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TOP 10 BODYWEIGHT EXERCISES

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Welcome to the JOD Health Top 10 Bodyweight Exercises eBook. Ideas to do at home, in the park or gym.

This quick guide is supposed to help you kickstart some of you into exercise and demonstrate how effective and rewarding bodyweight exercise can be.

The selection is very much a taster of the breadth of

options and flavours that human movement can offer.

I want you to experience the major movements that we can all achieve such as the Squat, Lunge, and Bug positions with other movement adaptations and progressions from these core principles.

If you are struggling or even find the movements too easy there are always ways to change and refine to

your own abilities by adding or decreasing speed, and volume. You can also play with the beginner, intermediate and advanced options outlined in the movement's descriptions.

There is also a bonus Training Plan at the back of the eBook for you to incorporate some of these exercises into your routine.

The exercises will be done for either Reps (Number of

exercises completed at once), Sets (Number of times we do that number of Reps) and sometimes Time (How Long we do the exercise for).

Enjoy your time moving and training.

Train Hard.

JOD
London

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TOP 10 BODYWEIGHT EXERCISES

BEFORE YOU START

BE SAFE BE HEALTHY

Before you start any training program or activity be sure that you have been checked out by a Doctor.

Drink plenty of water and whilst Training make sure you are drinking an extra 300ml every half and hour.

Ensure you are following a full and healthy diet to complement your training.

Train Hard - Train Smart!

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TOP 10 BODYWEIGHT EXERCISES

1-SQUAT

GET LOW AND WORK YOUR GLUTES

- Set the squat by engaging your core and twisting your feet into the ground.
- Keep the core on as you break at the hips into as deep as squat as you can.
- Try and be active in the bottom of the squat movement pushing with your toes and squeezing your glutes.
- Blow as you stand up squeezing your glutes.

Beginner - Sit down to a chair or straddled step.

Intermediate - Sit as deep as you can.

Advanced - Take your arms above your head.



TOP 10 BODYWEIGHT EXERCISES

2-STATIC PRESS HOLD

STRENGTHEN YOUR UPPER BODY AND CORE

- Hands shoulder width apart.
- Tense throughout your body from your toes in the ground, your legs, glutes, core.
- Twist your shoulders into their sockets with your hands gripping the floor.

Beginner - Hands on table, chair or step.

Intermediate - Hands on floor.

Advanced - Feet on table, chair or step.



TOP 10 BODYWEIGHT EXERCISES

3-LUNGE

GREAT FOR BALANCE AND LEG STRENGTH

- Stand up tall engaging your core feet just over hip width apart.
- Take a comfortable step forward thinking about keeping your back toes in a strong stable position behind.
- Drop you hips so your back knee kisses the floor.
- Then drive up on from the front leg engaging the hamstring and glute back into standing.
- Repeat on the other leg.

Beginner - Bring knee only as deep as you can.

Intermediate - Knee kissing the floor.

Advanced - Arms above your head whilst lunging.



TOP 10 BODYWEIGHT EXERCISES

4-BUGS

CORE POSITION FOR FUTURE ADVANCED MOVEMENT

- Hands and feet shoulder width apart.
- Tense throughout your body from your toes in the ground, your legs, glutes, core.
- Twist your shoulders into their sockets with your hands gripping the floor.
- Knees bent just off the floor.

Beginner - Hands on table, chair or step.

Intermediate - Hands on floor.

Advanced - Feet on table, chair or step.



TOP 10 BODYWEIGHT EXERCISES

5-MERMAID SIDE HOLD

UNCOMMON CORE STRENGTH HOLD

- Elbow on the ground hand flat - twisted into the ground to protect your shoulder.
- Keeping your knees together on the ground drive your hips up to the ceiling.
- Tense throughout your body from your knees in the ground, your legs, glutes, core.
- Repeat on the other side.

Beginner - Elbow on low step.

Intermediate - Elbow on floor.

Advanced - Knees on low step.



TOP 10 BODYWEIGHT EXERCISES

6-RUSSIAN TWIST

FULL ABS, CORE AND BALANCE MOVEMENT

- Start laying on the floor.
- Bend your knees in towards you and sit up like a V with your feet off the floor.
- Twist your body so that both your hands are on one side and then the other each time gently kissing the floor with your palms.
- To make easier when you sit up you can keep your feet on the floor.

Beginner - Keep feet on the floor.

Intermediate - Feet off floor.

Advanced - Take you arms above your head through the movement.



TOP 10 BODYWEIGHT EXERCISES

7-CLASSIC PUSH UP

CLASSIC TO DEVELOP PUSHING STRENGTH

- Hands shoulder width apart.
- Tense throughout your body from your toes in the ground, your legs, glutes, core.
- Twist your shoulders into their sockets with your hands gripping the floor.
- Lower yourself keeping your body rigid dropping your chest to your thumbs.
- Blow as you push away from the floor to starting position.

Beginner - Hands on table, chair or step.

Intermediate - Hands on floor.

