

1AND1

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# AT HOME ATHLETIC CONDITIONING: **BODYWEIGHT** WORKOUT PLAN



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# Foreword

I grew up as an overweight kid who used video games and food as a crutch—to help find some measure of “control” within my chaotic childhood. Needless to say, my relationship with food spiraled out of control—and I developed a deep lack of self-confidence. But when I picked up a basketball for the first time, everything changed.

I played basketball at SUNY New Paltz, where I discovered the profound benefits of the weight room. Through my fitness studies, I met a network of truly powerful human beings, and helped everyone from celebrity chefs to soccer moms to high school athletes live their best lives. I realize fitness goals vary from person to person—but that’s no barrier; I’m passionate about helping all people learn to master their minds and bodies.

With this in mind, I created this program to be accessible to a broad range of people. I want you to benefit from it, regardless of where you are at in your fitness journey. Bodyweight exercises do not require weights or any other equipment. You can do them anytime, and anywhere—even at home!

Give this program a shot, and [join our Facebook Group](#) where we will be answering all questions, demonstrating exercises, giving advice and encouragement. If you’re not on Facebook, but still want to get in contact with us for any reason, then please feel free to send an email to myself and the rest of the 1AND1 team at [programs@1and1life.com](mailto:programs@1and1life.com).

Love & health,

**Soji James**

Certified Personal Trainer  
Team [1AND1 Life](#)

# Warmup Options

It's almost time! Before you get started, it's crucial that you get your muscles warmed up and blood flowing. I've created several high intensity warm-ups, please complete one (1) round of the warmup of your choice before jumping into the workout of the day. To see videos that demonstrate every exercise in each warmup routine, [join our Facebook group](#).

## Warmup A

**Alternating Knee Hugs:** 10 Reps (each leg)

**Inchworm Push-ups:** 5 Reps

**Spiderman Lunges w/ Thoracic Rotation:** 5 Reps (each side)

**Lateral Squats:** 5 Reps (each side/leg)

**Alternating Frankenstein Kicks:** 10 Reps (each side)

**High Knees:** 20 Reps (each side)

## Warmup B

**Alternating Dynamic Quad Stretch:** 10 Reps (each leg)

**Toe Touch To Squat:** 5 Reps

**Reverse Lunge w/ Reach:** 5 Reps (each side/leg)

**Alt Step 2 Scoop:** 10 Reps (each side)

**Lateral Lunge:** 5 Reps (each side/leg)

**Jumping Jacks:** 40 reps

## Warmup C

**Alternating Knee Hugs:** 10 Reps (each leg)

**Alternating Hurdle Steps:** 20 Reps (each leg)

**Bodyweight Squat:** 20 Reps

**Single Leg Romanian Deadlift:** 5 Reps (each side/leg)

**Spiderman Lunges w/ Thoracic Rotation:** 5 Reps (each side/leg)

**Alternating High Knees:** 20 reps (each leg/knee)

# Four-Week Schedule

Are you ready to look and feel your personal best? If so, then let's get started! In the chart below, I've set Monday, Tuesday, Thursday, and Friday as workout days, with rest-days in-between. Feel free to adjust the schedule however you'd like, as long as you commit to four days per week in order to maximize results. To see videos that demonstrate each exercise, [join our Facebook group](#).

\*On "Your Choice" days I just want you to get 20-30 minutes of movement. Set a timer and then get after it. You can run stairs or take your run to the streets. You can jump rope, complete a [yoga video you find online](#), shadow box, etc. Just don't stop moving and promise me you'll have some fun with it!

**\*Important Note 1:** The rest times that I suggest throughout this program are recommended for best results, but if you feel like you need more rest time at any point, don't hesitate to do so.

**\*Important Note 2:** Always remember to listen to your body! If at any point you feel dizziness or abnormal pain during a workout routine, stop your workout immediately.

**\*Important Note 3:** Always feel free to challenge yourself! Throughout the program you will see different rep ranges (i.e., 12-15 reps), so strive to hit the top of the rep range (i.e., 15 reps) if you're feeling up to the challenge!

