Bodyweight Training - Workout Calendar

	MON	TUE	WED	THU	FRI	SAT	SUN
1	Lower Pyramid	Strength Pyramid		Bodyweight Pyramid	Core Pyramid		
2	Cardio Core EMOM	10 Minute EMOM		8 Minute EMOM	5 Minute EMOM		
3	Lower Pyramid	Strength Pyramid		Bodyweight Pyramid	Core Pyramid		
4	Cardio Core EMOM	10 Minute EMOM		8 Minute EMOM	5 Minute EMOM		

- Track each day on your calendar as you complete your workout. Gold star stickers work great here!
- This calendar is to be used as a guide. Adjust to fit your schedule.
- Always listen to your body. If you need extra rest days - take them. But get right back on track.

Disclaimer

You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting the exercises in the videos and follow his or her advice.

Do not attempt the exercises in the videos if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.

Bodyweight Training - Tracking Sheets

Use the charts below to track your comments through each workout.
Look for progress ... and get motivated & excited about it!

Lower Pyramid Go UP in time each exercise, then back DOWN again. x3	Date: _____	Date: _____
Good Mornings (30 seconds)		
Catchers (45 seconds)		
Quick Feet (60 seconds)		

Strength Pyramid Go UP in reps each exercise, then back DOWN again x3	Date: _____	Date: _____
Push & Lift (10 reps)		
Walking Lunges (15 reps)		
Triceps Dips (20 reps)		

Total Pyramid Go UP in reps each exercise, then back DOWN again x3	Date: _____	Date: _____
Pike Ups (10 reps)		
Superman Lat Pulls (15 reps)		
Plank Jacks (20 reps)		

Core Pyramid Go UP in reps each exercise, then back DOWN again x3	Date: _____	Date: _____
Plank Knee Drops (10 reps)		
Raising Clam (15 reps each side)		
Sit Ups (20 reps)		

Bodyweight Training - Tracking Sheets

Use the charts below to track your comments through each workout.
Look for progress ... and get motivated & excited about it!

Cardio Core EMOM Every Minute on the Minute start again for 5 minutes x4	Date: _____	Date: _____
Walking Lunges (2 reps)		
Pike Ups (5 reps)		
Plank Jacks (8 reps)		

10 Minute EMOM Every Minute on the Minute start again for 10 minutes x3	Date: _____	Date: _____
Good Mornings (5 reps)		
Push & Lift (5 reps)		
Raising Clams (5 reps ea side)		

8 Minute EMOM Every Minute on the Minute start again for 8 minutes x4	Date: _____	Date: _____
Catchers (8 reps)		
Superman Lat Pulls (8 reps)		
Plank Knee Drops (8 reps)		

5 Minute EMOM Every Minute on the Minute start again for 5 minutes x5	Date: _____	Date: _____
Quick Feet (15 seconds)		
Triceps Dips (5 reps)		
Sit Ups (5 reps)		