

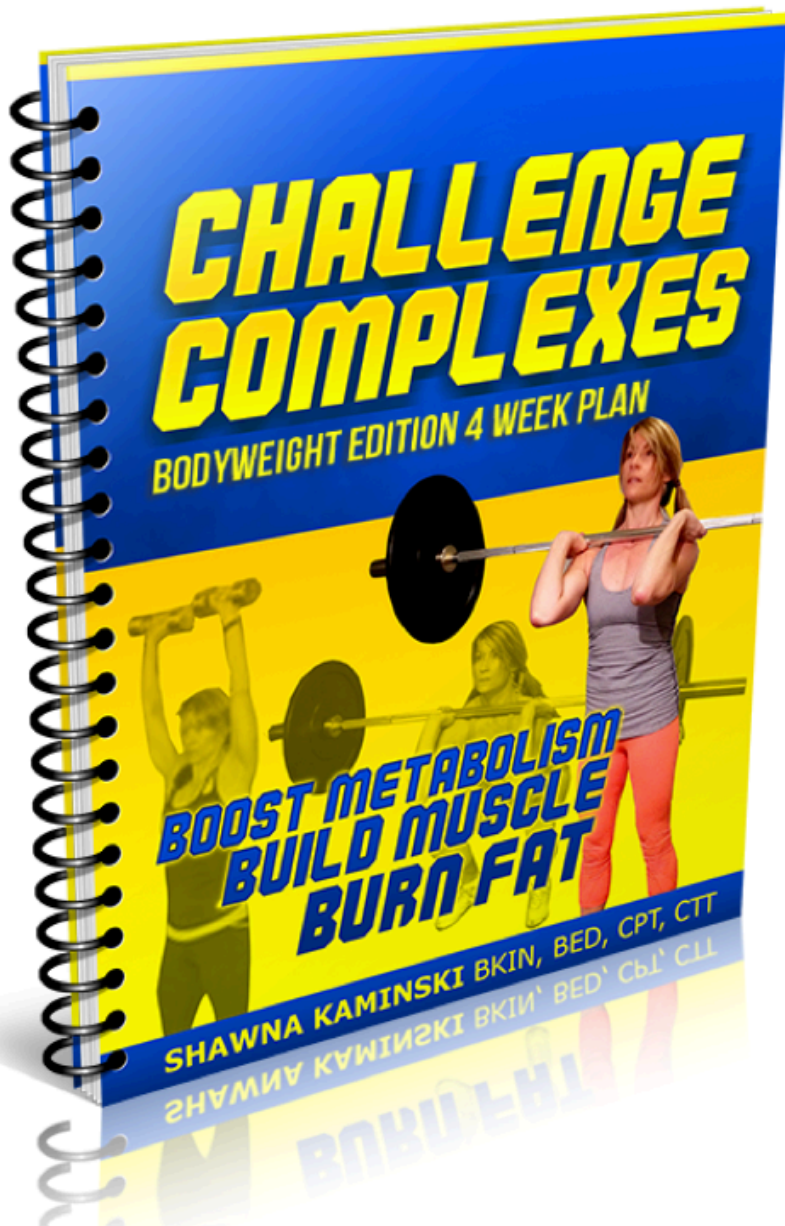
# CHALLENGE COMPLEXES

BODYWEIGHT EDITION 4 WEEK PLAN

BOOST METABOLISM  
BUILD MUSCLE  
BURN FAT

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ШАВНА КАМИНСКИ ВКИН, БЕД, СЪП, СТИ



## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Complexes are brilliant when using a barbell or dumb bells or even a kettle bell. But sometimes, you just don't have ANY equipment.

So, here you go.

This is a BODYWEIGHT complex-style plan.

You'll find 6 workouts. Since they utilize ONLY bodyweight, you can train every day of the week using these workouts, take ONE day off and repeat the workouts for a month.

This gives you a 4-week plan of bodyweight ONLY complex-style workouts.

To begin, no matter if you're doing bodyweight workout or a 'ton of weight' workout, you need to warm up your muscles rather than just diving right in. This is implied and not listed in the manual. Here's a great warm up (or follow along in the warm up video in the basic program):

### **Bodyweight Warm-up**

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

### **Cool down**

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.

