

# Contents

<b>Chapter 1: Introduction</b> A brief introduction to Mode Bodyweight Challenges.....	<b>3</b>
<b>Chapter 2: Workout Guidelines</b> Complete details on how to perform the Mode Bodyweight Challenges for maximum results.....	<b>4</b>
<b>Chapter 3: Mode Bodyweight 100 Challenge</b> For beginning exercisers, this is a starter bodyweight workout that involves performing 100 repetitions of various bodyweight exercises.....	<b>5</b>
<b>Chapter 4: Mode Bodyweight 250 Challenge</b> For intermediate exercisers, this is a bodyweight workout that involves performing 250 repetitions of various bodyweight exercises.....	<b>6</b>
<b>Chapter 5: Mode Bodyweight 400 Challenge</b> For advanced exercises only, this is a very difficult bodyweight workout that involves performing 400 repetitions of various bodyweight exercises.....	<b>7</b>
<b>Chapter 6: Exercise List</b> A complete list of every exercise in Mode Bodyweight Challenges, including images and detailed instructions on how to safely and effectively perform each movement.....	<b>8</b>
<b>Chapter 7: About The Author</b> About Mike Roulston, the author of Mode Workouts, and Mode Bodyweight Challenges.....	<b>15</b>
<b>Chapter 8: Resources</b> Links to Mike Roulston's websites and weblogs.....	<b>16</b>

## Chapter 1

# Introduction

Mode Bodyweight Challenges is a collection of fat-burning workouts that use your own bodyweight as resistance, and therefore do not require any exercise equipment.

The workouts in the Mode Bodyweight Challenges book follow a format involving performing a total number of repetitions in as little time as possible (also in as few sets as possible).

These type of “challenge” workouts are designed to motivate you to give maximum effort and take your fitness to new levels.

Work hard, never quit, most importantly believe in yourself, and you **will** succeed.

I look forward to hearing about your success.

Sincerely,

*Mike Roulston*

Mike Roulston, CPT  
Author, [Mode Workouts](#)  
Owner, [Mode Boot Camp](#)

## Chapter 2

# Workout Guidelines

Warming up with cardio before these workouts is optional, as the bodyweight workouts are safe to jump right into and increase the intensity as you go along.

All of the circuits in the Mode Bodyweight Challenges are done in a non-competing exercise order, meaning you don't work the same muscle groups back-to-back during the workout. This should allow you to give near maximum effort each exercise because you'll always have time to rest between exercises that use the same muscle or groups of muscles.

Focus on performing each repetition smoothly throughout a complete range of motion. Do not sacrifice proper form in order to complete the challenges faster.

As you build up your fitness and improve your ability to perform the exercises in these workouts, you will be able to complete the workouts faster and in less time.

## Chapter 3

# Mode Bodyweight 100 Challenge

In the Mode Bodyweight 100 Challenge, you will be completing 100 repetitions of various bodyweight exercises. The goal of this workout is to complete the 100 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

### Mode Bodyweight 100 Challenge

- |                        |                        |
|------------------------|------------------------|
| 1) Prisoner Squat      | (20 reps)              |
| 2) Pushups             | (20 reps)              |
| 3) Lying Hip Extension | (20 reps)              |
| 4) Close-Grip Pushups  | (20 reps)              |
| 5) Split Squat Jumps   | (20 reps) <sup>1</sup> |

<sup>1</sup> Performing one jump equals one repetition. So 20 repetitions involves 10 split squat jumps per side. Remember to alternate sides each repetition.

## Chapter 4

# Mode Bodyweight 250 Challenge

In the Mode Bodyweight 250 Challenge, you will be completing 250 repetitions of various bodyweight exercises. The goal of this workout is to complete the 250 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

Mode Bodyweight 250 Challenge	
1) Bulgarian Split Squat	(20 reps per leg)
2) Pushups	(35 reps)
3) Prisoner Squat	(35 reps)
4) Close-Grip Pushups	(35 reps)
5) Lying One-Leg Hip Extension	(20 reps per leg)
6) Abdominal Mountain Climber	(20 reps per leg) <sup>1</sup>
7) Burpees	(25 reps)

<sup>1</sup> Moving one leg forward, and then returning to the starting position equals one repetition. Perform 40 total repetitions, alternating legs each repetition.

