

# Bodyweight Strength Workout



Circuit	Exercise	Set	Session 1			Session 2			Session 3		
			%max	Reps	Rest	%max	Reps	Rest	%max	Reps	Rest
A:1	Chin-ups - close grip	1	AMRP		10sec	AMRP		10sec	AMRP		10sec
		2	-10%		10sec	-10%		10sec	-10%		10sec
		3	-10%		10sec	-10%		10sec	-10%		10sec
A:2	Paralell Bar Dips	1	AMRP		60sec	AMRP		60sec	AMRP		60sec
		2	-10%		60sec	-10%		60sec	-10%		60sec
		3	-10%		60ses	-10%		60ses	-10%		60ses
B:1	Inverted Rows - Wide Grip, Overhand	1	AMRP		10sec	AMRP		10sec	AMRP		10sec
		2	-5%		10sec	-5%		10sec	-5%		10sec
		3	-5%		10sec	-5%		10sec	-5%		10sec
B:2	Bulgarian Split Squats	1	AMRP		60sec	AMRP		60sec	AMRP		60sec
		2	-5%		60sec	-5%		60sec	-5%		60sec
		3	-5%		60ses	-5%		60ses	-5%		60ses
C:1	Back Extensions	1	AMRP		10sec	AMRP		10sec	AMRP		10sec
		2	-5%		10sec	-5%		10sec	-5%		10sec
		3	-5%		10sec	-5%		10sec	-5%		10sec
C:2	Torture Twists	1	AMRP		60sec	AMRP		60sec	AMRP		60sec
		2	-5%		60sec	-5%		60sec	-5%		60sec
		3	-5%		60ses	-5%		60ses	-5%		60ses

**Notes:**

- 
- 
-