

WAKE UP! & MAKE IT HAPPEN WORKOUT

neilarey.com

1. 10 push-ups



2. 20 mountain climbers



3. 20 bicycle crunches



4. 30 sec plank



5. 5 burpees



level I 3 sets level II 5 sets level III 7 sets rest between sets up to 60 seconds

MILITARY FIT

darebee.com

Day 1 | Recruit

Level I 3 sets

Level II 5 sets

Level III 7 sets



up to 2 minutes rest between sets

1 roll high knees - or one leg around a field in the beginning of every set



20 push-ups



20 shoulder taps



20-count plank hold



20 jumping lunges



20 knee-ins + twist



20 raised leg circles



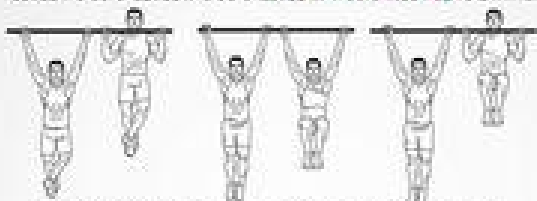
20 up and down planks



MERC

DAREBEE WORKOUT darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



to failure combo pull-up + knee raise + knee raised pull-up



20 jump squats



10 plank walk-outs



to failure push-ups



20 jumping lunges



20 sit-ups

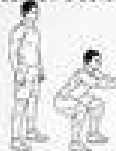


to failure raised leg hold

SUPER SOLDIER

DAREBEE WORKOUT darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



10 push-ups



10-count push-up



3 combos: 20 high knees - 1 jump knee tuck



10 army crawl



10 knee-to-elbow crunches



20 climbers



10 knee-to-elbow crunches



EPIC

NEILA REY WORKOUT

neilarey.com

round 1

30 bicycle crunches
10 push-ups
20 squats



round 2

20 bicycle crunches
5 push-ups
20 squats



round 3

30 bicycle crunches
10 push-ups
20 squats



round 4

20 bicycle crunches
5 push-ups
20 squats



round 5

30 bicycle crunches
10 push-ups
20 squats



round 6

20 bicycle crunches
5 push-ups
20 squats

rest between rounds: up to 60 seconds

BOXER | SPEED

DAREBEE BOXING WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

no jump rope? hop on the spot



15sec push-ups



15sec jab + cross



30sec jump rope



15sec push-ups



15sec hooks



30sec jump rope



15sec push-ups



15sec uppercuts



30sec jump rope

REVERSE PYRAMID FAST AND SWEATY WORKOUT

ROUND 1

50 Mountain Climbers
40 Jumping Jacks
30 Medicine Ball Squats
20 Kettlebell Swings
10 Speed Skaters

ROUND 2

40 Mountain Climbers
30 Jumping Jacks
20 Medicine Ball Squats