## **Workout 1 Ten by Six (Reps and rounds)**

Rest up to one minute between sets.

10 reps of each:

- Burpee with push up
- Wall sit stick up
- Prisoner reverse lunge (5 per side)
- Get up (5 per side)
- One legged walk out to plank push up (5 per side)
- Prisoner squat jump

Rest 30 sec to 1 minute

4 to 6 rounds

## **Workout 2 Up n Down (AMRAP sets)**

Do in 7 reps of each exercises AMRAP style (as many rounds as possible) in 4 min. Rest as needed.

Prisoner 1 ½ squats

Cross body mountain climber (7 per side)

Super mans on floor

Burpees with push up

Lateral lunges (7 per side)

Plank with alternate leg lift (7 per side)

30 seconds rest

Repeat 3 – 5 times

### **Workout 3 Jump Around (Reps and rounds)**

Do 30 seconds of squat jumps then:

- 8 Prisoner reverse lunges (per side)
- 8 Spiderman push up (per side)
- 8 Single leg RDL (8 per side)
- 8 Burpees

Plank recovery 30 sec

4 - 6 rounds

### **Workout 4 Push n Pull (Ladder set)**

Do 10, 8, 6, 4, 2, 4, 6, 8, 10 reps of the following:

- Renegade row push up (elbow touches rib with no DB) (# per side)
- Stick up wall sit
- One legged walk out plank (# per side)
- Prisoner 1 ½ squat
- Cross body mountain climber (# per side)

FUW 10 burpees after each set

Rest as little as possible between sets

### **Workout 5 Bodyweight 8 x 10 (Reps and rounds)**

Do 10 reps of the following exercises:

Burpees

Prisoner Squat

Sit outs (10 per side)

Push-Ups

Burpees

Reverse Lunges (10 per leg alternating)

Sit outs (10 per side)

Wall sit stick up

Rest up to one minute

Repeat 2-4 rounds

### **Workout 6 Get in the Flow (Ladder set)**

Start on the weak side, so the squat jumps then do the reps on the strong side.  
Do 10 reps of each:

One legged RDL to reverse lunge

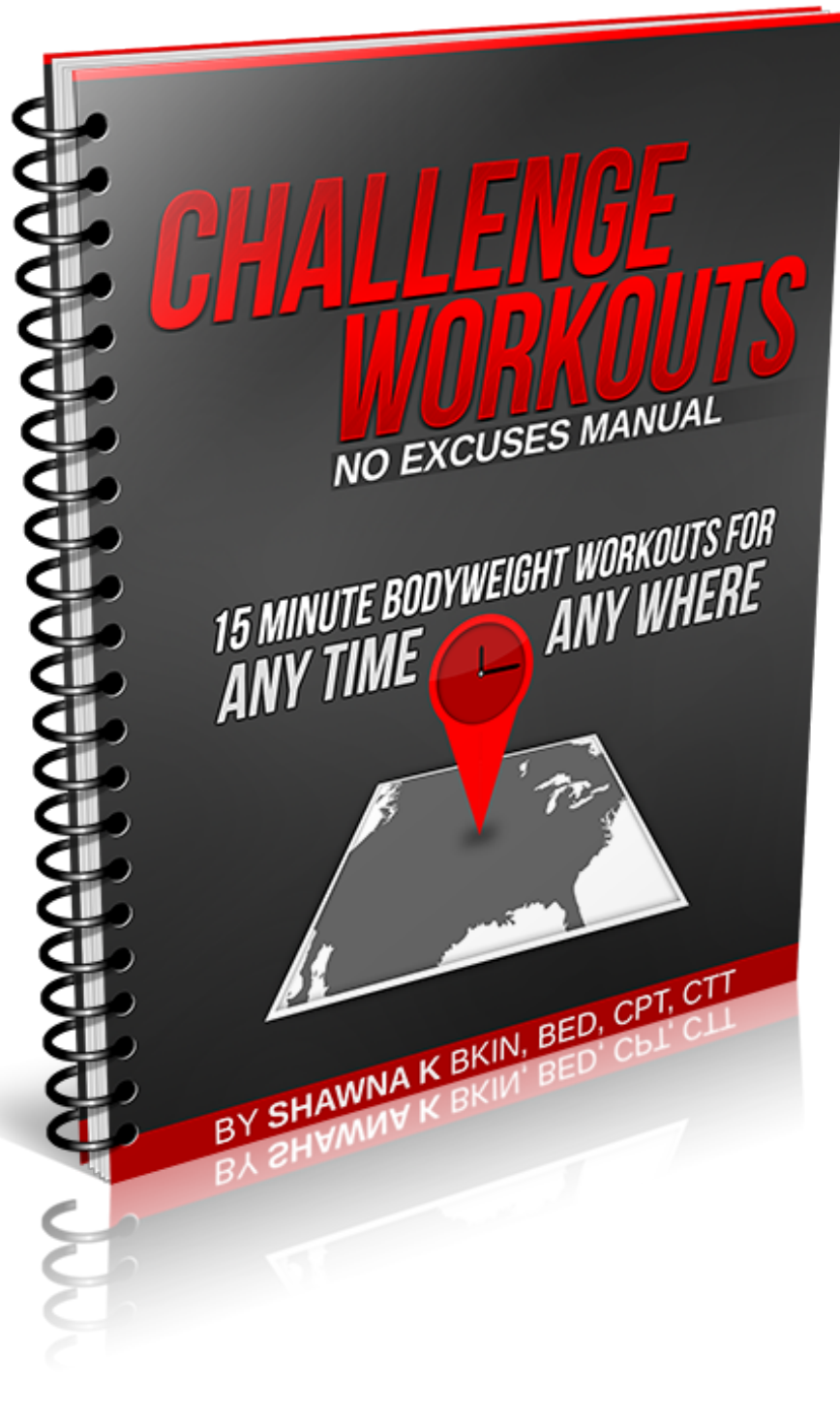
One legged walk out to plank push up

Prisoner squat jumps

One legged RDL to reverse lunge (other side)

One legged walk out to plank push up (other side)

Do 8 reps of above, then 6, then 4, then 2.



Sometimes, you just don't have ANY equipment. Period. But that's NO EXCUSE to sit still.

So, here you go.

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This gives you a 4-week plan of bodyweight ONLY workouts.

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- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

### **Cool down**

You'll want to add some gentle stretches after your workout is done. Do NOT bounce on any stretch. Hold a stretched position for 15-30 seconds. Let gravity do the work as much as possible for any passive stretch.



## **Workout 1 - 100 Burpee Challenge**

This is a 'RIST' style workout, that means 'reps in specific time'. The goal is to get 10 reps in every minute for 10 minutes.

To spice things up, I've added a different burpee variation for each of the 10 sets. You can do my variation, do your own or just do regular burpees. For this workout, I did NOT do the push up in the first 90 burpees

Here are the variations I did for each set:

1. regular burpee
2. double jump burpee
3. mountain climber burpee
4. frogger burpee
5. get up burpee
6. reverse lunge burpee
7. 3 jacks + a burpee
8. long jump burpee
9. skater burpee
10. push up shoulder touch burpee

\*If 10 burpees per minute are too much for you, dial it back to 5 or 7 burpees (or whatever challenges YOU).

## **Workout 2 5 Minute 5 x 5**

5 minutes, 5 reps of these 5 exercises:

burpee  
push up shoulder touch  
mountain climber (each leg)  
prisoner reverse lunge (each leg)  
prisoner squat

This is an AMRAP set. This means you'll repeat these 5 exercises 'as many rounds as possible' in the 5 minutes.

Repeat this AMRAP set 2-3 more times, with a one minute rest between.

### **Workout 3 What Happened to My Legs?**

This workout has two sets:

Set 1 – Set your timer for 20 seconds/10 second interval for 8 rounds.

