

A muscular man is shown in a plank position on a dark, pebbly beach. He is shirtless, wearing a black wristband on his left wrist, and looking off to the side with a focused expression. The background is a blurred ocean. The text is overlaid on the image in a dark, semi-transparent box.

**YOU ARE**  
*Your Own*  
**GYM.**

**BODY WEIGHT  
WORKOUTS**

# ***Welcome To Bodyweight Workouts***

## *About Me*

*Hi there my name is Sean McCrory and I'm located in Perth, Western Australia, originally from County Antrim in Ireland I arrived in this beautiful part of the world to discover that it is blessed with sunshine, beaches and a culture for being active, perfect place to run a fitness business*

*Over the years I have built up a successful Outdoor Bootcamp Business, so successful that it is now one of the biggest in Perth with over 150 people training with me.*

*The secret to my success isn't really a secret in fact its very basic and simple but what makes me different is that I do the basic and simple things very well. From relationship building, team building, keeping my workouts fun but challenging and designing sessions to suit all fitness levels isn't rocket science but if you do them right its a recipe for a successful fitness business.*

*The idea to write an Ebook has been in my head for a few years but as always when buliding a business, raising a family, keeping up your own fitness and every day life tends to give you very little time for anything else. I decided at the start of the year that 2015 was the year I was going to write this Ebook and many months later I'm delighted to say its here.*

*I hope you enjoy Bodyweight Workouts and mostly importantly your clients do.*

Contact us:

[sean@bodyweightworkouts.com.au](mailto:sean@bodyweightworkouts.com.au)



**Important Infomation:** Please read the [Disclaimer](#) in this Ebook before commencing

**BODY WEIGHT  
WORKOUTS**



# ***Contents Page***

*Firstly Thank You for purchasing Bodyweight Workouts*

*The following pages will explain the features of this Ebook and how the different "chapters" work.*

## ***Chapters/Content***

- 1. About Me*
- 2. Contents Page*
- 3. How The Video Exercise Demonstrations Work*
- 4. How The Mix & Match Circuits Work*
- 5. How The Full Workouts Work*
- 6. How The Games Sessions Work*
- 7. Disclaimer*
- 8. 200 Video Exercises*
- 9. 15 Mix & Match Circuits*
- 10. 5 Full Workouts*
- 11. 10 Games Sessions*
- 12. Games Resources*

# ***How This Ebook Works***

## ***Exercise Video Library***

*You have over 200 different types of Bodyweight exercises to choose from, these are a collection of my favourite exercises that I use at my training sessions. The Exercise chapter of the Ebook will have a list of all 200 exercises which are broken down into sections: Lower Body / Core / Cardio / Upper Body. You can watch each individual exercise by simply running your cursor over the exercise you wish to view and that will take you directly to the video link. You can also watch video exercise demonstrations from the Mix & Match chapter and the Full Workout chapter by once again running your cursor over the exercise you wish to watch*

*For Example run your cursor over the below exercise*

### ***Diamond Mountain Climbers***

*This will send you directly to an 8-12 second demonstration that you can watch by hitting the play button. The video is password protected. Password is: 3*

### ***Your One Stop Video Library Gives You***

*50 Upper Body Exercises*

*50 Lower Body Exercises*

*50 Core Exercises*

*50 Cardio Exercises*

# ***How This Ebook Works***

## ***Mix & Match Circuits***

*The Bodyweight Workouts Mix & Match system is based on combining 200 exercises from the Video Exercise Library and 15 circuit ideas to give you the Trainer an opportunity to have numerous different workouts at your disposal by simply changing the circuits and exercises as often as you like.*

*Like the title of the Ebook suggests Bodyweight Workouts are circuits that require no equipment and very little time to set up.*

*I've tried to keep the Mix & Match concept as simple and user friendly as possible. I have incorporated the below features to make your life easier:*

