

BODYWEIGHT BOOTCAMP

WORKOUT PLAN

WORKOUT



SHAPIO
FITNESS **X**

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If you're unsure if you should follow any of the guidelines mentioned within any of the content of this fitness program, contact a qualified professional.

INSTRUCTIONS

The bodyweight workout plan will help you build muscle, increase your endurance and burn fat in a very efficient way.

The workouts are done with your body weight; therefore, no equipment is needed. The workouts can be done in the comfort of your home and are completed in a total of 20 minutes.

WORKOUT SCHEDULE

There are 4 days of workouts in this Bootcamp. We recommend doing 3 days per week, one every other day. If you feel that you can add the 4th workout day. But it is not required. It is an extra.

For example:

Monday (Workout day #1)

Wednesday (Workout day #2)

Friday (Workout day #3)

FOR EACH WORKOUT SESSION

You will perform 4 rounds of 5 minutes. Each round contains two exercises that you will alternate between.

You will perform exercise #1 for 30 seconds, then move right to exercise #2 for another 30 seconds you will keep doing this for 4 minutes.

Go at your own pace and try to become faster and faster each week. Once the 4 minutes are over, you will take a 1-minute break before starting the second round.

You will continue doing this until you have completed all 4 rounds.

Don't forget to stretch and cool down after the workout; this will help you with soreness and muscle recovery.

WORKOUT DAY 1

Exercise #1 - Jumping Jacks

Stand with your feet together, knees slightly bent, and arms to the side. Jump while raising your arms and separating your legs to the sides. Land with your legs apart and arms overhead. Jump again to the original position and repeat this movement as fast as possible.



Exercise #2 - High Knees

Drive one knee up while swinging opposite arm up. Begin lifting the second leg and the opposite arm before planting the lead foot. Continue the movement on your opposite side, alternating quickly between sides.



1 Minute Break

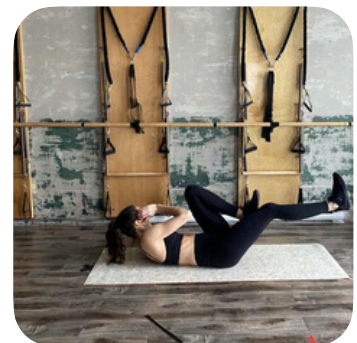
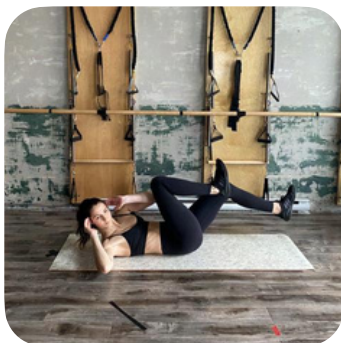
Exercise #3 - Bodyweight Squats

Squat down by hinging the hips back while allowing the knees to bend forward, keeping the back straight and knees pointed in the same direction as your feet. Descend until thighs are parallel to the ground. Extend your knees and hips until your legs are straight.



Exercise #4 - Bicycle Crunches

Start by laying down on the mat, then lift your knees to a 90-degree angle. Place your fingers behind your ears. Reach opposite elbow to the opposite knee, alternating sides.



1 Minute Break

Exercise #5 - Push-Ups

Lie prone on the floor with hands slightly wider than shoulder-width. Raise your body off the floor by extending your arms with your body straight. Keep your body straight, lower to the ground by bending your arms. Push your body back up until arms are extended.



Exercise #6 - Burpees

Bend over and squat down. Place hands on the floor, slightly wider than shoulder-width. While holding the upper body in place, kick the legs back. Land on forefeet in a plank position. Keeping your upper body in place, pull legs forward under your body returning your feet to their original position. Rise to original standing position.



1 Minute Break

Exercise #7 - Reverse Lunges

Lunge forward with the first leg. Land on your heel, then forefoot. Lower your body by flexing the knee and hip of your front leg until the knee of the back leg is almost in contact with the ground. Return to original standing position and repeat by alternating legs each time.



Exercise #8 - Table Top Crossbody Touches

Start by sitting on the floor and then lift your body by extending your arms and legs. Keep everything tight and balanced while you reach up to touch your opposite foot. Slowly lower back into starting position and repeat on the opposite side.

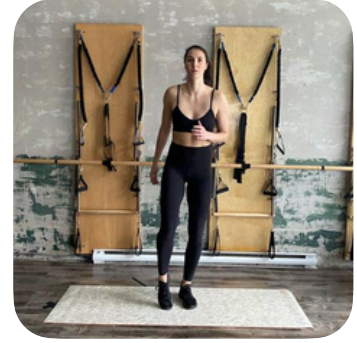


Workout Complete

WORKOUT DAY 2

Exercise #1 - Jogging in Place

Start in an upright position then perform a jogging movement while staying in place. Always extend the opposite arm and leg together.



