

# THE BODY WEIGHT STRENGTH WORKOUT



## UPPER BODY WARMUP

**Notes:** Stretch out your upper body as best you can.

## PUSHUPS

**Reps:** 3 Sets of 50% of your max reps (If you can do 40 push ups straight then you would do 3 sets of 20 here)

**Notes:** Keep proper form

## CLOSE GRIP PUSHUPS

**Reps:** 3 Sets of 8-12

**Notes:** Keep your arms in close to your body and try to get at least 8 but no more than 12.

## ASSISTED HAND STAND PUSH UP

**Reps:** 3 Sets of 8-12 reps

**Notes:** Place your hands in push up position and then get up on to your toes. Shift your weight forward onto your hands and complete your push ups.

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## BENCH DIPS

**Reps:** 3 Sets of 8-12

**Notes:** Using a bench...get up onto your heels and hold onto the bench with your butt to the ground. Bend at the elbow and work your triceps.

## PULL UPS

**Reps:** 3 Sets of 8-12

**Notes:** If you can't do a pull up yet then hold for 60 seconds with our chin above the bar for each set.

## CHIN UPS

**Reps:** 3 Sets of 8-12

**Notes:** If you can't do a chin up yet then hold for 60 seconds with our chin above the bar for each set.

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