Advanced - Feet on table, chair or step.



TOP 10 BODYWEIGHT EXERCISES

8-ICE SKATER

MORE ADVANCED LUNGE VARIATION

- Stand up tall engaging your core feet just over hip width apart.
- Take a diagonal step backward behind your standing foot - almost like a curtsy
- Think about placing the back toes into a stable position behind.
- Drop you hips so your back knee kisses the floor.
- Then drive up on the front leg engaging the hamstring and glute back into standing.
- Repeat on the other leg.

Beginner - Bring knee only as deep as you can.

Intermediate - Knee kissing the floor.

Advanced - Hover your back toe off the floor.



TOP 10 BODYWEIGHT EXERCISES

9-SQUAT JUMP

WHEN WAS THE LAST TIME YOU JUMPED?

- Set the squat by engaging your core and twisting your feet into the ground.
- Keep the core on as you break at the hips into as deep as squat as you can.
- Try and be active in the bottom of the squat movement pushing with your toes and squeezing your glutes.
- Then drive your arms up explosively driving through your feet and activating your hamstrings, quads and glutes.
- Land on soft legs dropping back into squat and prepare for your next Jump.

Beginner - Sit down to a chair or straddled step.

Intermediate - Sit as deep as you can.

Advanced - Add a tuck as you jump.



TOP 10 BODYWEIGHT EXERCISES

10-BURPEE

BRING IT ALL TOGETHER . . . FOR FUN?

- Stand up tall engaging your core feet just over hip width apart.
- Keep the core on as you break at the hips into as deep as squat as you can.
- Put your hands on the floor and jump your legs backwards into Static Press Hold.
- Jump your legs back into Squat.
- Then drive your arms up explosively driving through your feet and activating your hamstrings, quads and glutes.
- Land on soft legs dropping back into squat and repeat the sequence.

Beginner - Hands on table, chair or step.

Intermediate - Hands on floor.

Advanced - Add a tuck as you jump.



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TOP 10 BODYWEIGHT EXERCISES

BEGINNER PROGRAM

WARM UP

Exercise	Notes
Cardio	5 mins slowly raising intensity to 130HR+

EXERCISE

SuperSet 1	Sets	Reps	Tempo	Rest	Notes
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Squats	4	8	1 - 4	60s	
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Lunges	4	8	1 - 4	60s	
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SuperSet 2	Sets	Reps	Tempo	Rest	Notes
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Static Press Hold	4	30s	NA	60s	
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Mermaid Side Hold	4	30s	NA	60s	30s Each side
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SuperSet 3	Sets	Reps	Tempo	Rest	Notes
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Russian Twist	4	30s	NA	60s	
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Ice Skater	4	16	1 - 4	60s	
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COOL DOWN

Exercise	Notes
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Cool Down	5 mins walking
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TOP 10 BODYWEIGHT EXERCISES

INTERMEDIATE PROGRAM

WARM UP

Exercise	Notes
Cardio	5 mins slowly raising intensity to 130HR+

EXERCISE

SuperSet 1	Sets	Reps	Tempo	Rest	Notes
Squat Jumps	3	12	1 - 1	10s	
Ice Skaters	3	16	1 - 4	60s	
SuperSet 2	Sets	Reps	Tempo	Rest	Notes
Push Up	3	12	1 - 4	10s	
Russian Twist	3	60s	NA	60s	
SuperSet 3	Sets	Reps	Tempo	Rest	Notes
Bug	4	60s	NA	10s	
Mermaid Side Hold	4	60s	1 - 4	60s	60s Each side

COOL DOWN

Exercise	Notes
Cool Down	5 mins walking

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TOP 10 BODYWEIGHT EXERCISES

ADVANCED PROGRAM

WARM UP

Exercise	Notes
Cardio	5 mins slowly raising intensity to 130HR+

EXERCISE

SuperSet 1	Sets	Reps	Tempo	Rest	Notes
Squat Jumps	2	20	1 - 1	10s	
Ice Skaters	4	20	1 - 2	30s	2 Extra Sets
SuperSet 2	Sets	Reps	Tempo	Rest	Notes
Push Up	4	12	1 - 4	10s	
Russian Twist	3	60s	NA	30s	
SuperSet 3	Sets	Reps	Tempo	Rest	Notes
Burpees	4	60s	1 - 1	10s	
Bug	4	60s	NA	30s	

COOL DOWN

Exercise	Notes
Cool Down	5 mins walking

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THANK YOU

HAVE FUN AND MOVE!!

I hope that you have had fun moving and exploring with some of these movements and exercises.

Remember once you have mastered these you can look to experiment and play with you training.

If you have enjoyed the guide why not sign up to TeamJOD.com

Each month you will get:

- New Resistance exercises
- Full programs including cardio protocols
- Stretches and mobilisers
- Challenges to keep your training FUN!

And remember 10% of all profit raised from Team JOD is donated to Cancer Research UK.

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LEGAL STUFF

LEGAL CHAT

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