



800 Falmouth Rd, RT 28 - Mashpee, MA 02649 • 508-477-4800
 735 Attucks Lane - Hyannis, MA 02601 • 508-778-5000
 1336 Main St - Osterville, MA 02655 • 508-420-3535

Bodyweight Workout Challenge

***The number after “Bodyweight” represents the total number of repetitions that will be completed in the workout. Warm up for 10 minutes before starting the workout. Complete the number of repetitions listed next to each exercise without resting in between.**

Bodyweight 100	Bodyweight 200	Bodyweight 300
20 Prisoner Squats	25 Prisoner Squats	5 Pull-ups
15 Push Ups	20 Close Grip Push-ups	40 Prisoner Squats
15 Step Ups	15 Jumps	25 Close Grip Push-ups
5 Inverted Rows	15 Inverted Rows	20 Jumps
20 Lunges	25 Step-ups	20 Inverted Rows
5 Close Grip Push Ups	25 Push-ups	36 Step-ups
15 Bridges	10 Hanging Leg Raises	40 Push-ups
5 Chin Ups	5/5 Oblique Leg Raises	20 Hanging Leg Raises
	25 Lunges	5/5 Oblique Leg Raises
	10 Chin-ups	34 Lunges
	20 Jack-knives	10 Chin-ups
		25 Jack-knives
		15 Burpees

Total Body Workout Challenge provided by Eric Chandler CSCS. Eric is a graduate of Colby-Sawyer College with a BS in Exercise Science. He holds the title of FitPlan Manager and is a Certified Strength and Conditioning Specialist (CSCS), Certified Burdenko Method Instructor, and Certified FMS Specialist. Eric has also been trained in the TRX Suspension Training Method. He has experience working with physical therapy patients and personal training clients of all ages, abilities, and medical conditions.