

4FITTT



**BODYWEIGHT
HOME
CHALLENGE**

WORKOUT 1A



BURPEES 20

SQUATS 20

PLANK UP DOWN 20

HIGH KNEES 20

BURPEES 15

SQUATS 15

PLANK UP DOWN 15

HIGH KNEES 15

BURPEES 10

SQUATS 10

PLANK UP DOWN 10

HIGH KNEES 10

Complete **20 reps** of each exercise, followed by **15 reps** of each exercise then **10 reps** of each exercise.

This is a timed workout. Log your times below.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Time						

WORKOUT 1B



BURPEES 5

JUMP LUNGES 10

KNEE TO ELBOW 15

MOUNTAIN CLIMBERS 20

*As many rounds as possible in **15 minutes**, each time you complete all four exercises you score 1 round.*

If the time runs out and you have completed for example 3 rounds and 2 exercises you score a 3.2

Log your rounds below.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Rounds						

WORKOUT 1C



BROAD JUMP BURPEES 5

HALF GET UPS 10

FULL GET UPS 5

PLANK JACKS 10

*As many rounds as possible in **15 minutes**, each time you complete all four exercises you score 1 round.*

If the time runs out and you have completed for example 3 rounds and 2 exercises you score a 3.2

Log your rounds below.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Rounds						

WORKOUT 1D



FRONT TO BACKS 2...4...6...8...10...

ALPINE SQUATS 2...4...6...8...10...

NAVY SEALS 2...4...6...8...10...

CHEST TO FLOORS 2...4...6...8...10...

Starting with 2 reps per exercise the objective is to climb as high as you can upping the reps with each round. For example, complete 2 reps on each exercise then 4 on each exercise then 6 and so on.

Your score is the total amount of reps you reach when the timer ends e.g. If you have completed 10 of everything your score will be 40, if you have completed 10 of three and 12 of one you have a score of 42.

Log your rounds below.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Rounds						