

Body Weight RX©

Developed by Helen Vanderburg

Introduction:

Body Weight Resistance Training is a series of challenging exercises using your own body weight against the forces of gravity to develop strength and stability. The workout is broken down into 3 quadrant of the body... lower body, upper body and core. Using your own bodyweight to create resistance you will experience a demanding work out to develop strength. It is one of the most functional ways to train.

Once we warm up... get ready to work it out!

Quadrant 1: Lower Body

Set 1: Lunge Series

Stationary vertical lunge with rotation – hip hinge to leg extension, knee driver to balance – single leg dip – side lunge, back lunge, press lunge - split lunge jumps

Set 2: Squat Series

Cross over squat to squat side (stay low) to curtsy to squat(8cnts)– squat/ curtsy to leg circle tap repeat 2X (8cnts) Squat with heel raise - drop squats

Set 3: Sumo Squat

Sumo squat with finger tip touch to floor/ reach over head with heel lift, squat pop ups 3 x stand up, stay low and walk to one side in lunge and lift the opposite leg up in abduction. Abduct to stand – lateral leg swings.

Set 4: Get Down/ Get up Series

Leg crossed full squat – to roll back. Lift to V sit, roll up stand up – jump up. Squat creeps.

Quadrant 2: Upper body

Foundation exercises: plank, pushups

Set 1: Full body integration

Single leg balance to roll down – walk out to plank – push ups – plank to side T stand (leg variations)

Set 2: Burpee Chaos

Burpee with spider crawls, single leg, rotational

Set 3: Overhead press

Overhead press in pike (advanced: 3 legged dog to plank and back to 3 legged dog) - Inch worm/ walk down to Starfish

Set 4: Push ups

Triceps press ups to triceps push ups

Wide push ups - Cross over walks to Plyo push ups

Quadrant 3: Core**Foundation moves: plank. Push-up, V sit, back bridge****Set 1: Lateral core integration**

Elbow plank to side plank roll

Side Plank with lower leg wrap

Slow roll back to side plank to other side

Set 2: Full body integration

Staggered push ups to extended lateral pushups

Full body Hover

Set 3: Rolling Superman

Side lying leg lift balance- leg lifts to oblique pike ups

Pike up isometric hold

Prone spinal extension

Full body rolls (side balance, prone ext, side balance, supine balance)

Repeat on the other side

Set 4: Back Body

Bridge with multiple directional reaches

Back bridge with knee hug

Reverse plank (pike)

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