

**1AND1**

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



# Table of Contents

## 03 / Foreword

## 04 / Warmup Options

Warmup A

Warmup B

Warmup C

## 05 / Four-Week Schedule

### 06 / Week 1: Build Your Base (4 Workouts)

7 / Workout A (Total Body Conditioning 1)

9 / Workout B (Strength & Endurance 1)

10 / Workout C (Core Strength & Endurance 1)

12 / Workout D (Active Recovery & Mobility)

### 13 / Week 2: Take Your Capacity To The Next Level (4 Workouts)

14 / Workout A (Total Body Conditioning 2)

17 / Workout B (Strength & Endurance 2)

19 / Workout C (Core Strength & Endurance 2)

21 / Workout D (Active Recovery & Mobility)

### 22 / Week 3: Elevate Your Strength (4 Workouts)

23 / Workout A (Strength & Conditioning 1)

25 / Workout A (Strength & Conditioning 2)

27 / Workout C (Strength Endurance Combo)

29 / Workout D (Active Recovery & Mobility)

### 30 / Week 4: The Level Up (4 Workouts)

31 / Workout A (All Out Conditioning)

33 / Workout B (All Out Strength)

35 / Workout C (All Out Strength & Endurance)

37 / Workout D (Active Recovery & Mobility)

## 38 / You did it!

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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](#).

TABLE OF CONTENTS

NEXT WEEK

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

## Circuit 2

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

## Circuit 3 | Core

Exercise	Reps	Rest
<u>3a. Side Plank</u>	30 secs (each side)	15 secs
<u>3b. Deadbug</u>	8-10 reps (each side)	15 secs
<u>3c. Eccentric Situps</u> (3-5 secs down, slow and controlled as you return to floor)	15 reps	-
Rest	-	1 Min (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
<u>1a. Yoga Pushups</u>	8-10 reps	15-20 secs
<u>1b. Isometric Squat Hold</u>	30 sec hold	15-20 secs
<u>1c. Towel Floor Slide Pull-ups</u>	8-10 reps	15-20 secs
<u>1d. Alt Forward Lunges</u>	8-10 reps (each leg)	15-20 secs
<u>1e. Shoulder Supported Hip Thrusts</u>	8-10 reps	-
Rest	-	30-60 secs

### Circuit 2 | Core

Exercise	Reps	Rest
<u>2a. Plank w/ Shoulder Tap</u>	10 reps (each side)	15 secs
<u>2b. Toe Touches</u>	20 reps	15 secs
<u>2c. Russian Twist</u>	15 reps (each side)	15 secs
<u>2d. Glute Bridges</u>	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
<u>1a. Bodyweight Split Squats</u>	12-15 reps (each leg)	15 secs
<u>1b. Alt Split Squat Jumps</u>	8 reps (each leg)	15 secs
<u>1c. Jumping Jacks</u>	1 Min (Moderate Pace)	-
Rest	-	30-60 secs

### Circuit 2

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

## Circuit 3

Exercise	Reps	Rest
<u>3a. Bodyweight Renegade Row</u>	10 reps (each side)	15 secs
<u>3b. Sprinter Sit-ups</u>	6-8 reps (each side)	15 secs
<u>3c. Crunches</u>	15 reps	15 secs
<u>3d. Bicycles</u>	10 reps (each side)	-
Rest	-	1 Min (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
<u>1a. 90-90 T-Spine Mobility</u>	10 reps	None
<u>1b. 90-90 Hip Opener</u>	10 reps	None
<u>1c. Bodyweight Overhead Squat</u>	15 reps	None
<u>1d. T-Stabilization Push-ups</u>	10 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

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

[TABLE OF CONTENTS](#)[NEXT WEEK](#)[PREVIOUS WEEK](#)

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

## Circuit 2

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

## Circuit 3

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

## Circuit 4 | Core

Exercise	Reps	Rest
<u>4a. Side Plank</u>	45 secs (each side)	None
<u>4b. Alt Deadbug</u>	10-12 reps (each side)	None
<u>4c. Eccentric Sit-ups</u> (3-5 secs down, slow and controlled as you return to the floor)	10-12 reps	-
Rest	-	1-2 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
<u>1a. Yoga Pushups</u>	8-10 reps	15-20 secs
<u>1b. Isometric Split Squat Hold</u>	30 sec hold (each leg)	15-20 secs
<u>1c. Towel Floor Slide Pullups</u>	10-12 reps	15-20 secs
<u>1d. Forward Lunge w/ a pulse</u>	10-12 reps	-
Rest	-	30-60 secs

### Circuit 2

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

## Circuit 3 | Core

Exercise	Reps	Rest
<u>3a. Plank w/Alt Forward Reaches</u>	10 reps (each arm)	15 secs
<u>3b. Toe Touches</u>	20 reps	15 secs
<u>3c. Russian Twist</u>	20 reps (each side)	15 secs
<u>3d. Alt Marching Glute Bridge Steps</u>	20 reps (each leg)	-
Rest	-	1 Min (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
<u>1a. Bodyweight Alt Forward Lunges</u>	10-12 reps (each leg)	None
<u>1b. Pause Squat Jumps</u> (3 sec hold at bottom)	10-12 reps	None
<u>1c. Jumping Jacks</u>	1 Min (moderate pace)	-
Rest	-	30-60 secs