### ***# Print & Go System***

*(Designed in A4 to print off and use)*

### ***# Video Demonstration of all Exercises***

*(just place your cursor on the exercise to be directed to the link)*

### ***# Step by Step Guide***

*(Easy to understand explanation of the workout)*

### ***# Hints and Tips Section (a few ideas to mix things up)***

### ***# Recommended Exercises To Use***

*(an option to use the exercises I recommend for the circuit)*



# ***How This Ebook Works***

## ***Full Workouts***

*The idea behind the Bodyweight Workouts Ebook is to give you a Mix & Match system of workouts and exercises, this concept gives you numerous opportunities to offer fresh and exciting workout ideas equipment free.*

*But.....*

*I thought I'd share with you my favourite Top 5 Full Workouts.*

*These are the workouts my team love the most and these are the sessions I get asked to repeat on a regular basis.*

*The features of the next 5 workouts include:*

***# Print & Go System***

*(Designed in A4 to print off and use)*

***# Video Demonstration of all Exercises** (just place your cursor on the exercise)*

***# Step by Step Guide***

*(Easy to understand explanation of the workout)*

***# Hints and Tips sections** (a few ideas to mix things up)*



**TOP  
5**

# ***How This Ebook Works***

## ***Games Sessions***

*What are the Game Sessions all about.....basically I take a TV show, board game, family game, music, quiz or any other fun concept and turn it into a training session. If you get it right a Game Session can become a great tool to build team morale and help bring a group closer to together.*

*You'll find the Game Sessions are more focussed on fun and are less intense than the other workouts that you'll find on this Ebook. Thats because a games session is a relaxed team builder. In fact you'll find in a number of the game sessions your clients will be exercising that muscle above their shoulders just as much as other muscle groups.*

*My advice to you (the Trainer) when running one of these game sessions is try and keep it as entertaining as possible, I tend to take on a sports commentary role with score updates, highs and lows of individual clients, team highlights etc, it all adds a bit of fun to the session. It's the same when you watch a live sporting contest on TV its the sports commentors passion and excitement that makes it entertaining.*

*For some of the 10 sessions you'll need extra material (i.e questions & answers) to run the session, all of which I have included at the back of this Ebook, feel free to make any changes to the resources to make them fit into the country or region you are from in regards to the music, TV shows with a different name etc.*

*Once again all 10 of these sessions along with the extra materials are all in the Print & Go format.*

*Once again PLEASE remember these sessions are designed to build team morale, bring your team closer as a unit and having lots of laugh.*



# ***Bodyweight Workouts Disclaimer***

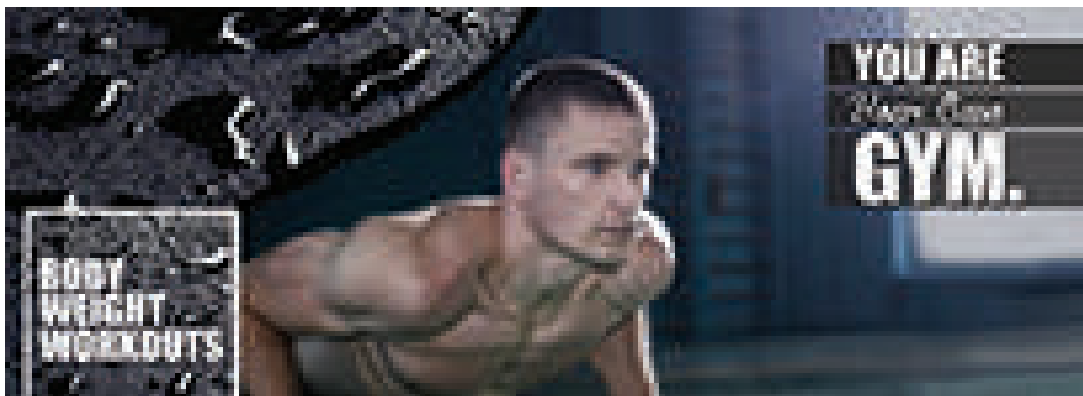
**WARNING:** *This EBook is for your personal use only. You may NOT Give Away, Share Or Resell This Intellectual Property In Any Way. Please contact Bodyweight Workouts if you need information on this matter.*

