:** 4 x 10-15/side (3 sec slow on the way down, 2 second pause at the bottom)

WORKOUT DAY 3

- **One Leg RDL:** 3 x 15-20/side
- **Knee Pushup:** 3 x 6-10
- **Unassisted Bar Hang:** 3 x 20-40 sec
- **Pushup Shoulder Taps:** 3 x 20-40 sec

BOSS BATTLE: WIDOWMAKER 2



10
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Split Squats:

3 reps/side = 1 damage (Max 5 damage)



Negative Pushups:

1 rep = 1 damage (Max 5 damage)



Unassisted Bar Hang:

10 sec = 1 damage (Max 5 damage)



LEVEL 10

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Split Squat:** 3 x 10-15/side
- **Negative Pushup + Rockback:** 3 x 3-6
- **Elevated Pushup (mid thigh):** 2 x AMRAP (as many reps as possible)
- **Side Plank:** 3 x 40-60 sec/side
- **1-Arm Doorway Row:** 3 x AMRAP (as many reps as possible)

WORKOUT DAY 2

- **One Leg RDL:** 4 x 15-20/side
- **Knee Pushup:** 3 x 8-12
- **Unassisted Bar Hang:** 3 x 30-50 sec
- **Pushup Shoulder Taps:** 3 x 30-50 sec

WORKOUT DAY 3

- **Lunge:** 3 x 6-10/side
- **Elevated Pushup (knee high):** 3 x 6-10
- **Assisted Chinup:** 3 x 6-10
- **Unassisted Bar Hang:** 3 x 30-50 sec

BOSS BATTLE: THUNDERLORD OVERSQUAT 2



13
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Lunges:

2 reps/side = 1 damage (Max 5 damage)

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Elevated Pushup (knee high):

2 reps = 1 damage (Max 5 damage)

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Assisted Chinup:

2 reps = 1 damage (Max 5 damage)

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Unassisted Bar Hang:

10 sec = 1 damage (Max 5 damage)

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LEVEL 11

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **One Leg RDL:** 4 x 10-15/side (3 sec slow on the way down)
- **Knee Pushup:** 3 x 10-15
- **Unassisted Bar Hang:** 3 x 40-60 sec
- **Pushup Shoulder Taps:** 3 x 40-60 sec

WORKOUT DAY 2

- **Lunge:** 3 x 8-12/side
- **Elevated Pushup (knee high):** 3 x 8-12
- **Assisted Chinup:** 3 x 8-12
- **Unassisted Bar Hang:** 3 x 40-60 sec

WORKOUT DAY 3

- **Step Up (knee to mid thigh):** 3 x 6-10/side
- **Negative Pushup + Rockback:** 4 x 3-6
- **Elevated Pushup (thigh high):** 2 x 10-15
- **Assisted Chinup:** 3 x 8-12
- **Unassisted Bar Hang:** 2 x 40-60 sec

BOSS BATTLE: T FLEX 2



15
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Lunges:

3 reps/side = 1 damage (Max 5 damage)

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Elevated Pushup (knee high):

3 reps = 1 damage (Max 5 damage)

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Assisted Chinup:

3 reps = 1 damage (Max 5 damage)

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Unassisted Bar Hang:

15 sec = 1 damage (Max 5 damage)

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LEVEL 12

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Lunge:** 3 x 10-15/side
- **Elevated Pushup (knee high):** 3 x 10-15
- **Assisted Chinup:** 3 x 10-15
- **Unassisted Bar Hang:** 4 x 30-50 sec

WORKOUT DAY 2

- **Step Up (knee to mid thigh):** 3 x 8-12/side
- **Negative Pushup + Rockback:** 4 x 5-8
- **Elevated Pushup (thigh high):** 2 x 15-20
- **Assisted Chinup:** 3 x 10-15
- **Unassisted Bar Hang:** 3 x 30-50 sec

WORKOUT DAY 3

- **Bulgarian Split Squat:** 3 x 5-8/side
- **Pushup:** 4 x 3-6
- **Assisted Chinup Top Hold:** 3 x 5-10 sec
- **Scapular Pullup:** 3 x 5-8 (assist as needed)