Exercise #2 - Butt Kicks

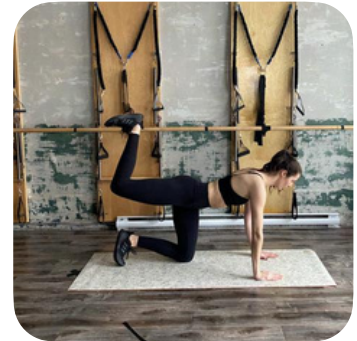
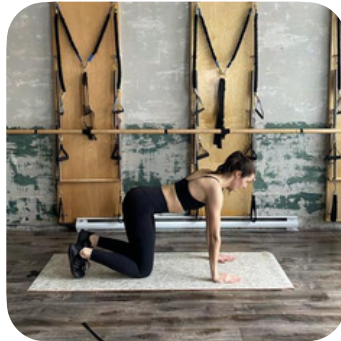
Start in an upright position. Kick one leg back all the way so that your heel contacts your rear end and simultaneously bring the opposite arm into a flexed position. Alternate from side to side as fast as you can.



1 Minute Break

Exercise #3 - Donkey Kicks

Start on all fours with shoulders above your wrists and hips above your knees. Keeping your core tight, contract your glute to kick one leg back. The knee and ankle should hold a 90-degree angle the entire time. Lower back down and repeat on the other side.



Exercise #4 - Mountain Climbers

Lie prone on a mat with hands slightly wider than shoulder-width. Raise your body off the floor by extending your arms with your body straight. Keeping your body straight drive one knee in at a time, going as fast as possible.



1 Minute Break

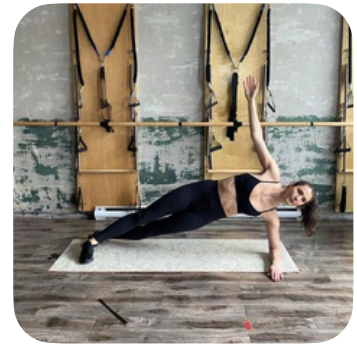
Exercise #5 - Tricep Dips

Start by sitting on the floor, then lift your body by extending your arms and legs. Lower your body by bending the arms, allowing elbows to point back until your rear end touches the ground. Contract your triceps to lift you back up.



Exercise #6 - Side Plank Dips

Lie down on your side. Place your forearm under your shoulders. Place your upper leg directly on top of the lower leg and straighten knees and hips. Raise your body upward by straightening waist so your body is straight. Now slowly go up and down with your hips keeping everything tight the entire time.



1 Minute Break

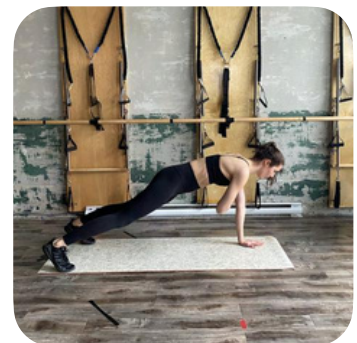
Exercise #7 - Jump Lunges

Perform a squat and then jump in and out of the squat going from a very narrow stance to a wide one. Keep the core tight and your upper body upright the entire time.



Exercise #8 - Shoulder Taps

Lie prone on the floor with hands slightly wider than shoulder-width. Raise your body off the floor by extending your arms. Keeping your body straight, tap your opposite shoulder in your hand and then return to the starting position. Repeat by alternating sides with each rep.



Workout Complete

WORKOUT DAY 3

Exercise #1 - A Steps

In a skipping motion, drive one knee up and hand so that your knee and album are at 90 degrees. Quickly lower knee and arm while opposite limbs drive up. Continue movement by quickly alternating between sides between sides.



Exercise #2 - Seal Jacks

Stand with your feet together, knees slightly bent, and arms straight in front of you. Jump your feet out while opening your arms up to your sides. Jump again to the original position and repeat this movement as fast as possible.



1 Minute Break

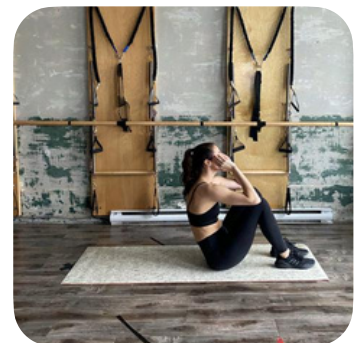
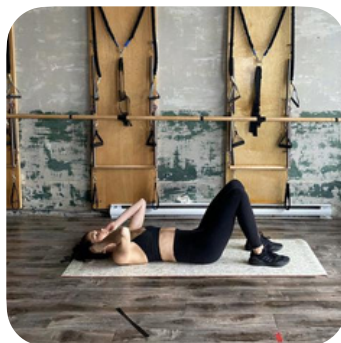
Exercise #3 - Jump Squats

Squat down by hinging the hips back while allowing the knees to bend forward, keeping the back straight and knees pointed in the same direction as your feet. Descend until thighs are parallel to the ground then jump up landing softly.