## Tentative 4 Week Schedule

Whatever day you begin will be week 1, day 1. Use this tentative schedule below as a guide for your 4 week journey. As you get better each week, the workouts will become progressively harder to issue a bigger challenge. We know you are up for it and will come out a stronger version of yourself.

|        | MO                        | TU                   | WE                        | TH                          | FR                         | SA          | SU          |
|--------|---------------------------|----------------------|---------------------------|-----------------------------|----------------------------|-------------|-------------|
| Week 1 | Total Body Conditioning 1 | Strength Endurance 1 | Rest                      | Core & Strength Endurance 1 | Active Recovery & Mobility | Rest        | Rest        |
| Week 2 | Total Body Conditioning 2 | Strength Endurance 2 | Rest                      | Core & Strength Endurance 2 | Active Recovery & Mobility | Your choice | Rest        |
| Week 3 | Strength & Conditioning 1 | Rest                 | Strength & Conditioning 2 | Strength Endurance Combo    | Active Recovery & Mobility | Rest        | Your choice |
| Week 4 | Total Body Conditioning   | Rest                 | All-Out Strength          | All-Out Strength/ Endurance | Active Recovery & Mobility | Rest        | Your choice |



## WEEK 1

# Build Your Base

(4 Workouts)

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It's all about that base! Once you get through this week, you'll have a solid foundation for the rest of the bodyweight workout program. To see videos that demonstrate each exercise, [join our Facebook group](#).

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## Workout A (Total Body Conditioning Circuit 1) - 2 Rounds

Complete every exercise in the three circuits below consecutively (back to back), utilizing the recommended rest times in between each exercise. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all three circuits, rest for 1 minute and do it all over again one more time in order to complete two rounds.

### Circuit 1

| Exercise   | Reps                       | Rest       |
|--|----------------------------|------------|
| 1a. Air Jump Rope<br>(Can use actual rope if you have one) | 45 secs                    | 15 secs    |
| 1b. Quick feet   | 45 secs<br>(Moderate Pace) | 15 secs    |
| 1c. Jumping Jacks  | 45 secs                    | 15 secs    |
| 1d. Lateral Skater Jumps                                   | 45 secs                    | -          |
| Rest   | -                          | 30-60 secs |

## Circuit 2

| Exercise                        | Reps                       | Rest       |
|---------------------------------|----------------------------|------------|
| 2a. Squat To Floor Touch        | 45 secs                    | 15-30 secs |
| 2b. Mountain Climbers           | 45 secs<br>(Moderate Pace) | 15-30 secs |
| 2c. Jumping Jacks               | 45 secs                    | 15-30 secs |
| 2d. Reverse Lunge to Knee Drive | 45 secs<br>(each side)     | -          |
| Rest                            | -                          | 30-60 secs |

## Circuit 3 | Core

| Exercise  | Reps                     | Rest               |
|---|--------------------------|--------------------|
| 3a. Side Plank  | 30 secs<br>(each side)   | 15 secs            |
| 3b. Deadbug   | 8-10 reps<br>(each side) | 15 secs            |
| 3c. Eccentric Situps<br>(3-5 secs down, slow and controlled as you return to floor) | 15 reps                  | -                  |
| Rest  | -                        | 1 Min<br>(60 secs) |

## Workout B (Strength & Endurance Circuit 1) - 3 Rounds

Complete every exercise listed in each circuit below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

### Circuit 1

| Exercise                           | Reps                 | Rest       |
|------------------------------------|----------------------|------------|
| 1a. Yoga Pushups                   | 8-10 reps            | 15-20 secs |
| 1b. Isometric Squat Hold           | 30 sec hold          | 15-20 secs |
| 1c. Towel Floor Slide Pullups      | 8-10 reps            | 15-20 secs |
| 1d. Alt Forward Lunges             | 8-10 reps (each leg) | 15-20 secs |
| 1e. Shoulder Supported Hip Thrusts | 8-10 reps            | -          |
| Rest                               | -                    | 30-60 secs |