BOSS BATTLE: CAPT. JACKED SPARROW 2



15
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Bulgarian Split Squats:

2 reps/side = 1 damage (Max 5 damage)

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Pushup:

1 rep = 1 damage (Max 5 damage)

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Assisted Chinup Top Hold:

2 sec = 1 damage (Max 5 damage)

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Unassisted Bar Hang:

15 sec = 1 damage (Max 5 damage)

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LEVEL 13

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Step Up (knee to mid thigh):** 3 x 10-15/side
- **Negative Pushup + Rockback:** 4 x 3-6 (5 sec slow on the way down)
- **Elevated Pushup (thigh high):** 2 x 15-20
- **Assisted Chinup:** 3 x 15-20
- **Unassisted Bar Hang:** 3 x 40-60 sec

WORKOUT DAY 2

- **Bulgarian Split Squat:** 3 x 6-10/side
- **Pushup:** 4 x 5-8
- **Assisted Chinup Top Hold:** 4 x 10-20 sec
- **Scapular Pullup:** 3 x 6-10 (assist as needed)

WORKOUT DAY 3

- **Lateral Squats:** 3 x 6-10/side
- **Pushup:** 3 x 6-10
- **Unassisted Chinup Top Hold:** 3 x 5-10 sec
- **Assisted Chinup:** 4 x 5-8 (use less assistance)

BOSS BATTLE: BURPEEBOP & RACKSTEADY 2



10
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Bulgarian Split Squats:

3 reps/side = 1 damage (Max 5 damage)

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Pushup:

2 rep = 1 damage (Max 5 damage)

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Unassisted Chinup Top Hold:

2 sec = 1 damage (Max 5 damage)

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LEVEL 14

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Bulgarian Split Squat:** 3 x 8-12/side
- **Pushup:** 4 x 6-10
- **Assisted Chinup Top Hold:** 5 x 10-20 sec
- **Scapular Pullup:** 3 x 8-12 (assist as needed)

WORKOUT DAY 2

- **Lateral Squats:** 3 x 8-12/side
- **Pushup:** 3 x 8-12
- **Unassisted Chinup Top Hold:** 4 x 5-10 sec
- **Assisted Chinup:** 4 x 6-10 (use less assistance)

WORKOUT DAY 3

- **Assisted One-Leg Squat:** 3 x 5-8/side
- **Dive Bomber Pushup:** 3 x 3-6
- **Unassisted Chinup Top Hold:** 4 x 5-10 sec
- **Assisted Chinup:** 4 x 3-5 (3 sec slow on the way down)

BOSS BATTLE: MARY QUEEN OF SQUATS 2



11
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Assisted One-Leg Squats:

2 reps/side = 1 damage (Max 5 damage)



Dive Bomber Pushup:

2 rep = 1 damage (Max 5 damage)



Unassisted Chinup Top Hold:

3 sec = 1 damage (Max 5 damage)



LEVEL 15

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Lateral Squats:** 3 x 10-15/side
- **Pushup:** 3 x 10-15
- **Unassisted Chinup Top Hold:** 5 x 5-10 sec
- **Assisted Chinup:** 4 x 8-12 (use less assistance)

WORKOUT DAY 2

- **Assisted One-Leg Squat:** 3 x 6-10/side
- **Dive Bomber Pushup:** 3 x 5-8
- **Unassisted Chinup Top Hold:** 5 x 5-10 sec
- **Assisted Chinup:** 4 x 4-6 (3 sec slow on the way down)

WORKOUT DAY 3

- **Bulgarian Split Squat:** 3 x 10-15/side
- **Assisted Dip:** 4 x 5-8
- **Chinup Negative:** 3 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 3 x 6-10
- **Unassisted Bar Hang:** 2 x 40-60 sec

BOSS BATTLE: GENERAL DOMS 3



11
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Assisted One-Leg Squats:

3 reps/side = 1 damage (Max 5 damage)



Dive Bomber Pushup:

2 rep = 1 damage (Max 5 damage)



*Total Time over 3 Reps of Negative Chinups:

5 sec = 1 damage (Max 5 damage)



*Perform 3 reps of negative chin ups. Count the amount of time it takes you to go from the top position to the bottom hang position in each rep. Add those together to get your score.