### Circuit 2

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

## Circuit 3

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

## Circuit 4 | Core

Exercise	Reps	Rest
<u>4a. Bodyweight Renegade Row</u>	10-12 reps (each side)	None
<u>4b. Sprinter Sit Ups</u>	8-10 reps (each side)	None
<u>4c. Crunches</u>	20 reps	None
<u>4d. Bicycles</u>	12 reps (each side)	-
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 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
<u>1a. 90-90 T-Spine Mobility</u>	10 reps	None
<u>1b. 90-90 Hip Opener</u>	10 reps	None
<u>1c. Bodyweight Overhead Squat</u>	15 reps	None
<u>1d. T-Stabilization Pushups</u>	10 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Reps	Rest
<u>2a. Wall Slides</u>	10 reps	None
<u>2b. Prone Scorpion</u>	10 reps	None
<u>2c. Alt Forward Lunge w/ Rotation</u>	10 reps (each side)	None
<u>2d. Yoga Pushup</u>	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](#).

[TABLE OF CONTENTS](#)[NEXT WEEK](#)[PREVIOUS WEEK](#)

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

### Superset 2

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



## Superset 3

Exercise	Reps	Rest
<u>3a. Towel Floor Slide Pull-ups</u>	Max reps (burnout)	None
<u>3b. Shoulder Supported Single Leg Hip Thrust</u>	12-15 reps (each leg)	-
Rest	-	30-60 secs

## Superset 4

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

## Superset 5

Exercise	Reps	Rest
<u>5a. Sprint In Place</u>	20 secs (go all out)	None
<u>5b. Air Jump Rope</u> (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
<u>1a. Staggered Stance Jump Squats</u>	10 reps (each side)	None
<u>1b. Bear Crawls</u>	10 reps	-
Rest	-	30-60 secs

### Superset 2

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

## Superset 3

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

## Superset 4

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

## Superset 5

Exercise	Reps	Rest
<u>5a. Star Jumps</u>	20 secs	None
<u>5b. Air Jump Rope</u> (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
<u>1a. Push-ups</u>	12-15 reps	None
<u>1b. Split Squat Jumps</u>	12-15 reps (each side)	None
<u>1c. Supermans</u>	15 reps	-
Rest	-	30-60 secs

### Superset 1 | Conditioning

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

## Circuit 2 | Core

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

## Circuit 3 | Core

Exercise	Reps	Rest
<u>4a. Sprinter Sit-ups</u>	10-12 reps (each side)	None
<u>4b. Long Lever Crunches</u>	20 reps	None
<u>4c. Squirms</u>	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
<u>1a. 90-90 T-Spine Mobility</u>	10-12 reps	None
<u>1b. 90-90 Hip Opener</u>	10-12 reps	None
<u>1c. Bodyweight Overhead Squat</u>	12-15 reps	None
<u>1d. T-Stabilization Push-ups</u>	10-12 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

Exercise	Reps	Rest
<u>2a. Wall Slides</u>	10 reps	None
<u>2b. Prone Scorpion</u>	10-12 reps	None
<u>2c. Alt Forward Lunge w/ Rotation</u>	10-12 reps (each side)	None
<u>2d. Yoga Push-up</u>	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](#).

TABLE OF CONTENTS

PREVIOUS WEEK

## 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
<u>1a. Burpees</u>	1 min	None
<u>1b. Quick Feet 2 High Knees</u>	1 min	None
<u>1c. Lateral Shuffle to Floor Touch</u>	1 min	None
<u>1d. Plank w/ Shoulder Taps</u>	1 min	-
Rest	-	30-60 secs

## Circuit 2 | Conditioning

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

## Circuit 3 | Core

Exercise	Reps	Rest
<u>3a. T- Stabilization Push-ups</u>	30 secs	None
<u>3b. V-Ups</u>	30 secs	None
<u>3c. Single Leg Romanian Deadlifts</u>	1 min (each leg)	None
Rest	-	1-2 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
<u>1a. Bulgarian Split Squats</u>	15-20 reps (each leg)	None
<u>1b. Towel Slide Leg Curls</u>	15-20 reps	-
Rest	-	30-60 secs

### Superset 2

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

## Superset 3

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

## Superset 4

Exercise	Reps	Rest
<u>4a. Jackknife Push-ups</u>	10 reps	None
<u>4b. Supermans</u>	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
<u>1a. Spiderman Push-ups</u>	4-6 reps (each side)	None
<u>1b. Bodyweight Squat to Squat Jump</u>	12-15 reps	None
<u>1c. Floor Slide Towel Pull-ups</u>	12-15 reps	None
<u>1d. Single Leg Glute Bridge</u>	15 reps (each leg)	-
Rest	-	30-60 secs



## Circuit | Core

Exercise	Reps	Rest
<u>2a. Bodyweight Renegade Rows</u>	15-20 reps (each side)	None
<u>2b. V-ups</u>	25 reps	None
<u>2c. Side Plank w/ Knee Drive</u>	12 reps (each side)	None
<u>2d. Mountain Climbers</u>	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
<u>1a. 90-90 T-Spine Mobility</u>	12-15 reps	None
<u>1b. 90-90 Hip Opener</u>	12-15 reps	None
<u>1c. Bodyweight Overhead Squat</u>	20 reps	None
<u>1d. T-Stabilization Push-ups</u>	12-15 reps	-
Rest	-	30-60 secs

### Mobility Circuit 2

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