### Circuit 2 | Core

| Exercise                  | Reps                | Rest            |
|---------------------------|---------------------|-----------------|
| 2a. Plank w/ Shoulder Tap | 10 reps (each side) | 15 secs         |
| 2b. Toe Touches           | 20 reps             | 15 secs         |
| 2c. Russian Twist         | 15 reps (each side) | 15 secs         |
| 2d. Glute Bridges         | 15 reps             | -               |
| Rest                      | -                   | 1 Min (60 secs) |

## Workout C (Core Strength & Endurance Circuit 1) - 2 Rounds

Complete every exercise listed in the three circuits below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. Once you complete each exercise listed in a circuit, rest for 30-60 seconds, and move on to the next circuit. After completing all three circuits once, rest for 1 minute and do it all over again one more time in order to complete two rounds.

### Circuit 1

| Exercise                    | Reps                     | Rest       |
|-----------------------------|--------------------------|------------|
| 1a. Bodyweight Split Squats | 12-15 reps<br>(each leg) | 15 secs    |
| 1b. Alt Split Squat Jumps   | 8 reps<br>(each leg)     | 15 secs    |
| 1c. Jumping Jacks           | 1 Min<br>(Moderate Pace) | -          |
| Rest                        | -                        | 30-60 secs |

### Circuit 2

| Exercise                          | Reps                     | Rest       |
|-----------------------------------|--------------------------|------------|
| 2a. Push-ups                      | Max Reps<br>(Burnout)    | 15 secs    |
| 2b. Lateral Shuffle to Side Lunge | 8 reps<br>(each side)    | 15 secs    |
| 2c. Air Jump Rope                 | 1 Min<br>(Moderate Pace) | -          |
| Rest                              | -                        | 30-60 secs |

## Circuit 3

| Exercise                    | Reps                    | Rest               |
|-----------------------------|-------------------------|--------------------|
| 3a. Bodyweight Renegade Row | 10 reps<br>(each side)  | 15 secs            |
| 3b. Sprinter Sit-ups        | 6-8 reps<br>(each side) | 15 secs            |
| 3c. Crunches                | 15 reps                 | 15 secs            |
| 3d. Bicycles                | 10 reps<br>(each side)  | -                  |
| Rest                        | -                       | 1 Min<br>(60 secs) |

## Workout D (Active Recovery & Mobility Circuit) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

These circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

| Exercise                      | Reps    | Rest       |
|-------------------------------|---------|------------|
| 1a. 90-90 T-Spine Mobility    | 10 reps | None       |
| 1b. 90-90 Hip Opener          | 10 reps | None       |
| 1c. Bodyweight Overhead Squat | 15 reps | None       |
| 1d. T-Stabilization Pushups   | 10 reps | -          |
| Rest                          | -       | 30-60 secs |

### Mobility Circuit 2

| Exercise                      | Reps                     | Rest               |
|-------------------------------|--------------------------|--------------------|
| 2a. Wall Slides               | 10 reps                  | None               |
| 2b. Prone Scorpion            | 10 reps                  | None               |
| 2c. Forward Lunge w/ Rotation | 10 reps<br>(alternating) | None               |
| 2d. Yoga Pushup               | 10 reps                  | -                  |
| Rest                          | -                        | 1 Min<br>(60 secs) |

## WEEK 2

# Take Your Capacity to the Next Level

**(4 Workouts)**



Now that you've got a solid foundation, it's time to push yourself. Follow this routine to take your capacity to the next level and you'll be halfway there! To see videos of each exercise demonstrated, [join our Facebook group](#).

