



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



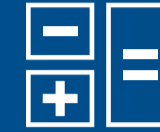
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FULL BODY BODYWEIGHT WORKOUT

Need a good home based workout that doesn't require barbells or dumbbells? Try this intense full body bodyweight workout circuit!

Link to Workout: <https://www.muscleandstrength.com/workouts/full-body-bodyweight-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 30-45 Mins

Equipment: Bodyweight

Author: Jeremy Wood

Bodyweight Workout

Exercise	Sets	Reps
Warm Up: 5 Mins Walk or Light Jog		
Jump Squat	3	10 - 15
Push Up	3	15 - 20
Pull Up	3	10 - 15
Walking Lunge	3	10 - 15 Each Leg
Dips	3	10 - 15
Inverted Pull Ups	3	10 - 15

Cool Down: 5 Mins Walk or Light Jog

Go through each exercise 3 times, take minimal amounts of rest in between each exercise, and then take 1-2 Mins Rest between each series of exercises. Push for more reps each time you do this workout.