Exercise #4 - Sit-Ups

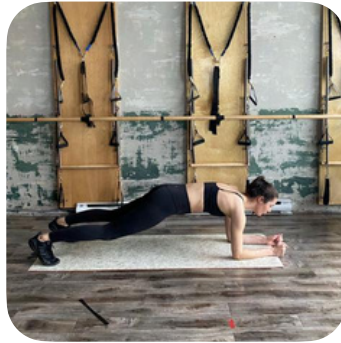
Start by laying down on the mat, then bend your knees up to a 45-degree angle. Place your fingers behind your ears. Sit up until your elbows touch your knees and then slowly lower back down.



1 Minute Break

Exercise #5 - Commando Planks

Lie prone on the floor with hands slightly wider than shoulder-width. Raise your body off the floor by extending your arms. Keeping your body straight, lower yourself onto your elbows and then back up into a high plank position. Alternate your leading arm.



Exercise #6 - V Ups

Start by sitting down on a mat with your hands by your hips. Lift your legs creating a V with your upper body and thighs. Extend your legs and upper body as flat as possible and then contract your core to bring everything back in as tight as possible.



1 Minute Break

Exercise #7 - Sumo Squat Pulses

Start with feet wider than shoulder-width and rotate your toes out so that they face outwards. Lower yourself down until your thighs are parallel to the floor and perform small pulses.



Exercise #8 - Glute Bridges

Lie down on your back and bring your feet up close to your hips by bending your knees. Keep the weight in your heels and extend your hips by squeezing your glutes and engaging your core. Slowly return to starting position.



Workout Complete

WORKOUT DAY 4

Exercise #1 - Jumping Jacks

Stand with your feet together, knees slightly bent, and arms to the side. Jump while raising your arms and separating your legs to the sides. Land with legs apart and arms overhead. Jump again to the original position and repeat this movement as fast as possible.



Exercise #2 - Butt Kicks

Start in an upright position. Kick one leg back so that your heel contacts your rear end and simultaneously bring the opposite arm into a flexed position. Alternate from side to side as fast as you can.



1 Minute Break

Exercise #3 - Curtsy Lunge

Start in a standing position. Step one of your legs back diagonally behind your front leg and lunge down keeping your chest up and core tight. Push off your front leg to come back to a standing position. Repeat on the other leg.



Exercise #4 - Russian Twist

Sit on the floor and while keeping your balance raise your legs with knees bent up until your shins are parallel to the floor. Keep everything tight and rotate your upper body from side to side.



1 Minute Break

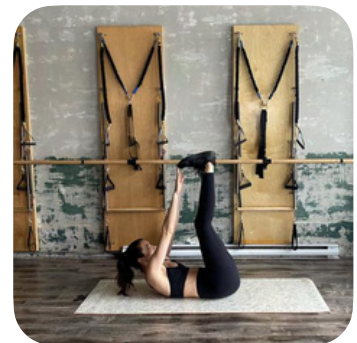
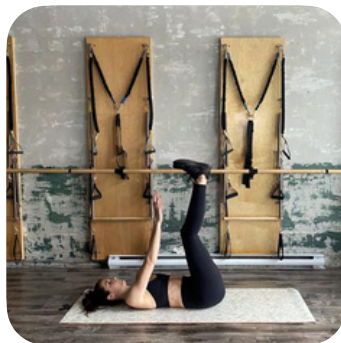
Exercise #5 - V Ups

Start by sitting down on the mat, then lift your knees so your legs are off the ground. Slowly lower both your upper and lower body until your legs are hovering off the ground and contract your core to come back up.



Exercise #6 - Toe Touch Crunches

Lie down on your back and bring your legs straight up so that they point to the ceiling. Hold this position and then reach for your feet with your hands by contracting your core.



1 Minute Break

Exercise #7 - Side Lunges

Lunge to one side with the first leg. Land on heel, then forefoot. Lower your body by flexing the knee and hip. Keep your knee pointed in the same direction as your foot. Return to original standing position and repeat by alternating sides.



Exercise #8 - Plank

Lie prone on the floor with hands slightly wider than shoulder-width. Raise your body off the floor by extending your arms and then lowering onto your elbows. Hold this position for the duration of the exercise.



Workout Complete