

## 4 Week No Equipment Required Fitness Programme



	Day 1 (Upper Bodyweight)			Day 2 (Lower Bodyweight)			Day 3 (Cardio)	
	Exercise	Reps	Notes	Exercise	Reps	Notes	Exercise	Notes
Week 1	Press-Ups	4 x 10	On knees if needed	Squats	4 x 12	Bodyweight squats	Run, Walk or Cycle	20 to 30 minutes of your choice of running, walking or cycling if you have a bike
	Walkouts	3 x 10	Walk hands out and back in	Lunges	2 x 20	Alternating forward lunges		
	Tricep Dips	3 x 10	Hands on edge of sofa or bench	Side Lunges	2 x 20	Alternating lateral lunges		
	Back Extensions	3 x 10	From lying face down	Step-Ups	3 x 12	Onto bench, sofa or stairs		
	Plank Get-Ups	2 x 12	Forearms to hands and back	Squat Thrusts	3 x 10	Stay down kick back and return		
	Mt Climbers	2 x 20	From press-up position	Leg Raises	3 x 10	Lying on back working the abs		
Week 2	Press-Ups	4 x 12		Squats	4 x 15		Run, Walk or Cycle	Add 5 to 10 minutes duration onto your cardio exercise
	Walkouts	3 x 12		Lunges	2 x 20			
	Tricep Dips	3 x 12		Side Lunges	2 x 20			
	Back Extensions	3 x 12		Step-Ups	3 x 15			
	Plank Get-Ups	2 x 12		Squat Thrusts	3 x 12			
	Mt Climbers	2 x 20		Leg Raises	3 x 12			
Week 3	Press-Ups	4 x 8	Progress off knees or to inclined	Squat Jumps	4 x 10	Progress to jumping squats	Run, Walk or Cycle	Try to increase speed focussing on effort level and getting out of breath
	Walkouts	3 x 15		Lunges	3 x 20			
	Tricep Dips	3 x 10	Place book or weight on thighs	Side Lunges	3 x 20			
	Back Extensions	3 x 15		Box Jumps	3 x 10	Both feet jump onto bench or stairs		
	Plank Get-Ups	2 x 15		Squat Thrusts	2 x 15			
	Mt Climbers	2 x 30		Leg Raises	2 x 15			
Week 4	Press-Ups	4 x 10	Same style as week 3	Squat Jumps	4 x 12	Hold small weight if possible	Run, Walk or Cycle	Add another 5 to 10 minutes duration staying focussed on speed and effort level
	Walkouts	3 x 20		Lunges	3 x 20			
	Tricep Dips	3 x 12	Increase weight if possible	Side Lunges	3 x 20			
	Back Extensions	3 x 20		Box Jumps	3 x 12	Increases reps or height if possible		
	Plank Get-Ups	2 x 15		Squat Thrusts	3 x 15			
	Mt Climbers	2 x 30		Leg Raises	3 x 15			