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## Workout A (Total Body Conditioning Circuit 2) - 2 Rounds

Complete each exercise in the four circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all four circuits, rest for 1-2 minutes and do it all over again one more time in order to complete two rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1

| Exercise   | Reps  | Rest       |
|--|-------|------------|
| 1a. Air Jump Rope<br>(Can use actual rope if you have one)                             | 1 Min | None       |
| 1b. Quick feet w/ twist  | 1 Min | None       |
| 1c. Jumping Jacks 2 Pogo Jumps<br>(Alternate every 5 jumping jacks, with 5 pogo jumps) | 1 Min | -          |
| Rest   | -     | 30-60 secs |

## Circuit 2

| Exercise                         | Reps                                    | Rest       |
|----------------------------------|---|------------|
| 2a. Air Jump Rope single Leg     | 1 Min<br>(switch legs half way through) | None       |
| 2b. Squat To Floor Touch         | 1 Min                                   | None       |
| 2c. Cross Knee Mountain Climbers | 1 Min                                   | -          |
| Rest                             | -                                       | 30-60 secs |

## Circuit 3

| Exercise   | Reps                                    | Rest       |
|--|---|------------|
| 3a. Air Jump Rope<br>(Side to side Jumps)  | 1 Min                                   | None       |
| 3b. Quick Feet To Up-Down<br>(Every 5-10 secs, drop your chest down to the ground and pop back up) | 1 Min<br>(Moderate Pace)                | None       |
| 3c. Sprint In Place  | 1 Min<br>(*Go all out the last 30 secs) | -          |
| Rest   | -                                       | 30-60 secs |

## Circuit 4 | Core

| Exercise  | Reps                      | Rest        |
|---|---------------------------|-------------|
| 4a. Side Plank  | 45 secs<br>(each side)    | None        |
| 4b. Alt Deadbug   | 10-12 reps<br>(each side) | None        |
| 4c. Eccentric Sit-ups<br>(3-5 secs down, slow and controlled<br>as you return to the floor) | 10-12 reps                | -           |
| Rest  | -                         | 1-2<br>Mins |

## Workout B (Strength Endurance Circuit 2) - 3 Rounds

Complete every exercise listed in the three circuits below consecutively (back to back) for the required amount of reps or time. Utilize the recommended rest times in between each exercise. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the three circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

### Circuit 1

| Exercise                       | Reps                      | Rest       |
|--------------------------------|---------------------------|------------|
| 1a. Yoga Pushups               | 8-10 reps                 | 15-20 secs |
| 1b. Isometric Split Squat Hold | 30 sec hold<br>(each leg) | 15-20 secs |
| 1c. Towel Floor Slide Pullups  | 10-12 reps                | 15-20 secs |
| 1d. Forward Lunge w/ a pulse   | 10-12 reps                | -          |
| Rest                           | -                         | 30-60 secs |

### Circuit 2

| Exercise                           | Reps                  | Rest       |
|------------------------------------|-----------------------|------------|
| 2a. Shoulder Supported Hip Thrusts | 20 reps               | 15 secs    |
| 2b. Jack Knife Push-ups            | 8-10 reps             | 15 secs    |
| 2c. Lateral Lunge to Stabilization | 15 reps<br>(each leg) | 15 secs    |
| 2d. Superman                       | 12-15 reps            | -          |
| Rest                               | -                     | 30-60 secs |

## Circuit 3 | Core

| Exercise                            | Reps                   | Rest               |
|-------------------------------------|------------------------|--------------------|
| 3a. Plank w/Alt Forward Reaches     | 10 reps<br>(each arm)  | 15 secs            |
| 3b. Toe Touches                     | 20 reps                | 15 secs            |
| 3c. Russian Twist                   | 20 reps<br>(each side) | 15 secs            |
| 3d. Alt Marching Glute Bridge Steps | 20 reps<br>(each leg)  | -                  |
| Rest                                | -                      | 1 Min<br>(60 secs) |

## Workout C (Core, Strength & Endurance Circuit 2) - 3 Rounds

Complete each exercise in the four circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all four circuits, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1

| Exercise  | Reps                     | Rest          |
|---|--------------------------|---------------|
| 1a. Bodyweight Alt Forward Lunges               | 10-12 reps<br>(each leg) | None          |
| 1b. Pause Squat Jumps<br>(3 sec hold at bottom) | 10-12 reps               | None          |
| 1c. Jumping Jacks                               | 1 Min<br>(moderate pace) | -             |
| Rest  | -                        | 30-60<br>secs |

