



UPPER BODY: BODY WEIGHT WORKOUT PROGRAM

EXERCISE	SETS	REP/TIME	REST
WARM UP	3	45 SECONDS	15 SECONDS
ON THE SPOT JOG			
WARM UP	3	45 SECONDS	15 SECONDS
JUMPING JACKS			
BURPREES	3	30 SECONDS	15 SECONDS
PUSH UPS	3	15	30-45 SECONDS
INCLINE PUSH UPS	3	15	30-45 SECONDS
STAGGERED PUSH UPS	3	15	30-45 SECONDS
BACK EXTENTION	3	15	30-45 SECONDS
TRICEP PUSH DIPS	3	15	30-45 SECONDS
DOORWAY BICEP CURLS	3	15	30-45 SECONDS
TOWEL CHIN UP	3	15	30-45 SECONDS
ISO ARH RAISE	3	15	30-45 SECONDS
PRONE SHOULDER PRESS	3	15	30 SECONDS
RUSSION TWIST	3	30 SECONDS	15 SECONDS