10 Kettlebell Swings

ROUND 3

30 Mountain Climbers
20 Jumping Jacks
10 Medicine Ball Squats

ROUND 4

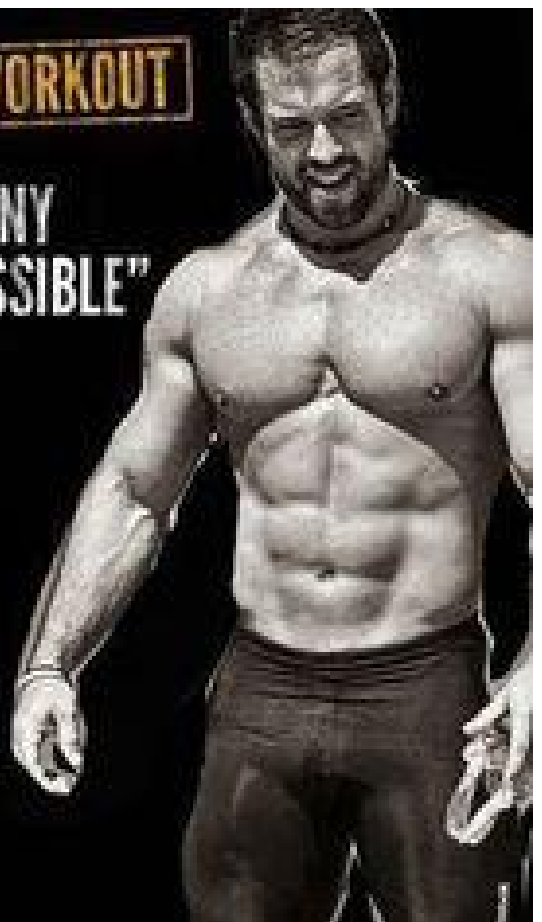
20 Mountain Climbers
10 Jumping Jacks



THE AMRAP WORKOUT

20 MIN "AS MANY
ROUNDS AS POSSIBLE"

20 BURPEES
8 PUSH UPS
20 SIT UPS
20 SQUATS
20 sec PLANK
5 LUNGES PER LEG



Bodyweight Exercises

BY NEILA REY @neilarey.com



abs



quads



glutes



triceps



biceps



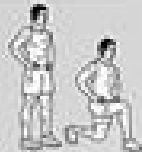
back



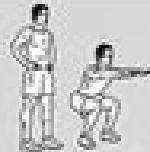
chest



sit-ups



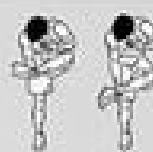
lunges



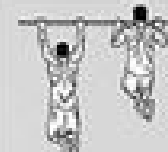
squats



close grip push-ups



leg curls



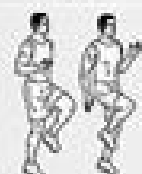
pull-ups



push-ups



reverse crunches



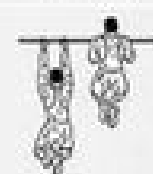
high knees



donkey kicks



tricep dips



chin-ups



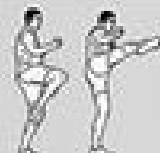
elbow lifts



plank rotations



bicycle crunches



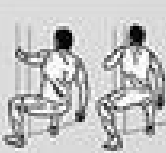
turning kicks



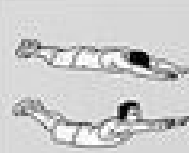
bridges



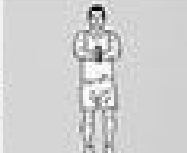
tricep extensions



doorframe rows



superman



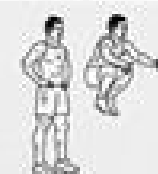
chest squeezes



flutter kicks



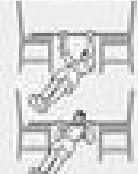
climbers



jump knee tucks



get-ups



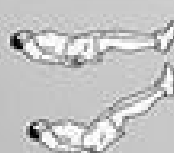
body rows



star plank



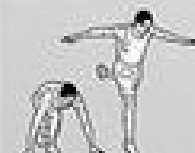
shoulder press



leg raises



plank jump-ins



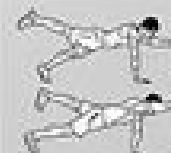
fly steps



punches



sitting pull-ups



alt arm/leg plank



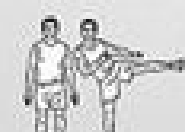
shoulder taps



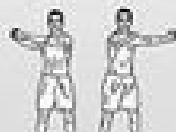
elbow plank



lunges step-ups



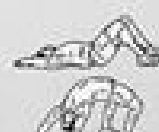
side leg raises



side-to-side chops



pseudo planche



full arch



clapping push-ups



BODYWEIGHT WORKOUT

MUSCLES



PERFORM EACH WORKOUT AS FOLLOWS:

1. Perform 1-2 exercises from each body part
2. Complete 10-15 repetitions per exercise
3. Repeat for 3-4 sets

BODY POSITIONS

- Starting position: Left or top figure
- Ending position: Right or bottom figure