### Circuit 2

| Exercise          | Reps                     | Rest          |
|-------------------|--------------------------|---------------|
| 2a. Pushups       | Max Reps<br>(burnout)    | None          |
| 2b. Lunge Matrix  | 10 reps<br>(each leg)    | None          |
| 2c. Air Jump Rope | 1 Min<br>(moderate pace) | -             |
| Rest              | -                        | 30-60<br>secs |

## Circuit 3

| Exercise                         | Reps                     | Rest          |
|----------------------------------|--------------------------|---------------|
| 3a. Single Leg Romanian Deadlift | 10-12 reps<br>(each leg) | None          |
| 3b. Lateral Skater Jumps         | 15 reps<br>(each side)   | None          |
| 3c. Seal Jacks                   | 1 Min<br>(moderate pace) | None          |
| Rest                             | -                        | 30-60<br>secs |

## Circuit 4 | Core

| Exercise                    | Reps                      | Rest        |
|-----------------------------|---------------------------|-------------|
| 4a. Bodyweight Renegade Row | 10-12 reps<br>(each side) | None        |
| 4b. Sprinter Sit Ups        | 8-10 reps<br>(each side)  | None        |
| 4c. Crunches                | 20 reps                   | None        |
| 4d. Bicycles                | 12 reps<br>(each side)    | -           |
| Rest                        | -                         | 1-2<br>mins |

## Workout D (Active Recovery & Mobility Circuit) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

These circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

| Exercise                      | Reps    | Rest       |
|-------------------------------|---------|------------|
| 1a. 90-90 T-Spine Mobility    | 10 reps | None       |
| 1b. 90-90 Hip Opener          | 10 reps | None       |
| 1c. Bodyweight Overhead Squat | 15 reps | None       |
| 1d. T-Stabilization Pushups   | 10 reps | -          |
| Rest                          | -       | 30-60 secs |

### Mobility Circuit 2

| Exercise                          | Reps                | Rest       |
|-----------------------------------|---------------------|------------|
| 2a. Wall Slides                   | 10 reps             | None       |
| 2b. Prone Scorpion                | 10 reps             | None       |
| 2c. Alt Forward Lunge w/ Rotation | 10 reps (each side) | None       |
| 2d. Yoga Pushup                   | 10 reps             | -          |
| Rest                              | -                   | 30-60 secs |

# WEEK 3

## Elevate Your Strength (4 Workouts)

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You've made it to week 3, and you're over the hump! Follow this routine to build up your strength in preparation for the last week of this program. To see videos that demonstrate each exercise, [join our Facebook group](#).

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## Workout A (Strength & Conditioning 1) - 3 Rounds

Complete each exercise in the five supersets (exercises come in pairs) back to back for the required amount of reps or time. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all five supersets, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

| Exercise  | Reps                      | Rest       |
|---|---------------------------|------------|
| 1a. Plyometric Pushups<br>(Hands come off the ground.<br>Clap push-ups if possible) | 6-8 reps                  | None       |
| 1b. Side Plank w/ Rotation  | 10-12 reps<br>(each side) | -          |
| Rest  | -                         | 30-60 secs |

### Superset 2

| Exercise                                | Reps                     | Rest       |
|---|--------------------------|------------|
| 2a. Eccentric Push-ups<br>(5 secs down) | 10 reps                  | None       |
| 2b. Bulgarian Split Squat               | 12-15 reps<br>(each leg) | -          |
| Rest                                    | -                        | 30-60 secs |

## Superset 3

| Exercise                                     | Reps                  | Rest       |
|--|-----------------------|------------|
| 3a. Towel Floor Slide Pul-lups               | Max reps (burnout)    | None       |
| 3b. Shoulder Supported Single Leg Hip Thrust | 12-15 reps (each leg) | -          |
| Rest   | -                     | 30-60 secs |