- 20 seconds jump squat/10 seconds rest 20 seconds
- jump squat/10 seconds pulsing squat
- Repeat this 4 times

Then do 40 seconds of work with 10 seconds of rest of the following:

- Swing lunge
- Swing lunge other leg
- Single Leg RDL walk out to push up
- Single Leg RDL walk out to push up other side
- Repeat one more time

### **Workout 4 Triple Threat**

This workout has two sets:

Set 1

3 per leg jumping lunges (or reverse lunges)  
3 triple stop push ups  
3 per leg lateral lunges  
3 cross body mountain climbers

Follow directly with Set 2

30 seconds squat jumps  
30 seconds front plank recovery

Do this AMRAP style (as many rounds as possible) in 12 minutes

## **Workout 5 Double Trouble**

This workout has 2 sets.

**Set 1** – Set your timer for one minute for 10 sets, do the following exercises RIST style. RIST means ‘reps in specific time’. You must finish all 15 reps of these exercises in one minute. Any extra time left is your rest. If you want to intensify, you can do a front plank as active recovery in your rest period. To intensify this workout, you will either shorten the RIST time, or increase to 6 – 8 reps of the exercises.

5 burpees  
5 prisoner squats  
5 cross body mountain climbers (per side)

**Set 2** – Tabata Time - Set your timer for 20 seconds of work with 10 seconds of rest.

20 seconds of mountain climbers/10 seconds of rest  
20 seconds of squat jumps/10 seconds of rest  
Repeat 4 times

## **Workout 6 A Lil Of Everything**

Do 30 seconds of work with a 5 second transition:

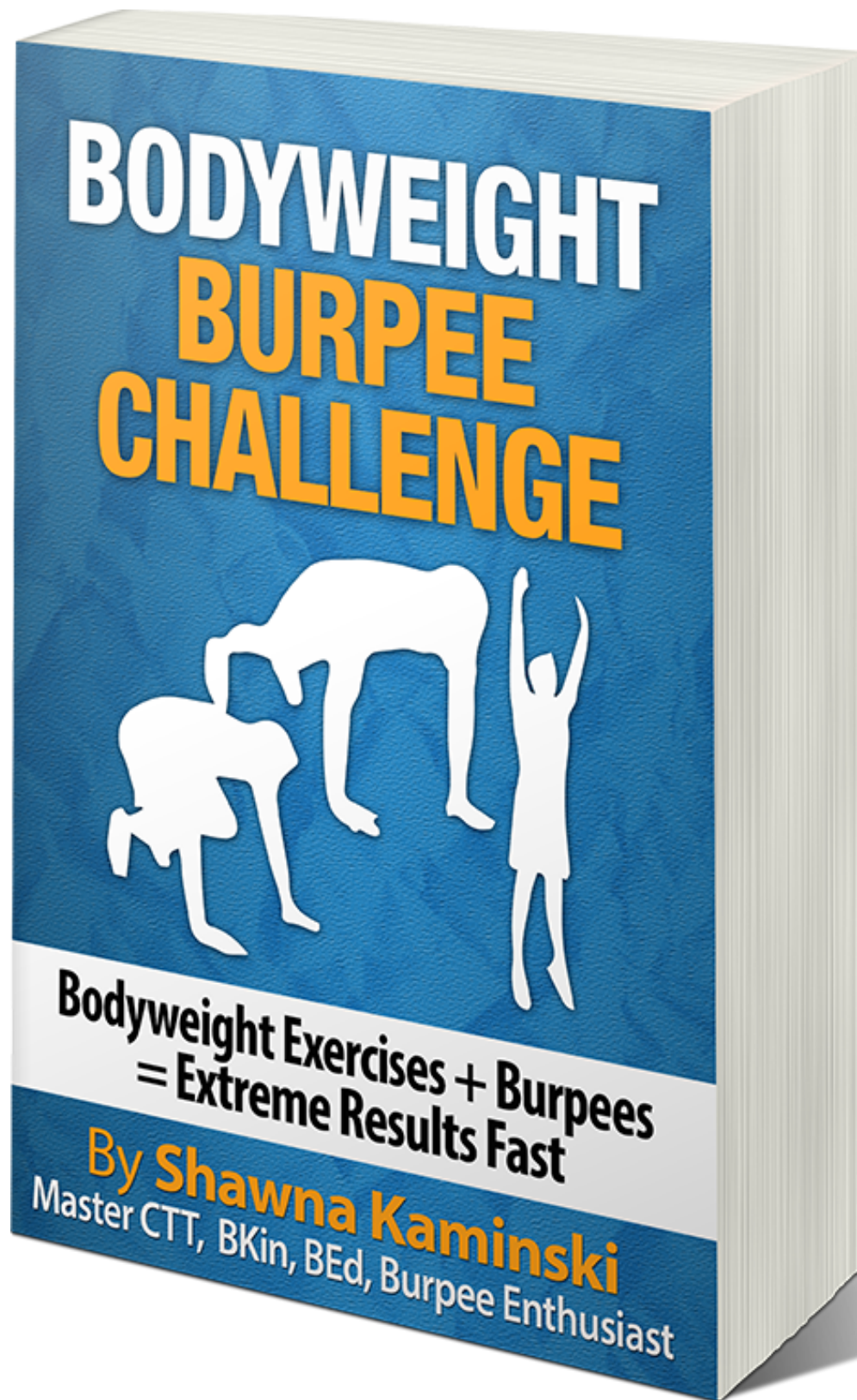
- Box jump or step up (do squat jumps if you don't have a box)
- Push up (incline, prone or decline)
- Prisoner squat jumps
- Get ups
- Prisoner reverse lunge
- Plank recovery

