

DIY WORKOUT

LOWER BODY PULL UPPER BODY PUSH

Deadlift
Leg Curl
Chair leg curl
Good Morning
Romanian deadlift
Single Legged Deadlift
Dumbbell deadlift
Back Extension
Clean and Jerk

Push-up
Wall push-up
Incline push-up
Clapping push-up
Elevated Push-up
Incline Bench Press
Push press
Dumbbell Bench Press
Ring push-up
Bench dips
Dips
Assisted dips
Close Grip Push-up
Dumbbell Shoulder Press
Barbell shoulder press
Wall shoulder press
Hand Stand Push-Up
Jerk

LOWER BODY PUSH UPPER BODY PULL

Air Squat
Reverse Lunge
Walking Lunge
Step Up
Back Squat
Front Squat
Dumbbell Squat
Overhead Squat
Split Squat
One legged squat (Pistol)
Over head walking lunge
Dumbbell sumo squat
Goblet Squat
Squat clean
Full snatch

Pull-up
Assisted pull-up
Door pull-up
Chin-up
Jumping pull-up
Kipping Pull-up
Buttery Pull-up
Inverted Row
Bent Over Row
Close Grip Cable rows
Wide cable row
Ring rows
Swing-rows
1-Arm row
Kettle bell swings
High pulls
Power Snatch
Power Clean

BODY WEIGHT EXERCISES – TRAVEL – HOME

LOWER BODY PULL UPPER BODY PUSH

Hip raise (great for hamstrings/glutes)
Walking Lunge (great for hamstrings/glutes)
Chair leg curl
1-Legged dead lift w/ gallon jug
Good mornings w/ broomstick
Sumo dead lift with gallon jug
Sumo squat (focus on hamstrings)

Push-up
Incline push-up
Clapping push-up
Wall shoulder press
Shoulder press w/gallon jugs (*paint cans)
Chair or bench dips
Close grip push ups
Bear crawl
Handstand

LOWER BODY PUSH UPPER BODY PULL

Air squat
Lunge
Step-ups
Goblet squat (gallon jug)
Mountain climbers
Reverse lunge
Lunge jumps
Squat jumps
Grasshoppers
Steam engines
Box jumps

Pull up
Assisted pull up
Door pull up
Inverted row
Bent over row (paint cans) (*gallon jug)
1-Arm row (paint can) (*gallon jug)
High pulls (paint can) (*gallon jug)

SPRINT WORKOUTS – RUN – ROW – BIKE – SWIM – PLAY

WORKOUT #1

4 minute warm-up
30 sec sprint, 90 sec walk/jog x 8-10 sets
4 minute cool-down

WORKOUT #2

4 minute warm-up
30 seconds of double-unders/
single jump rope
30 second rest x 15-20 sets
4 minute cool down

WORKOUT #3

4 minute warm-up
400 meter run (.25 on treadmill/1 lap)
rest 2-3 minutes x 6-8 sets
4 minute cool down

To use this sheet: Day 1- Pick 1 lower body pull exercise and perform desired repetitions (ex: Dead lift x 12 reps), rest 30-60 seconds, Pick 1 upper body push exercise and perform desired repetitions (ex: bench press x 12 reps), rest 30-60 seconds, Pick 1 lower body push exercise and perform repetitions, rest 30-60 seconds, Pick 1 upper body pull exercise and perform repetitions, rest 30-60 seconds, and repeat the cycle 4-5 more times. After, add a sprint workout.

EXERCISE VIDEO DESCRIPTIONS: <http://www.limitless365.com/exercise-videos/>