



**SUGGY FITNESS**  
Mobile & Online Personal Training

*Design Yourself*

# Bodyweight Program

Here is a bodyweight program that you can do anywhere, anytime! All you need is yourself, a bench or chair, and some flat ground. It is perfect for when you're crunched on time, have no equipment available, or need something to do while on vacation!

This program can be done either by rep count or by timed intervals. Here are 2 programs you can follow:

**3 x 10 exercises, 10 reps each**

**Set Rest: 2 min**

**3 x 10 exercises, 45sec on/ 15sec off**

**Set Rest: 2 min**

- |                             |                         |
|-----------------------------|-------------------------|
| <b>1. Mountain Climbers</b> | <b>6. Russian Twist</b> |
| <b>2. Squats</b>            | <b>7. Supermans</b>     |
| <b>3. Sit Ups</b>           | <b>8. Speed Skaters</b> |
| <b>4. Push Ups</b>          | <b>9. Leg Raises</b>    |
| <b>5. Lunges</b>            | <b>10. Burpees</b>      |

Disclaimer: The content of this resource is for general knowledge only and does not constitute any medical advice. It contains one person's ideas, concepts, and opinions, and you must apply these at your own risk. This resource is not tailored to you as an individual, and it is up to you to make adjustments as necessary. You accept sole responsibility for the outcomes of these ideas, concepts, and opinions; the author is not liable for any possible injuries, loss, damage, or health related issues that may occur from using this resource. Always consult a physician/ health care professional prior to any exercise/ diet changes.



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