

Field House
Bodyweight Fitness

Day 1: Upper Body 1

1. TRX Rows (4x10)
2. Incline Push-ups (4x10)
3. BW Planks (3x45 seconds)
4. Bench Dips (4x10)
5. Band-Assisted Pull-ups (5x5)

Day 2: Lower Body 1

1. Active Kneeling Hip Flexor Stretch (2x10 each leg)
2. BW Bridge with March (3x10)
3. Clamshells (3x8 each side)
4. Lunge to Balance (2x5 each leg)
5. BW Lateral Lunges (4x8 each leg)
6. Calf Raises (5x10)
7. Box Squats (3x10)

Day 3: Cardio and Core

1. Dead Bug (3x10)
2. Side Plank (3x15 seconds each side)
3. Ball Back Extensions (3x10)
4. Treadmill (10 minutes)
5. Flutter Kicks (3x30 seconds)

Day 4: Upper Body 2

1. TRX Low Row (3x10)
2. TRX T-Fly (4x8)
3. TRX Chest Fly (4x8)
4. TRX Biceps Curl/TRX Triceps Press (3x10 **SS**)
5. BW Dead Hangs (3x20 seconds)
6. Sit-ups (50)

Day 5: Lower Body 2

1. Ball Bridge: Feet on Ball (4x8)
2. Bird Dog (2x10 alternating)
3. Side Lying Leg Raises (3x10 each side)
4. Prisoner Squat (4x8)
5. Step-up to Balance (2x10 each side)
6. TRX Squats (3x10)

Key:

#x# = # sets of # reps

BW = Body Weight

DB = Dumbbell

KB = Kettlebell

SS = Super Set

Eccentric = slowing down on the lengthening/lowering phase of the movement