Repeat up to 5 times through.

## **Workout 7 One for the Road (Bonus)**

This is a ladder set. Start with 14 reps of each, do a one minute plank recovery. Then do 12 reps of each, one minute plank recovery. Count down 10, 8, 6, 4, 2 with a one minute plank recovery in between each set.

- Burpees
- Prisoner squats
- Spider crawls (per side)
- Shoe touch (per side)
- Push ups
- Front plank alternate leg lift



## Welcome to Bodyweight Burpee Challenge

You love burpees? Me too!

So did physiologist Royal H. Burpee. According to the Oxford English Dictionary, he developed the burpee test. He earned a PhD in Applied Physiology from Columbia University in 1940 and created the 'Burpee' exercise as part of his PhD thesis.

Thank you Mr. Burpee 😊

You'll find 10 burpee workouts in this plan.

These are full body workouts that you can use as a stand-alone program, or you can use them on a 'day off'. They're quite intense even though they are only 20 minutes in length.

These workouts are perfect for when your schedule is jam-packed and you just need to fit in a workout. All you need is a small space, your bodyweight and a willingness to sweat. These are the kinds of workouts I do when I'm travelling or when my body is sore from a metabolic resistance-training workout. These workouts workout the entire body and really get me sweating in a short time.

Let's get started!

### Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks or step jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps

### Cool your jets

You'll want to add some gentle stretches after your workout is done.

**\*IN ANY WORKOUT, FEEL FREE TO SWAP THE BURPEE VARIATION\***

## Workout #1

### Burpee Rotisserie

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- **Frogger burpee** - Hands up, hands down, hop feet out, hop feet back in, push up, hop feet back in, jump up (2 squat thrusts before push up)
- Front plank 30 seconds
- **Long jump burpee** – Double foot long jump forward, half turn, regular burpee.
- Side plank 30 seconds
- **Sit out burpee** – Hands up, hands down, hop feet out into high plank position, push up, bring knees close to elbows, slide right foot under left arm to side, twisting trunk, return to 4 point position, repeat on other side, jump up.
- Side plank (other side) 30

Repeat circuit four times

## Workout #2

### Bulgarian Burpee

Equipment: bench or box (optional)

Set your timer for 30 seconds work/10 seconds transition for 24 sets.

- **Double screech burpee** – do a screech on either side then a burpee.
- Jumping alternate lunge (or reverse alternate lunges) 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- \*Or split squat with no bench
- **Bench hop burpee** – do a burpee, hop the bench do a burpee on the other side
- Front plank recovery 30 seconds

Repeat circuit four times

## Workout #3

### Who's Got the Power?

Set your timer for 15 minutes. Get done as much work as you can in that time. For the burpee set, alternate between a power builder burpee and a lateral lunge burpee.