LEVEL 16

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Assisted One-Leg Squat:** 3 x 8-12/side
- **Dive Bomber Pushup:** 3 x 6-10
- **Unassisted Chinup Top Hold:** 6 x 5-10 sec
- **Assisted Chinup:** 4 x 5-8 (3 sec slow on the way down)

WORKOUT DAY 2

- **Bulgarian Split Squat:** 3 x 15-20/side
- **Assisted Dip:** 4 x 6-10
- **Chinup Negative:** 4 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 2 x 6-10
- **Unassisted Bar Hang:** 2 x 40-60 sec

WORKOUT DAY 3

- **Negative One-Leg Squat:** 3 x 2-4/side
- **Assisted One-Leg Squat:** 3 x 6-10/side
- **Feet-Elevated Pushup (knee high):** 3 x 5-8
- **Chinup Negative:** 4 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 3 x 6-10

BOSS BATTLE: WIDOWMAKER 3



12
hit points

*Must at least deal 1 damage in each category to beat a boss

Negative One-Leg Squats:

1 rep/side = 1 damage (Max 5 damage)



Feet-Elevated Pushup (knee high):

2 reps = 1 damage (Max 5 damage)



*Total Time over 3 Reps of Negative Chinups:

5 sec = 1 damage (Max 5 damage)



*Perform 3 reps of negative chin ups. Count the amount of time it takes you to go from the top position to the bottom hang position in each rep. Add those together to get your score.

LEVEL 17

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Bulgarian Split Squat:** 4 x 15-20/side
- **Assisted Dip:** 4 x 8-12
- **Chinup Negative:** 4 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 3 x 6-10
- **Unassisted Bar Hang:** 3 x 40-60 sec

WORKOUT DAY 2

- **Negative One-Leg Squat:** 4 x 3-5/side
- **Assisted One-Leg Squat:** 4 x 6-10/side
- **Feet-Elevated Pushup (knee high):** 3 x 6-10
- **Chinup Negative:** 4 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 3 x 8-12

WORKOUT DAY 3

- **One-Leg Squat:** 4 x 3-5/side
- **Feet-Elevated Pike Pushup (knee high):** 4 x 5-8
- **Chinups:** 4 x 1-2
- **Assisted Pullup:** 3 x 6-10
- **Wall Slides:** 3 x 10-15

BOSS BATTLE: THUNDERLORD OVERSQUAT 3



8
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

One-Leg Squats:

1 rep/side = 1 damage (Max 5 damage)



Assisted Dips:

3 reps = 1 damage (Max 5 damage)



Chinups:

1 rep = 2 damage (Max 6 damage)



LEVEL 18

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Negative One-Leg Squat:** 4 x 4-6/side
- **Assisted One-Leg Squat:** 4 x 8-12/side
- **Feet-Elevated Pushup (knee high):** 3 x 8-12
- **Chinup Negative:** 4 x 1 (5-10 sec slow on the way down)
- **Assisted Chinup:** 3 x 8-12

WORKOUT DAY 2

- **One-Leg Squat:** 4 x 4-6/side
- **Feet-Elevated Pike Pushup (knee high):** 4 x 6-10
- **Chinups:** 4 x 1-3
- **Assisted Pullup:** 3 x 8-12
- **Wall Slides:** 3 x 10-15

WORKOUT DAY 3

- **Jump Squat:** 4 x 8-12
- **Dip:** 4 x 5-8
- **Assisted Pullup:** 4 x 6-10
- **Wall Slides:** 3 x 10-15

BOSS BATTLE: T FLEX 3



12
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

One-Leg Squats:

1 rep/side = 1 damage (Max 5 damage)