## Superset 4

| Exercise                                      | Reps                                      | Rest       |
|---|---|------------|
| 4a. Eccentric Bodyweight Squats (5 secs down) | 12-15 reps                                | None       |
| 4b. Bodyweight Renegade Rows                  | 12-15 reps (each side, slow & controlled) | -          |
| Rest  | -   | 30-60 secs |

## Superset 5

| Exercise                     | Reps                 | Rest     |
|------------------------------|----------------------|----------|
| 5a. Sprint In Place          | 20 secs (go all out) | None     |
| 5b. Air Jump Rope (Recovery) | 40 secs              | -        |
| Rest                         | -                    | 1-2 mins |

## Workout B (Strength & Conditioning 2) - 3 Rounds

Complete each exercise in the five supersets (exercises come in pairs) back to back for the required amount of reps or time. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all five supersets, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

| Exercise                         | Reps                   | Rest       |
|----------------------------------|------------------------|------------|
| 1a. Staggered Stance Jump Squats | 10 reps<br>(each side) | None       |
| 1b. Bear Crawls                  | 10 reps                | -          |
| Rest                             | -                      | 30-60 secs |

### Superset 2

| Exercise                                      | Reps                     | Rest       |
|---|--------------------------|------------|
| 2a. Spiderman Pushups                         | 4-6 reps<br>(each side)  | None       |
| 2b. Bulgarian Split Squats<br>(foot on chair) | 12-15 reps<br>(each leg) | -          |
| Rest  | -                        | 30-60 secs |

## Superset 3

| Exercise   | Reps               | Rest       |
|--|--------------------|------------|
| 3a. Towel Floor Slide Pullups                              | Max reps (burnout) | None       |
| 3b. Single Leg Glute Bridge<br>(pause for 2-3 secs at top) | 12 reps (each leg) | -          |
| Rest   | -                  | 30-60 secs |

## Superset 4

| Exercise   | Reps               | Rest       |
|--|--------------------|------------|
| 4a. Reverse Lunge Pauses<br>(Pause for 3 secs at the bottom of each lunge) | 12 reps (each leg) | None       |
| 4b. Down-Up Planks   | 5 reps (each arm)  | -          |
| Rest   | -                  | 30-60 secs |

## Superset 5

| Exercise                        | Reps    | Rest     |
|---------------------------------|---------|----------|
| 5a. Star Jumps                  | 20 secs | None     |
| 5b. Air Jump Rope<br>(recovery) | 40 secs | -        |
| Rest                            | -       | 1-2 mins |

## Workout C (Strength & Endurance Combo) - 3 Rounds

Complete each exercise in the three (3) circuits and one (1) superset below consecutively (back to back) for the required amount of reps or time. Once you complete each exercise listed in a circuit or the one superset, rest for 30-60 seconds and move on to the next circuit/superset. After completing the three circuits and one superset, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

These three circuits and one superset are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Circuit 1 | Body Complex

| Exercise              | Reps                   | Rest       |
|-----------------------|------------------------|------------|
| 1a. Push-ups          | 12-15 reps             | None       |
| 1b. Split Squat Jumps | 12-15 reps (each side) | None       |
| 1c. Supermans         | 15 reps                | -          |
| Rest                  | -                      | 30-60 secs |

### Superset 1 | Conditioning

| Exercise                     | Reps              | Rest       |
|------------------------------|-------------------|------------|
| 2a. Sprint In Place          | 30 secs (all out) | None       |
| 2b. Air Jump Rope (recovery) | 30 secs           | -          |
| Rest                         | -                 | 30-60 secs |

## Circuit 2 | Core

| Exercise                     | Reps                      | Rest       |
|------------------------------|---------------------------|------------|
| 3a. Bodyweight Renegade Rows | 12-15 reps<br>(each side) | None       |
| 3b. V-ups                    | 15 reps                   | None       |
| 3c. Side Plank w/ Knee Drive | 8-10 reps<br>(each side)  | -          |
| Rest                         | -                         | 30-60 secs |