Count down:

- 10 **Power builder burpee** – regular burpee, when the feet go into the plank, do a plank jack to plank then jump up.
- 10 prisoner squats
- 10 per side get ups
  
- 9 **Lateral lunge burpee** – Do a lateral lunge to left then right, follow with a regular burpee.
- 9 prisoner squats
- 9 per side get ups

Continue to count down until you get to:

- 1 **Power builder burpee**
- 1 prisoner squat
- 1 per side get up

## Workout #4

### 3's a Crowd

Equipment: bench or box

Do the following AMRAP style for 12-15 minutes:

- 13 **YOUR CHOICE burpees**
- 3 reverse prisoner lunges per leg
- 3 per side RDL
- 3 push ups

Burpee suggestions for this workout:

- **Bench hop burpee** – do a burpee, hop the bench do a burpee on the other side
- **Burpee whip** – do a burpee while holding a jump rope, do a jump of the rope each time you jump up.
- **Skater Burpee** – Skater lunge jump to right and left, regular burpee.



## Workout #5

### Reverse It!

Equipment: bench or box

Set your timer for 12-15 minutes. Get done as much work as you can in that time.

Start with 30 seconds of **reverse lunge burpees**, then do:

- 10 box jumps (squat jumps with no box)
- 10 decline push ups (regular push ups with no box)
- 10 wall sit holds with 10 stick ups

Repeat 30 seconds of **reverse lunge burpees**, then do:

- 9 box jumps
- 9 decline push ups
- 9 wall sit holds with 9 stick ups

Continue to count down until you get to:

30 seconds of **reverse lunge burpees**, then do:

- 1 box jump
- 1 decline push up
- 1 wall sit holds with 1 stick up

\* **Reverse Lunge Burpee** – Do a reverse lunge on left then right, follow with a regular burpee.

## Workout #6

### FUW Burpee

Set your timer for 1 minutes of work repeats:

- 10 Prisoner squats FUW **Burpee roll** – Do a regular burpee like this: hands up, hands down, feet out, push up, partial back roll, forward roll to feet, jump up.
- 10 Push up shoulder touch (R/L is one) FUW **Five Jacks and a Burpee** – Do 5 jumping jacks and then a burpee, repeat pattern
- Spider crawl 5 each side FUW **Double Jump Burpee** – Hands up, hands down, feet out, push up, feet in, jump twice.
- Plank

Repeat circuit 3-4 times

\*FUW – This means ‘finish up with’. Do the required number of reps specified in the set and then ‘finish up with’ the specified exercise.

## **Workout #7**

### **Jump In**

Set your timer for 12-15 minutes. Get done as much work as you can in that time. Start back UP the ladder if you can. To make this more difficult, instead of dropping 2 reps each set, only drop one rep (20, 19, 18...1)

30 seconds of **Jump Rope Burpee** then count down:

- 20 wall sit marches
- 20 push ups
- 20 prisoner squats

30 seconds of **Jump Rope Burpee** then count down:

- 18 wall sit marches
- 18 push ups
- 18 prisoner squats

Continue until you get to:

30 seconds of **Jump Rope Burpee** then count down:

- 2 wall sit marches
- 2 push ups
- 2 prisoner squats

\***Jump Rope Burpee** – 10 jumps with rope, followed by a regular burpee

## Workout #8

### Double Down

Equipment: Jump rope

Set your timer for 12-15minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder.

Count down the following exercises:

- Jump rope: 100 freestyle skips
- 10 pull ups (assisted pull ups or wall sit stick ups)
- 10 reverse lunges (R/L is one rep)
- **Double Jump Burpee** – Hands up, hands down, feet out, push up, feet in, jump twice.
- 10 spiderman push ups (per side)
- 10 prisoner squats
  
- Jump rope: 90 freestyle skips
- 9 pull ups (assisted pull ups or wall sit stick ups)
- 9 reverse lunges (R/L is one rep)
- **Double Jump Burpee**
- 9 spiderman push ups
- 9 prisoner squats
  
- Jump rope: 10 freestyle skips
- 1 pull up (assisted pull ups or wall sit stick ups)
- 1 reverse lunges (R/L is one rep)
- **Double Jump Burpee**
- 1 spiderman push ups
- 1 prisoner squats

## Workout #9

### Hanging Out

Equipment (optional): pull up bar, jump rope

Do the following AMRAP style for 12-15 minutes:

- 30 seconds **Skater Burpee** – Skater lunge jump to right and left, regular burpee.
- 5 Hanging leg raises (or do floor leg raises with no bar)
- 30 seconds **Inchworm Burpee** – Hands up, hands down close to feet, walk the hands out, push up, walk the hands in, hinge at hip to standing position.
- 4 Prisoner reverse lunges (per leg)
- 30 seconds **Power builder plus burpee** – regular burpee, when the feet go into the plank, do a plank jack, then a frogger to plank then jump up.
- 3 push ups
- 30 seconds **Tire Hop Burpee** – Do 6 tire hops forward, burpee, half turn, return with 6-tire hops burpee to starting position.
- 2 pull ups (or 30 wall sit stick ups)
- 30 seconds **Burpee whip double under** - do a burpee while holding a jump rope, do a jump of the rope, then a double under, each time you jump up (or do double jump burpees with no bar)
- 1 **burpee pull up** - Hands up, hands down, hop feet into high plank, push up, hop feet back in, vertical jump, pull up (or do 5 sit out burpees with no bar)

## Workout #10

### Five It Is!

Equipment (optional): pull up bar

Do the following exercises AMRAP style for 12-15 minutes:

- 5 **One legged burpee** – Stand on one foot, hands up, hands down, hop on one foot out, push up, hop on same foot back in, jump up
- 5 pull ups (wall stick ups)
- 5 **One legged burpee** – other leg
- 5 chin ups (or shoulder touch push ups)
- 5 **Mountain climber burpee** – Hands up, hands down, bring knees alternately to chest, push up, hop in, jump up.
- 5 hanging leg raises (prone leg raises)



# Body Weight Challenges

[Click here](#) to go to the video page or copy and paste this URL into your browser:

<http://challengeworkouts.com/?p=23215>

## **Body Weight Workout #1 - 'Ab'-solutely Body Weight**

*Equipment: None*

Warm up

Set your timer for 30 seconds with a 10 second transition. Repeat this set six times:

- Bodyweight squats or squat jumps
- Mountain climber
- Burpees
- Wall sit
- Spider crawl

Cool down

## **Body Weight Workout #2 - One Minute of Anything**

*Equipment: Jump rope*

Warm up

Set your timer for one minute with a 10 second transition.

Repeat this circuit three times.

- 1 minute Hard Skipping
- 1 minute Push Ups
- 1 minute Burpees
- 1 minute Body Weight Squats
- 1 minute Plank (recovery)

Cool down

## **Body Weight Challenges**

### **Body Weight Workout #3 - 'Planks' for the Abs**

*Equipment: None*

Warm up

Set your timer for 40 seconds of work with a 5 second transition.

Repeat this circuit three times.

- Squat Jump
- Shoe Touch
- Reverse Bridge Hold
- Side Plank
- Side Plank
- Burpee
- Plank

Cool down

## **Body Weight Workout #4 - Skip a Rope**

*Equipment: Jump rope*

Warm up

Set your timer for one minute/30 second repeats.

Repeat entire circuit three times.

- 1 minute HARD Skipping
- 30 seconds of Prisoner Reverse Lunges
- 1 minute HARD Skipping
- 30 seconds of Push Ups
- 1 minute HARD Skipping
- 30 seconds of Prone Sky Diver
- 1 minute HARD Skipping
- 30 seconds of Front Plank (recovery)

Cool down

## **Body Weight Challenges**

### **Body Weight Workout #5 - A\$\$ N Abs**

*Equipment: Pull up bar, bench*

Warm up

Set your timer for 30 seconds of work with a 5 second transition.

Do entire circuit six times.

Lunge Jump or reverse lunge  
Hanging Leg Raise or Floor Leg Raise  
Bulgarian Split Squat  
Bulgarian Split Squat  
Shoe Touch  
Rotational Front Plank

Cool down



## **Body Weight Workout #6 - Swingin' Good Time**

*Equipment: None*

Warm up

Set your timer for 20 seconds of work with a 10 second transition. Repeat six circuits.

Burpees  
Prisoner Squats  
Swing Lunge  
Swing Lunge  
Triple Stop Push Up  
Mountain Climber

Cool Down