## **Disclaimer**

*These recommendations are for educational/training purposes only. You must consult your physician prior to starting the exercises/workouts in this Ebook, or if you have any medical condition(s) or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.*

*Don't perform any video exercises unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance if unsure.*

*Don't perform any exercise without proper instruction. Always warm-up prior to any exercises, workouts or games. The author of this ebook is not responsible for any injury, loss, risk or liability resulting from the workouts or exercises from this ebook.*



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**BODY WEIGHT  
WORKOUTS**



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**YOU ARE**  
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**BODY WEIGHT  
EXERCISES**

# ***200 Bodyweight Exercises***

*Searching for new and fresh exercises to introduce to your training sessions can be difficult, spending hours upon hours on the internet/YouTube trying to find something different is very time consuming.*

*This part of the Bodyweight Workout Ebook has 200 different exercises with a Video Linked Demonstration for each individual exercise, simply run your cursor over the named exercise on this list and it will bring you directly to the 8-10 second demonstration.*

*I've picked and designed exercises that are suited for all fitness levels*

*The 200 exercises are broken down into an easy to understand and follow format:*

## **50 Lower Body Exercises**

*The 50 Lower Body exercises include: 20 Squat / 10 Lunge / 20 Miscellaneous Exercises*

## **50 Core Exercises**

*The 50 Core exercises include : 10 Crunches / 15 Sit Up & Plank / 25 Miscellaneous Exercises*

## **50 Cardio Exercises**

*The 50 Cardio exercises include: 20 Burpees / 30 Miscellaneous Exercises*

## **50 Upper Body Exercises**

*The Upper Body exercises include: 25 Push Up / 25 Miscellaneous Exercises*

*To ensure only those that have purchased this Ebook can view the video exercises I have protected it with a password. Your password is: 3*