## Circuit 3 | Core

| Exercise                | Reps                      | Rest     |
|-------------------------|---------------------------|----------|
| 4a. Sprinter Sit-ups    | 10-12 reps<br>(each side) | None     |
| 4b. Long Lever Crunches | 20 reps                   | None     |
| 4c. Squirms             | 20 reps                   | -        |
| Rest                    | -                         | 1-2 mins |

## Workout D (Active Recovery & Mobility Circuit) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these two circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

| Exercise                      | Reps       | Rest       |
|-------------------------------|------------|------------|
| 1a. 90-90 T-Spine Mobility    | 10-12 reps | None       |
| 1b. 90-90 Hip Opener          | 10-12 reps | None       |
| 1c. Bodyweight Overhead Squat | 12-15 reps | None       |
| 1d. T-Stabilization Push-ups  | 10-12 reps | -          |
| Rest                          | -          | 30-60 secs |

### Mobility Circuit 2

| Exercise                          | Reps                   | Rest     |
|-----------------------------------|------------------------|----------|
| 2a. Wall Slides                   | 10 reps                | None     |
| 2b. Prone Scorpion                | 10-12 reps             | None     |
| 2c. Alt Forward Lunge w/ Rotation | 10-12 reps (each side) | None     |
| 2d. Yoga Push-up                  | 10 reps                | -        |
| Rest                              | -                      | 1-2 mins |



## WEEK 4

### The Level Up (4 Workouts)

It's the home stretch! Finish this week and consider yourself a graduate of the bodyweight athlete conditioning program. You're doing it the #1AND1Way! As always, to see videos that demonstrate each exercise, [join our Facebook group](#).

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## Workout A (Total Body Conditioning) - 3 Rounds

Complete each exercise in the three (3) circuits below consecutively (back to back) for the required amount of time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing all three circuits, rest for 1-2 minutes and do it all over again two more times in order to complete three rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit 1 | Conditioning

| Exercise                           | Reps  | Rest       |
|------------------------------------|-------|------------|
| 1a. Burpees                        | 1 min | None       |
| 1b. Quick Feet 2 High Knees        | 1 min | None       |
| 1c. Lateral Shuffle to floor touch | 1 min | None       |
| 1d. Plank w/ Shoulder Taps         | 1 min | -          |
| Rest                               | -     | 30-60 secs |

## Circuit 2 | Conditioning

| Exercise              | Reps                               | Rest          |
|-----------------------|------------------------------------|---------------|
| 2a. Split Squat Jumps | 1 min                              | None          |
| 2b. Bear Crawls       | 1 min                              | None          |
| 2c. High Knees        | 1 min<br>(all out<br>last 30 secs) | None          |
| 2d. Skater Jumps      | 1 min                              | -             |
| Rest                  | -                                  | 30-60<br>secs |

## Circuit 3 | Core

| Exercise                      | Reps                | Rest        |
|-------------------------------|---------------------|-------------|
| 3a. T- Stabilization Push-ups | 30 secs             | None        |
| 3b. V-Ups                     | 30 secs             | None        |
| 3c. Single Leg RDLs           | 1 min<br>(each leg) | None        |
| Rest                          | -                   | 1-2<br>mins |

## Workout B (All Out Strength) - 4 Rounds

Complete each exercise in the four (4) supersets (exercises come in pairs) back to back for the required amount of reps. Once you complete each exercise listed in a superset, rest for 30-60 seconds and move on to the next superset. After completing all four supersets, rest for 1-2 minutes and do it all over again three more times in order to complete four (4) rounds.