## Chapter 5

# Mode Bodyweight 400 Challenge

In the Mode Bodyweight 400 Challenge, you will be completing 400 repetitions of various bodyweight exercises. The goal of this workout is to complete the 400 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

Mode Bodyweight 400 Challenge	
1) Bulgarian Split Squat Jumps	(25 reps per leg)
2) Spiderman Pushups	(50 reps) <sup>1</sup>
3) Prisoner Squat	(50 reps)
4) Close-Grip Pushups	(50 reps)
5) Reverse Side Lunges	(25 reps per leg)
6) Lying One-Leg Hip Extension	(25 reps per leg)
7) Cross-Body Mountain Climber	(50 reps) <sup>2</sup>
8) Burpee + Pushup	(50 reps)

<sup>1</sup> Each pushup equals one repetition. Perform 25 repetitions bringing your right knee towards your right elbow, and 25 repetitions bringing your left knee towards your left elbow. Make sure to alternate sides each repetition.

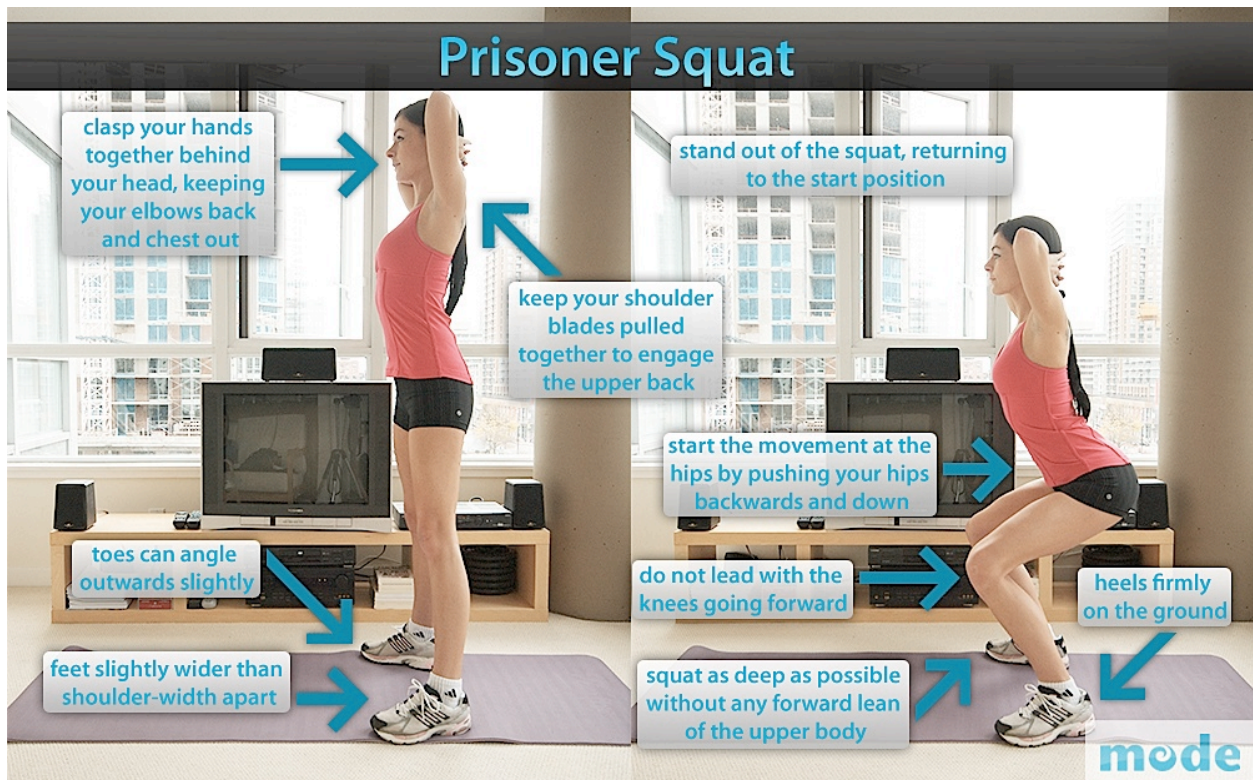
<sup>2</sup> Moving one leg forward, and then returning to the starting position equals one repetition. Perform 50 total repetitions, alternating legs each repetition.