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Dips:

2 reps = 1 damage (Max 5 damage)

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Chinups:

1 rep = 2 damage (Max 6 damage)

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LEVEL 19

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **One-Leg Squat:** 4 x 5-8/side
- **Feet-Elevated Pike Pushup (knee high):** 4 x 8-12
- **Chinups:** 4 x 2-4
- **Assisted Pullup:** 3 x 8-12
- **Wall Slides:** 2 x 10-15

WORKOUT DAY 2

- **Jump Squat:** 4 x 10-15
- **Dip:** 4 x 6-10
- **Assisted Pullup:** 4 x 8-12
- **Wall Slides:** 3 x 10-15

Finisher:
1x Max
Walking Lunges

WORKOUT DAY 3

- **Lateral Lunges:** 4 x 8-12/side
- **Feet-Elevated Pike Pushup (waist high):** 4 x 5-8
- **Pullup:** 3 x 1-2
- **Assisted Chinup:** 3 x 5-8

Finisher:
1x Max
Bodyweight
Squats

BOSS BATTLE: CAPT. JACKED SPARROW 3



11
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

Lateral Lunges:

3 reps/side = 1 damage (Max 5 damage)



Pike Pushup (waist high):

2 reps = 1 damage (Max 5 damage)



Pullups:

1 rep = 2 damage (Max 6 damage)



LEVEL 20

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Jump Squat:** 4 x 15-20
- **Dip:** 4 x 8-12 (3 sec slow on the way down)
- **Assisted Pullup:** 4 x 8-12
- **Wall Slides:** 3 x 10-15

Finisher:
2x Max
Walking Lunges
(take a 90 second
break between sets)

WORKOUT DAY 2

- **Lateral Lunges:** 4 x 10-15/side
- **Feet-Elevated Pike Pushup (waist high):** 4 x 6-10
- **Pullup:** 3 x 2-4
- **Assisted Chinup:** 3 x 6-10

Finisher:
2x Max
Bodyweight
Squats
(take a 90 second
break between sets)

WORKOUT DAY 3

- **One-Leg Squat:** 4 x 6-10/side
- **Wall Walk** 4 x 3-5
- **Chinups:** 4 x 3-5

Finisher:
1x Max
Pushups

BOSS BATTLE: BURPEEBOP & RACKSTEADY 3



15
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

One-Leg Squats:

2 reps/side = 1 damage (Max 5 damage)

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Pike Pushup (waist high):

2 reps = 1 damage (Max 5 damage)

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Dips:

2 reps = 1 damage (Max 5 damage)

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Wall Walks:

1 rep = 1 damage (Max 5 damage)

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LEVEL 21

WARM-UP: 2X THROUGH

If you are feeling a little stiff - feel free to go through again one or more times.

- **Arm Circles:** 5x/way
- **Forward Leg Swings:** 5/side
- **Sideways Leg Swings:** 5/side
- **Spiderman Stretch:** 5/side

WORKOUT DAY 1

- **Lateral Lunges:** 4 x 15-20/side
- **Feet-Elevated Pike Pushup (waist high):** 4 x 8-12
- **Pullup:** 3 x 3-6
- **Assisted Chinup:** 3 x 6-10 (3 sec slow on the way down)

Finisher:
2x Max Match
BW Squats
(take a 60 second
break between sets)

WORKOUT DAY 2

- **One-Leg Squat:** 4 x 8-12/side
- **Wall Walk:** 4 x 4-6
- **Chinups:** 4 x 3-5 (3 sec slow on the way down)

Finisher:
2x Max
Push Ups
(take a 90 second
break between sets)

WORKOUT DAY 3

- **One-Leg RDL:** 4 x 15-20/side
- **Chest to Wall Handstand Pushup:** 4 x 3-5
- **Chinups:** 4 x 5-8
- **Wall Slides:** 2 x 10-15

Finisher:
2x Max Match
Walking Lunges
(take a 60 second
break between sets)