Supersets are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Superset 1

| Exercise                   | Reps                     | Rest       |
|----------------------------|--------------------------|------------|
| 1a. Bulgarian Split Squats | 15-20 reps<br>(each leg) | None       |
| 1b. Towel Slide Leg Curls  | 15-20 reps               | -          |
| Rest                       | -                        | 30-60 secs |

### Superset 2

| Exercise                                | Reps                  | Rest       |
|---|-----------------------|------------|
| 2a. Eccentric Push-ups<br>(5 secs down) | 12 reps               | None       |
| 2b. Towel Floor Slide Pull-ups          | Max reps<br>(burnout) | -          |
| Rest                                    | -                     | 30-60 secs |

## Superset 3

| Exercise   | Reps    | Rest       |
|--|---------|------------|
| 3a. Shoulder Supported Single Leg Hip Thrust           | 15 reps | None       |
| 3b. Pause Squat Jumps<br>(hold for 2-3 secs at bottom) | 15 reps | -          |
| Rest   | -       | 30-60 secs |

## Superset 4

| Exercise               | Reps    | Rest     |
|------------------------|---------|----------|
| 4a. Jackknife Push-ups | 10 reps | None     |
| 4b. Supermans          | 20 reps | -        |
| Rest                   | -       | 1-2 mins |

## Workout C (All Out Strength & Endurance) - 4 Rounds

Complete each exercise in the two (2) circuits below consecutively (back to back) for the required amount of reps or time before resting. Once you complete each exercise listed in a circuit, rest for 30-60 seconds and move on to the next circuit. After completing both circuits, rest for 1-2 minutes and do it all over again three more times in order to complete four (4) rounds.

Remember, these circuits are meant to be done without any rest between exercises, but listen to your body and take breaks if you need it.

### Circuit | Total Body

| Exercise                           | Reps                    | Rest       |
|------------------------------------|-------------------------|------------|
| 1a. Spiderman Push-ups             | 4-6 reps<br>(each side) | None       |
| 1b. Bodyweight Squat to Squat Jump | 12-15 reps              | None       |
| 1c. Floor Slide Towel Pull-ups     | 12-15 reps              | None       |
| 1d. Single Leg Glute Bridge        | 15 reps<br>(each leg)   | -          |
| Rest                               | -                       | 30-60 secs |

# Circuit | Core

| Exercise                     | Reps                      | Rest     |
|------------------------------|---------------------------|----------|
| 2a. Bodyweight Renegade Rows | 15-20 reps<br>(each side) | None     |
| 2b. V-ups                    | 25 reps                   | None     |
| 2c. Side Plank w/ Knee Drive | 12 reps<br>(each side)    | None     |
| 2d. Mountain Climbers        | 1 min                     | -        |
| Rest                         | -                         | 1-2 mins |

## Workout D (Active Recovery & Mobility) - 3 Rounds

Complete the mobility exercises listed in the two circuits below consecutively (back to back) for the required amount of reps before resting. After completing the first circuit, rest for 30-60 seconds and move on to the second circuit. After completing the two circuits once, rest for 1 minute and do it all over again two more times in order to complete three rounds.

Remember, these two circuits are meant to be done without any rest between exercises, but listen to your body and take a break if you need it.

### Mobility Circuit 1

| Exercise                      | Reps       | Rest       |
|-------------------------------|------------|------------|
| 1a. 90-90 T-Spine Mobility    | 12-15 reps | None       |
| 1b. 90-90 Hip Opener          | 12-15 reps | None       |
| 1c. Bodyweight Overhead Squat | 20 reps    | None       |
| 1d. T-Stabilization Push-ups  | 12-15 reps | -          |
| Rest                          | -          | 30-60 secs |

### Mobility Circuit 2

| Exercise                          | Reps                | Rest     |
|-----------------------------------|---------------------|----------|
| 2a. Wall Slides                   | 12-15 reps          | None     |
| 2b. Prone Scorpion                | 12-15 reps          | None     |
| 2c. Alt Forward Lunge w/ Rotation | 15 reps (each side) | None     |
| 2d. Yoga Pushup                   | 12-15 reps          | -        |
| Rest                              | -                   | 1-2 mins |



## You Did It!

Congratulations, you're crushing it! If you haven't done so already, [join our Facebook group](#) and let everyone know that you completed this program!

Also be sure to [follow the 1AND1 Life blog](#) for expert advice on health and wellness, and send us an email at [programs@1and1life.com](mailto:programs@1and1life.com) to let us know your thoughts.