# ***Your One Stop Exercise Video Library***

# *Password Protection*

*Please Remember Each Video is Password Protected*

*Your Password is:*

3

# *Lower Body Exercises*

## *Squats*

### 20 Different Types Of Squats

Pike Squats

Ankle Squats

Side Squats

Calf Raising Squats

90 degree Jump Squats

180 degree Jump Squats

Toyotas

Squat Hold

Squat Tuck Jump

One Leg Squats

Squat Pulses

Lower Jump Squats

Slow Squats

Sumo Squats

Squat Jacks

3 Stages of Jump Squats

Single Leg Pulse Squats

Tiered Jump Squats

Squat Twists

Squat Kicks



# *Lower Body Exercises*

## *Lunges*

### 10 Different Types of Lunges

Backward Lunge

3 Pulse Lunge Holds

Lunge Holds

Clockwork Lunges

Leg Lift Lunges

Side Lunge

3 Pulses Split Lunges

Lower Lunge

Stationary Jump Lunges

3 Level Lunge

# *Lower Body Exercises*

## *Miscellaneous*

### 20 Different Types of Leg Exercises

Grouches

Wall Sitting Calf Raises

Wall Sitting Leg Raises

Singel Leg Reaches

Race Starts

Single Leg Jump Reaches

Hop Drops

Wall Sitting Kicks

Clockwork Toe Taps

Jumping Power Jacks

Tuck Jumps

Speed Skaters

180 Degree Toe Touches

Half Squat Heros

Board Jumps

Knee Strikes

Backward Duck Walks

Floor Touching Kicks

Thruster Trio

Bridge Leg Raises

# *Core Exercises*

## *Crunches*

### *10 Different Types of Crunches*

Coffee Table Crunch

Reverse Crunch

Bike Crunch

Toe Crunches

Toe Crunching Pulses

LCR 's

Single Leg Crunches

Double Leg Crunches

Star Crunches

Super Crunch

# Core Exercises

## *Sit Up / Plank*

### 15 Different Types of Sit Up /Plank

Russian Twist Sit Up

Heel Touching Sit Up

Slow Returning Sit Up

Police Sit Up

High Reaching Sit Up

Crossed Legged Sit Up

Straight Leg Sit ups

Side Plank

Plank Jacks

Plank Forward Walk Outs

Spiderman Plank

Rocking Plank

Side Plank Dips

Around The World

Side Plank Leg Lifts



# Core Exercises

## *Miscellaneous Core*

### 25 Different Types of Miscellaneous

T Bones Dips

Jack Knife

Figure 4's

Coffins

V In & Outs

V Leg Single Leg Lifts

Tummy Taps

Inchworms

Scissor Kick Crunches

Extended Leg LCR

Hollow Rocks

Oblique Double Leg Lifts

Toe Grabs

Coffin Leg Raising Reaches

Circular Leg Raises

Leg + Hip Raises

Upper Leg Raises

Lower Leg Raises

Full Leg Raises

Snow Angle

Heel Touches (Obliques)

Swipes

Reverse Plank Leg Raise

Tap N Holds

V In & Out & Lift

# *Cardio Exercises*

## *Burpee Exercises*

### 20 Different Types of Burpees

Shuffle Push Up Burpee

Plank Jack/Push Up Burpee

North/South Burpee

Deadman Burpee

Barbwire Burpee

Thruster Burpee

Frog Hops Burpee

Lateral Jump Burpee

Split Lunge Burpee

Clap Push Up Burpee

Mt Climbing Burpee (10 Mt Climbers)

One Leg Burpee

Star Jump Burpee

Tuck Jump Burpee

Plank to Push Up Burpee

Commando Push Up Burpee

Lizard Hop Burpee

Arm Raising Burpee

Ski Abs Burpee

In & Out Burpee

# Cardio Exercises

## *Miscellaneous Exercises*

### 30 Miscellaneous Cardio Exercises (1 to 15)

Commando Crawls

Dragon Walks

Explosive Body Lifts

Frog Jumps

Bear Crawls Backwards

Bear Crawls

Thrusters

Sprawls

Backpedals

Pop Up Sprawls

Pop Up Thrusters

Clockwork Body Jumps

Diamond Jumps

Switch Kicks

# *Cardio Exercises*

## *Miscellaneous Exercises*

### 30 Miscellaneous Cardio Exercises (16 to 30)

Floor Switch Kicks

Side Suicide Jumps

Lizard Hops

In and Outs

Ski Abs

Dip Kicks

Walking Switch Kicks

Plank Butt Kicks

Bridge Switch Kicks

Fast Bridge Switch Kicks

Single Leg Diamond Jumps

Plank Jack Double Holds

Diamond Mountain Climbers

Single Hand Mountain Climbers

Fast Skater Lunges



# Upper Body Exercises

## *Push Up Exercises*

### 25 Different Push Up Exercises

#### Forward Walking Push Ups

Diamond Push Ups

Marnie Push Up

Grand Canyon Push Up

Hand Lift Push Up

Double Hand Lift Push Up

Barbwire Push Up

Commando Push Up

Push Up Holds

Arm Circle Push Up

Slow Push Up

Single Leg Push Up

Hand/Leg Rising Push Up

Toe Touching Push Up

Shuffle Push Up

Side Push Up

T Bone Push Up

Chest Tap Push Up

Ladder Push Up

Plank Jack Push Up

Ball Toe Tricep Push Up

Side to Side Push Up

Side Plank Walk Push

Ups Super Push Up

Spiderman Push Up

# Upper Body Exercises

## Miscellaneous Exercises

### 25 Miscellaneous Upper Body Exercises

- Hover Leg Lifts
- Arms Swings
- Lying Tricep Extentions
- The Wave
- Foot Touching Waves
- Sphinks
- Monkey Combo
- Reverse Plank Tricep Dips
- Ground Dip
- Leg Raised Ground Dips
- Monkey Push Up
- Single Leg Monkey Push Up
- Monkey Clap Push Up
- Monkey Circles
- Diamond Monkeys
- Plank to Push Up
- Half Squat Push Up
- Hovers
- Side to Side Hovers
- Hover Pulses
- Cobra Hovers
- Forward/Back Elbow Plank Walks
- Hover Walks
- Single Arm Rocks
- Lateral Arm Raises

A man with short brown hair and blue eyes is shown in a plank position on a dark, pebbly beach. He is shirtless and looking off to the right. The background is a blurred ocean. The text is overlaid on the image in a dark, semi-transparent box.