BOSS BATTLE: MARY QUEEN OF SQUATS 3



10
hit points

*Must at least
deal 1 damage in
each category to
beat a boss

One-Leg Squats:

2 reps/side = 1 damage (Max 5 damage)

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Chest to Wall Handstand Pushup:

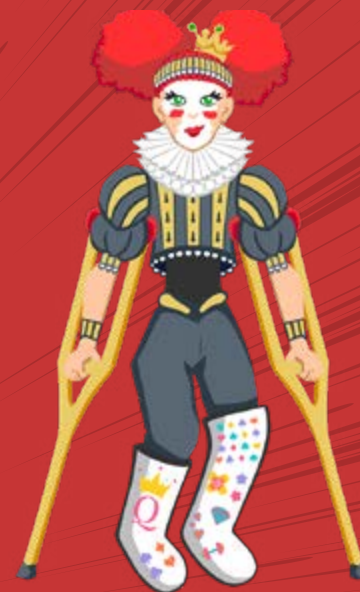
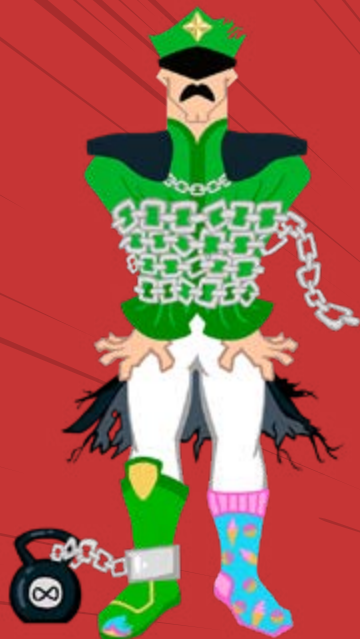
1 rep = 1 damage (Max 5 damage)

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Chinups:

2 reps = 1 damage (Max 5 damage)

☐ ☐ ☐ ☐ ☐



CONGRATULATIONS,

ALL BOSSES DEFEATED!



BODYWEIGHT SQUAT

[Assisted Squat](#)
[Box Squat](#)
[Bodyweight Squat](#)
[Pause Squat](#)
[Lateral Squat](#)
[Jump Squat](#)

HINGE

[Good Morning](#)
[Kickstand one leg RDL](#)
[One Leg RDL](#)

ONE LEG SQUAT

[Step-up, low \(mid shin to knee height\)](#)
[Split Squat](#)
[Lunge](#)
[Step-up, bench \(two stairs\)](#)
[Bulgarian Split Squat](#)
[Assisted Lateral Lunge](#)
[Lateral Lunge](#)
[Assisted One Leg Squat](#)
[Negative One Leg Squat](#)
[One Leg Squat](#)

PLANK

[Knee Plank](#)
[Elevated Front Plank \(waist high\)](#)
[Elevated Front Plank \(knee high\)](#)
[Front Plank](#)
[Side Knee Plank](#)
[Top Push-up Hold](#)
[Side Plank](#)
[Push-up Shoulder Tap](#)

PUSH-UP

[Wall Push-Ups](#)
[Waist High Push-Up](#)
[Mid-Thigh Height Push-up](#)
[Pike Up](#)
[Knee Push-up](#)
[Knee High Push-up](#)
[Negative Push-up](#)
[Push-up](#)
[Divebomber Push-up](#)
[Feet Elevated Push-up](#)
[Pike Push-up](#)
[Wall Walk](#)
[Chest to Wall HSPU](#)

DIP

[Assisted Dip](#)
[Dip](#)

BODYWEIGHT ROW

[Wall Slides](#)
[Two Arm Doorway Row](#)
[One Arm Doorway Row](#)

HANG

[Doorway Lean Back](#)
[Assisted Bar Hang](#)
[Bar Hang](#)

PULL-UP

[Assisted Chin-up](#)
[Assisted Pull-up](#)
[Assisted Chin-up Top Hold](#)
[Scapular Pull-up](#)
[Chin-up Top Hold](#)
[Chin-up Negative](#)
[Chin-up](#)
[Pull-up](#)