UPPER BODY



ABS & CORE



LOWER BODY



REPS
SETS

10-15

2-4

REPTITION

SETS

Health & Fitness Made Simple | Fitninja.com

CALISTHENICS WORKOUT PLAN FOR BEGINNERS



DrWorkoutFitness

6-Month Calisthenics Beginner Workout Plan

MONTH 1 FULL BODY WORKOUT



x3 sets

Full Body Workout:

5 Chin Ups
30 sec Wall Sit
10 Chair Dips
8 Squats
8 Push ups
3-4 Pull Ups
4 Leg raises
8 Decline Push Ups

Schedule:

Monday: Full Body Workout
Tuesday: Rest
Wednesday: Full Body Workout
Thursday: Rest
Friday: Full Body Workout
Saturday & Sunday: Rest

MONTH 2 UPPER BODY WORKOUT

Upper Body Workout:

10 Regular Push Ups
5 Shoulder Width Chin Ups
3 Dips on Straight Bar
5-6 Regular Pull Ups
5 Dips

Schedule:

Monday: Upper Body Workout
Tuesday: Rest
Wednesday: Full Body Workout
Thursday: Rest
Friday: Upper Body Workout
Saturday & Sunday: Rest

MONTH 3 LEVEL UP MONTH

Schedule:

Monday: Full Body Workout + Upper Body Workout
Tuesday: Rest
Wednesday: Full Body Workout + Upper Body Workout
Thursday: Rest
Friday: Full Body Workout + Upper Body Workout
Saturday & Sunday: Rest

MONTH 4 MUSCLE UP HUNT

Muscle Up Hunt:

5 Chest High Pull Ups
5 Dips On Straight Bar
5 Clapping Push Ups
5 Head Banger Pull Ups
5 Typewriter Pull Ups
5 Jump Muscle Ups
5 Clapping Pull Ups

Schedule:

Monday: Muscle Up Hunt + Full Body Workout
Tuesday: Rest
Wednesday: Upper Body Workout + Full Body Workout
Thursday: Rest
Friday: Muscle Up Hunt + Full Body Workout
Saturday & Sunday: Rest

MONTH 5 MUSCLE UP TIME

Schedule:

Monday: Muscle Up + Muscle Up Hunt
Tuesday: Rest
Wednesday: Muscle Up + Full Body Workout
Thursday: Rest
Friday: Muscle Up + Muscle Up Hunt
Saturday & Sunday: Rest

MONTH 6 BEGINNER CHALLENGE

Beginner Challenge

5 Muscle Ups
10 Dips
20 Pushups
10 Jumping Jacks
20 Leg Raises
5 Muscle Ups

Schedule:

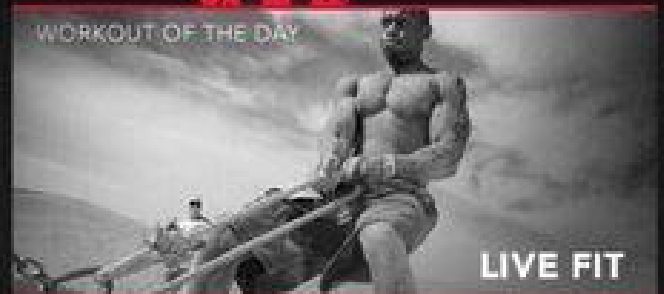
Monday: Muscle Up + Muscle Up Hunt
Tuesday: Beginner Challenge
Wednesday: Muscle Up + Full Body Workout
Thursday: Muscle Up + Muscle Up Hunt
Friday: Beginner Challenge
Saturday & Sunday: Rest

SPARTAN



WOD

WORKOUT OF THE DAY



LIVE FIT

Beast Mode 1.2

Run 1 mile
15 burpees
5 pull-ups
50 crunches
15 box jumps
5 pull-ups
50 bodyweight squats
15 burpees
5 rope climbs or 5 x 25' bear crawl
50 walking lunges
15 box jumps
5 x 25' bear crawl

x 3