

# EXERCISE

*with Style*

## Advanced Bodyweight Workout Plan PDF

Complete with a weekly schedule for training days and rest days.

### Advanced Weekly Training Schedule

The following schedule is based on a two-day split for separate upper body and lower body workouts with a high-intensity day on the weekend.

Workouts can be performed on back-to-back days, as only some muscles will overlap.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Lower Body	Upper Body	Lower Body	Upper Body	Rest	HIIT	Rest

## Advanced Lower Body

Exercise	Sets	Repetitions	Rest Time
Plank Shoulder Taps	2	30 - 60 sec	45 - 60 secs
Squats	2	20 reps	45 - 60 secs
Jumps Lunges	3	8-12	60 secs
Jump Squats	3	8-10	45 secs
Nordic Hamstring Curls	3	8-10	60 secs
Reverse Nordics	3	8-10	60 secs
Elevated Heel Squats (Full Range + Pause)	3	12-15	45 secs

## Advanced Upper Body

Exercise	Sets	Repetitions	Rest Time
Plank Twist	2	30 - 60 sec	45 - 60 secs
Spiderman Push-Ups	3	12-15	45 - 60 secs
Push-Ups	3	20	60 secs
Chair Dips (Feet up on chair)	3	8-10	45 secs
Shoulder Taps	3	30 -60 secs	45 secs
<b>Mini circuit (below)</b>			
Burpees	3	10	45 secs
Mountain climbers	3	20	
Plank Twists	3	20	

## Advanced High Intensity

The below session will be programmed based on small circuits.

- Each exercise circuit set is to be performed for a total time of two minutes.
- Between each set take a 30-second break.
- E.g. Perform exercises 1, 2, 3, and then rest for 30 seconds. Repeat four times.
- Between each circuit take a 2-3 minute rest.

Exercise	Sets	Repetitions	Rest Time
<b>Circuit 1</b>			<b>2 - 3 Minutes</b>
Plank Twist	4	30 secs	
Squats	4	30 secs	
Jumps Lunges	4	30 secs	
Rest	4	30 secs	
<b>Circuit 2</b>			<b>2 - 3 Minutes</b>
Spiderman Push-Ups	4	30 secs	
Mountain Climbers	4	30 secs	
Jump Squats	4	30 secs	
Rest	4	30 secs	
<b>Circuit 3</b>			<b>2 - 3 Minutes</b>
Dips	4	30 secs	
Push-Ups	4	30 secs	
Elevated Heel Squats	4	30 secs	
Rest	4	30 secs	

**Want to maximize your bodyweight routine results? Try adding a resistance band and our 13 Resistance Band Back Exercises, Stretches, and Workout Program.**