

BODYWEIGHT CARDIO BLAST

Target areas : Whole Body 4 week full body 7/7 workout plan

MONDAY	DIRTY DOZEN - 12 SETS / 12 REPS	Sets	Reps	Rest
1	PRESS UPS	12	12	as long as required
2	AIR SQUAT	12	12	
3	SIT UPS	12	12	
4	LUNGES	12	12	
Follow as a circuit, 1,2,3,4 repeat 12 times				
TUESDAY	TIME BY TEN 30 MINS	Sets	Reps	Rest
1	PUSH UPS	AMRAP	10	as long as required
2	CRUNCHES	AMRAP	20	
3	SQUATS	AMRAP	30	
4	LUNGES	AMRAP	40	
5	JACKS	AMRAP	50	
6	WALL SIT	AMRAP	60S	
COMPLETE AS A CIRCUIT 1,2,3,4,5,6 AS MANY ROUNDS AS POSSIBLE IN 30 MINS				
WEDNESDAY	HUMPDAY 30 MIN FOR TIME AMRAP	Sets	Reps	Rest
1	BURPEE	AMRAP	5	as long as required
2	SQUATS	AMRAP	10	
3	BURPEES	AMRAP	4	
4	SIT UPS	AMRAP	15	
5	BURPEES	AMRAP	3	
6	PRESS UPS	AMRAP	10	
7	BURPEES	AMRAP	2	
8	PLANK	AMRAP	60S	
9	BURPEE	AMRAP	1	
AS MANY ROUNDS EXERCISES 1-9 IN 30 MINS				
THURSDAY	GLUTE & ABS	Sets	Reps	Rest
1a	Squat & Squat Pulse	3	set 1 15/30 Set 2 25/50 Set 3 35/70	1m
2a	Lunge	3	Left leg 15 / Right Leg 15 (1 set = 15L&15R)	45s
3a	Donkey Kicks with Leg Adduction	3	Left leg 15 / Right Leg 15 (1 set = 15L&15R)	45s
4a	Glute Bridge	4	30 seconds	30s
5a	Flutter Kicks	3	50	1m
6a	Russian Twist	3	50	1m
7a	Lying Leg Raise	4	15	45s
8a	Plank	3	Set 1 45s Set 2 75s Set 3 120s	45s 75s finish
Sets and Reps, complete all sets and reps before moving onto next exercise				
FRIDAY	10-9-8-7-6-5-4-3-2-1	Sets	Reps	Rest
1	JUMP JACKS	2	10-9-8-7-6-5-4-3-2-1	as long as required
2	SQUAT JUMPS	2	10-9-8-7-6-5-4-3-2-2	
3	BURPEES	2	10-9-8-7-6-5-4-3-2-3	
4	RUSSIAN TWISTS	2	10-9-8-7-6-5-4-3-2-4	
COMPLETE AS A CIRCUIT, 1-4 AND REPEAT-2 TIMES				
SATURDAY	SAT ABS	Sets	Reps	Rest
1	SIT UPS	5	15	
2	R TWIST	5	15	
3	V SITS	5	10	
4	FLUTTERS	5	30	
5	HEEL TAPS	5	15	
6	PLANK TAPS	5	15	
5 SETS OF EACH EXERCISE , EXERCISE BY EXERCISE				
SUNDAY	MORNING MOVER	Sets	Reps	Rest
1	BURPEES	5	10	as long as needed
2	PUSH UPS	5	10	as long as needed
3	CRUNCHES	5	10	as long as needed
4	SQUAT	5	20	as long as needed
5	HIGH KNEES	5	20	as long as needed
6	SKATERS	5	20	as long as needed
7	MOUNTAIN CLIMBERS	5	30	as long as needed
8	JACKS	5	30	as long as needed
9	LUNGES	5	30	as long as needed
10	PLANK	5	60S	as long as needed
5 SETS OF EACH EXERCISE , EXERCISE BY EXERCISE				