



# **BEGINNER BODYWEIGHT WORKOUT PLAN**

**DISCLOSURE:** Reader recognizes that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. Reader acknowledges that the possibility of certain unusual physical changes during exercise do exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. Reader understands that as a result of your participation in an exercise program, reader could suffer an injury or physical disorder that could result in reader becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. Reader recognizes that an examination by a physician should be obtained prior to involvement in any exercise program. Reader acknowledges and agrees that reader assumes the risks associated with any and all activities and/or exercises in which reader participates. Reader acknowledges and agrees that no warranties or representations have been made to be regarding the results reader will achieve from this program. Reader understands that results are individual and may vary. Reader hereby releases MBody Strength LLC from liability and promise to hold harmless any and all possible claims or causes of action resulting from the use of the Beginner Kettlebell Workout Plan.



## **Purpose:**

There's nothing like the feeling of total body control. This plan is designed for those who are new to bodyweight training. You will get stronger and shed some unwanted pounds. This plan is simple, straight forward and if followed consistently, will work very well. The name of the game is progression. Make sure you try to better your reps and sets every workout.

Even on a simple bodyweight workout, it is crucial to keep a log of what you're doing and make sure you're improving over each workout. Keep it challenging and you will reap the benefits.

With bodyweight exercises you may progress fast, so if that's the case, make sure to add reps, sets, decrease rest, increase the amount of work time, etc. There are an infinite number of possibilities, so don't limit yourself to these guidelines. Play around with it and make it your own. You can also get an awesome energy-boosting workout by performing a single set shortly after you wake up.

## **Required Equipment:**

### **Push Up Bars (Optional)**

If your wrists hurt when performing push ups, use push up bars to take the stress off.

## **Time Period:**

The Beginner Bodyweight Workout Plan will last for **Four Weeks**.



## Exercises Covered

- Push up
- Hand walkouts
- Squat (Box, traditional)
- Wall Sit
- Plank (plank to push up)
- Lunge (side, front, back, bulgarian)
- Slow and controlled Sit up
- Superman
- Burpee (variations)
- Mountain Climbers
- Jumping Jacks
- Bear Crawls
- Jump Squats

## Schedule

The Beginner Bodyweight Workout Plan covers four weeks of training. The first two weeks incorporate three days of training while the last two weeks include four days of training. Incorporate rest days into each week as you see fit. BE SURE TO COMPLETE ALL DESIGNATED WORKOUTS WITHIN 7 DAYS

Week #	Workouts/Order
1	Full, Upper, Lower
2	Upper, Lower, Full
3	Full, Upper, Lower, Full
4	Full, Upper, Lower, Full



**Full Body Emphasis Workout**

**Instructions:** Perform "A" exercises as a circuit, then finish with "B" exercise.

**Rest:** 1-2 Minutes between Circuits

<b>Exercise</b>	<b>Circuits/Reps</b>	<b>Notes</b>
A1: Push Up (5 sec hold at bottom)	2-5 x Near Failure	
A2: Squat (5 sec hold at bottom)	2-5 x 10-15	
A3: Plank	2-5 x 30-60 sec	
A4: Squat Thrust	2-5 x 10-15	
A5: Jumping Jacks	2-5 x 10-30	
B: Light Run	1 x 15 min	



### **Lower Body Emphasis Workout**

**Instructions:** Perform "A" exercises as a circuit, then finish with "B" exercise.

**Rest:** 1-2 Minutes between Circuits

<b>Exercise</b>	<b>Circuits/Reps</b>	<b>Notes</b>
A1: Squat	2-5 x 30 sec	
A2: Wall Sit	2-5 x 30 sec	
A3: Bulgarian Split Lunge (each leg)	2-5 x 10-15	Elevate back leg during exercise
A4: Slow/Controlled Sit Up	2-5 x 5-10	Count to 5
A5: Superman	2-5 x 30 sec	
B: Jumping Jacks	3 x 45-60 sec	



## Upper Body Emphasis Workout

**Instructions:** Perform "A" exercises as a circuit, then finish with "B" exercise.

**Rest:** 1-2 Minutes between Circuits

<b>Exercise</b>	<b>Circuits/Reps</b>	<b>Notes</b>
A1: Push Up (Wide Grip)	2-5 x 30 sec	
A2: Push Up (Close Grip)	2-5 x 30 sec	
A3: Hand Walkouts	2-5 x 30 sec	Do not stand up fully. Walk your hands to your feet and back.
A4: Plank to Push Up Position	2-5 x 30 sec	
B: Bear Crawls	3 x 50 yards	If your wrists aren't strong enough, do running sprints instead.



## **MBody Strength Recommendations**

### **Custom Fitness Training Plans**

MBody Strength fitness professionals will create a custom diet and workout plan to help you achieve your goals. These fitness plans are created based on the information you provide on a questionnaire. This will give us the details we need to create the plan around your current fitness level, available equipment, exercise preferences and more. The plan will evolve as the 3-month period progresses to meet your needs; MBody Strength will be in constant contact to track your results, provide accountability and instruction, and make sure that your workouts are moving you closer to your fitness goals. Please visit [www.MBodyStrength.com](http://www.MBodyStrength.com) for more information.

### **Protein Supplements – Egg Whites Int.**

Building muscle is about protein balance. If you make more muscle protein than you break down, your muscles will increase in size and strength. However, if you make less muscle protein than you break down, your muscles will tend to get weaker and smaller. Thus, a positive protein balance indicates an anabolic state.

Pure Egg Whites by Egg Whites International are exactly that, 100% pure liquid egg whites, just as if you cracked and separated them yourself at home. There are no additives or preservatives, no artificial ingredients or food colorings. Egg whites are completely tasteless and odorless. Egg White protein is the purest form of protein known to man in the entire world. Each 8-ounce cup gives you 26 grams of pure protein, only 2 grams of carbohydrates, NO fat and NO cholesterol. They are 100% bio-available, which means NONE of its amino acids are wasted. Please visit the Fitness Equipment section of [www.MBodyStrength.com](http://www.MBodyStrength.com).

### **Kettlebells – Apollo, Troy, MuscleDriver**

MBody Strength offers kettlebells from Apollo Athletics, Troy Barbell, and MuscleDriver. The biggest difference between these kettlebell producers are the weight increments in their cast iron kettlebell lines. Apollo Kettlebells use standard sizes ranging from 4kg to 40kg. MuscleDriver uses standard kettlebell sizes ranging from 4kg to 48kg. Troy Barbell offers their kettlebells in 5lb increments from 5lb to 60lb, then 10lb increments from 70lb to 80lb. The Apollo and MuscleDriver kettlebells both feature a removable rubber foot that can help protect flooring somewhat. Find all pricing for cast iron and vinyl covered kettlebells at [www.MBodyStrength.com](http://www.MBodyStrength.com).