## Chapter 6

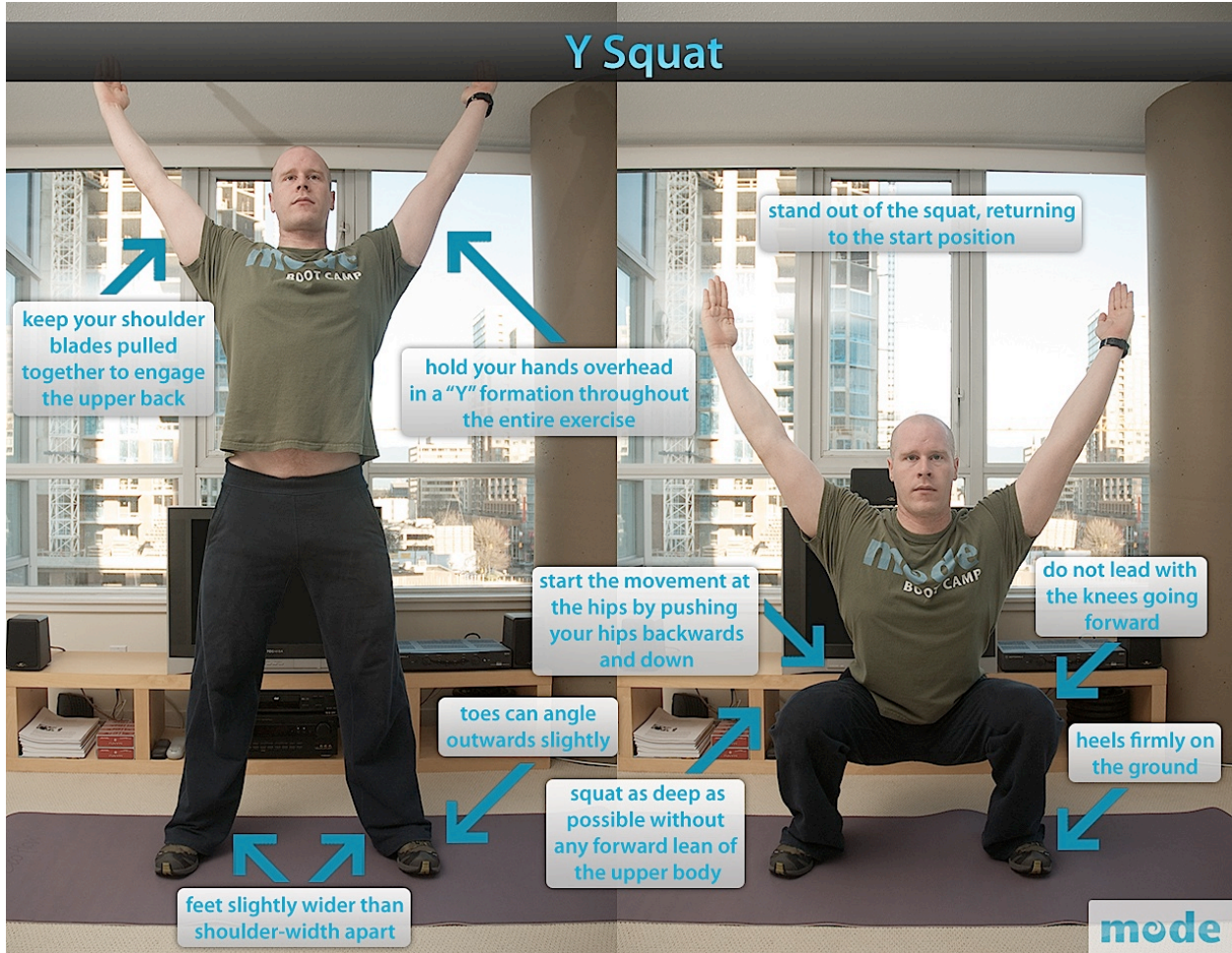
# Exercise List

**Disclaimer:**

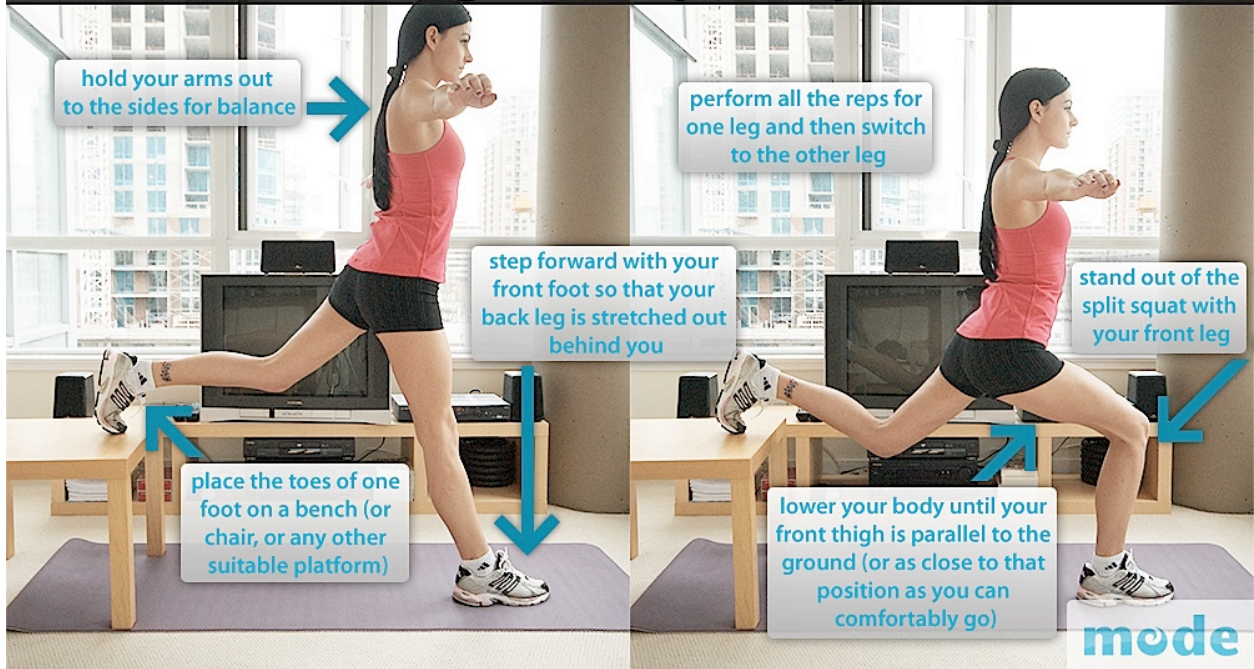
You must have a Certified Personal Trainer (CPT) provide you with instruction on correct form for all exercises.



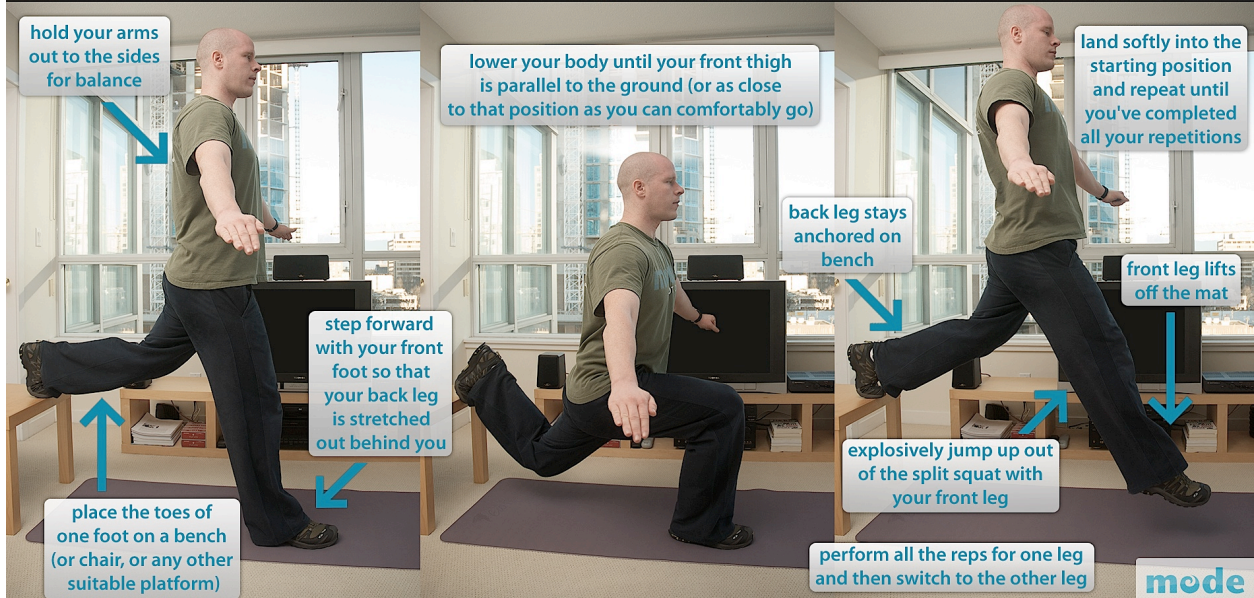




## Bulgarian Split Squat



## Bulgarian Split Squat Jumps





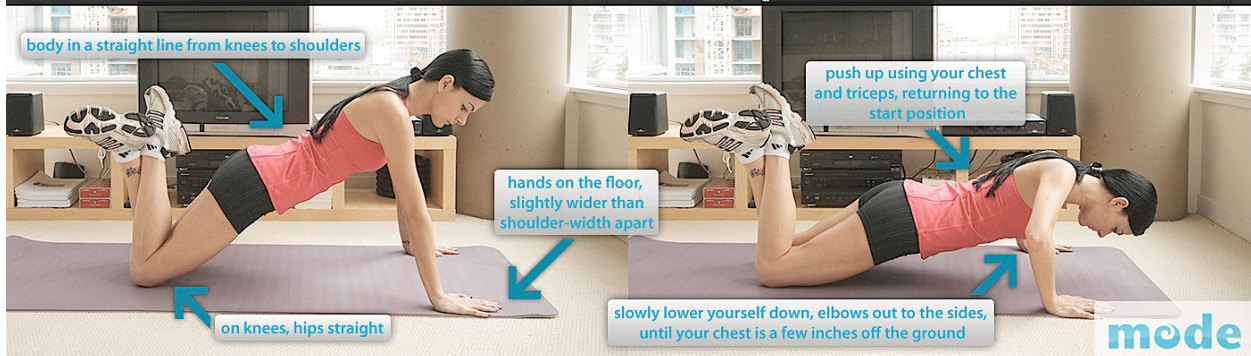
## One-Leg Lying Hip Extension

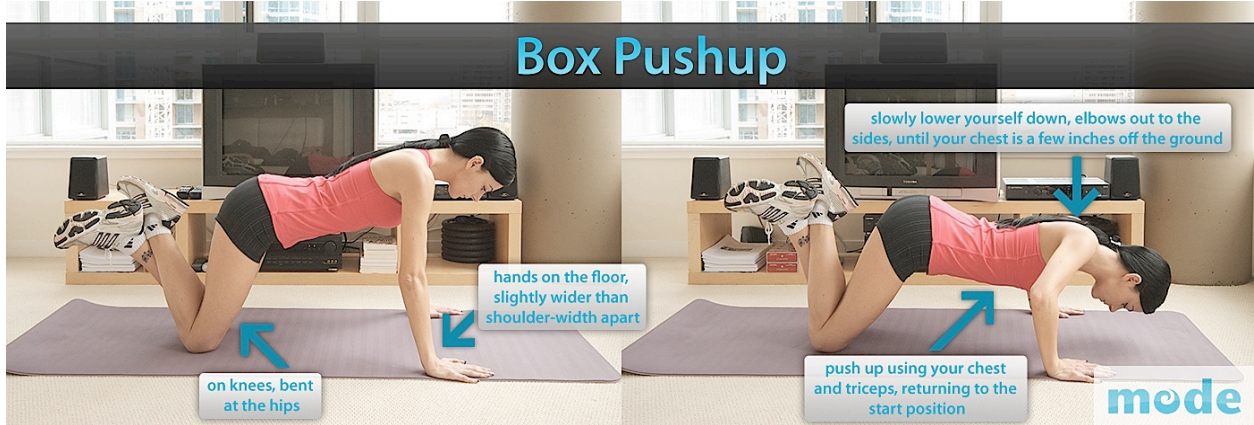


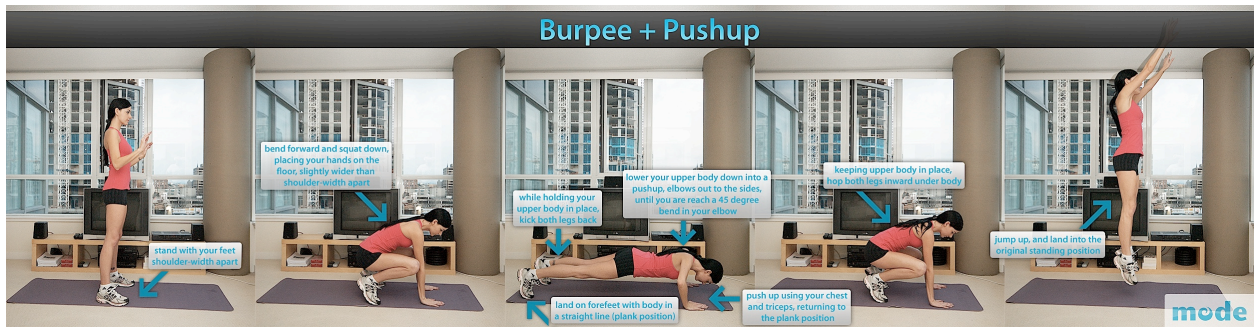
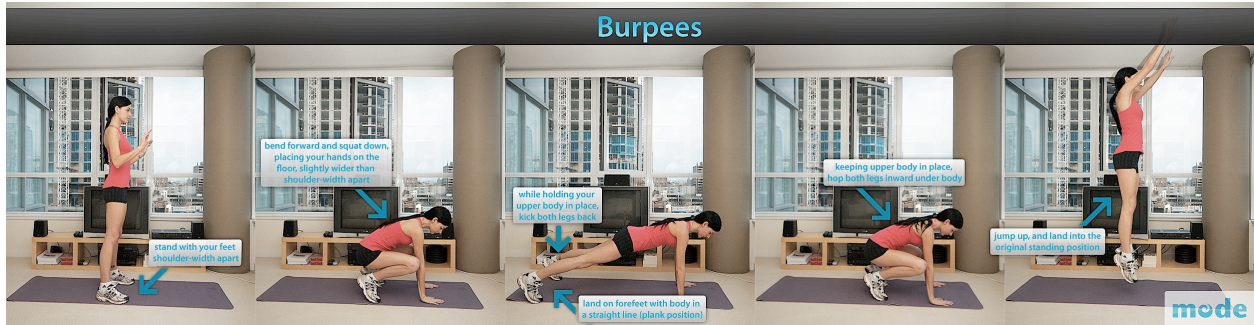
## Pushup



## Knee Pushup







## Chapter 7

# About The Author

My name is Mike Roulston and I'm a certified personal trainer, author of Mode Workouts, and owner of Mode Boot Camp, the most popular and effective group exercise program in Vancouver, BC.

My cutting-edge group exercise program has been designed specifically for men and women who want maximum fat-loss results in minimum time, and do not want to have to go to the gym to achieve those results. You can now experience my popular boot camp workouts anywhere with Mode Workouts.



I have been involved with the fitness industry for over 15 years, and I have studied in painstaking detail what it takes to achieve aesthetic and functional results from exercise.

In the spring of 2008, I was chosen by Nike to run my successful exercise programs for hundreds of their clients at their Coal Harbour facility in downtown Vancouver

I am more passionate about fitness and exercise than likely anyone you've met or trained with in the past, and I am 100% committed to helping you achieve all of your fitness goals, and to making sure that you have as much fun as possible in the process.

Sincerely,

*Mike Roulston*

Mike Roulston, CPT  
Author, [Mode Workouts](#)  
Owner, [Mode Boot Camp](#)

## Chapter 8

# Resources

[www.ModeWorkouts.com](http://www.ModeWorkouts.com) - Cutting-edge portable workout program designed to help men and women achieve maximum fat loss in minimum time. Workout program is based around exercises utilizing inexpensive by highly effective resistance bands.

[blog.ModeWorkouts.com](http://blog.ModeWorkouts.com) - Mike's blog dedicated to time-efficient fat-burning workouts that can be performed anywhere.

[www.ModeBootCamp.com](http://www.ModeBootCamp.com) - Mike's outdoor exercise program run in Vancouver, BC. Launched in the spring of 2008, it is now the most popular and fastest growing group exercise program in Vancouver.

[blog.ModeBootCamp.com](http://blog.ModeBootCamp.com) - Mike's blog dedicated to his outdoor exercise program run in Vancouver, BC.