**YOU ARE**  
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**BODY WEIGHT  
WORKOUTS**

# ***Bodyweight Mix & Match***

## *Mix and Match Circuits*

*Seventh Heaven*

*The Need For Speed*

*Timed To Perfection*

*One Minute Wonder*

*Isometric*

*Lucky Dip*

*Home Run*

*Catch Your Partner*

*Dicing With Death*

*Go Hard or Go Home*

*Gone In 60 Seconds*

*High Five*

*60 : 40 : 20*

*Around The Clock*

*Hold It*

# *Mix & Match Basic Exercises*

*You'll find all Mix & Match exercises have a video link demonstration except for the very basic exercises that all Trainers know and use, for example:*

*Push Up*

*Sit Up/Crunches*

*Mountain Climbers*

*Lunges*

*Burpee*

*Star Jumps*

*Calf Raises*

*High Knees*

*Split Lunges*

*Back Exts.*

*And various other run of the mill exercises that we all know*

*The reason why I haven't included video demonstrations is because I would rather give you exercises you may not have seen before than waste space in the 200 List with exercises you have.*



# Seventh Heaven

## 30min Circuit

### Brief Circuit Summary

This is an individual based circuit that is made up of 7 x 2min rounds. The beauty of this circuit is that it can be a 15min, 30min or even 60min workout.

### Workout Steps To Follow

**Step 1:** Go to the Video Exercise Library and pick 4 exercises. (1 Upper Body / 1 Lower Body / 1 Core / 1 Cardio)

**Step 2:** Place two cones 100mtrs apart.

**Step 3:** Commence Workout. (Round 1)

**Step 4:** Round 1 is a 14min workout made up of 7 x 2min rounds. Clients have 2mins to run to the 100mtr cone and back, then undertake 10 reps of the Core exercise and then start the Upper Body exercise, the amount of Upper Body reps they conduct will be determined by whatever time is remaining from the 2mins. **So for example:** if the client finishes their 200mtr run and 10 Core exercises in 55 seconds they will have 1.05min of the Upper Body Exercise. **Step**

**5:** As soon as the timer reaches 2mins they start Round 2 which is a repeat of Round 1. This process continues for 7 x 2min rounds.

**Step 6:** See the Hints and Tips section on what happens next as you have a few different options.

### Hints and Tips

After the completion of Round 1 you can decide to leave it as a 15min circuit or make it a 30min circuit by getting your clients to repeat the above but change the exercises around and after the 200mtr run they now complete 10 reps of the same Upper Body exercise and the remaining time undertake the same Core exercise. You even have the option of making it a 60min circuit by using the Lower Body and Cardio exercises.

### Recommended Exercises To Use

**Upper Body:** Spiderman Push Up

**Lower Body:** Jumping Power Jacks

**Core:** Crossed Leg Sit Up

**Cardio:** Diamond Jumps



# *The Need For Speed*

10min Circuit

## *Brief Workout Summary*

This is an individual based workout that involves a client undertaking an exercise at 3 different speeds over 1.30min. The first 30 seconds is at normal pace, the next 30 seconds at fast pace and the final 30 seconds at slow pace.

## *Workout Steps To Follow*

**Step 1:** Go to the Video Exercise Library and pick 3 exercises. (1 Upper Body / 1 Lower Body / 1 Core)

**Step 2:** Commence Workout. (Round 1)

**Step 3:** Start with the Upper Body exercise (30sec Normal pace then 30sec Fast pace and 30sec Slow pace), then do the same for Lower Body and finish with Core. That first round will take 4.30min. Give clients a 30 seconds rest.

**Step 4:** Repeat the above for Round 2 (Core exercises) and Round 3. (Lower Body exercises)

## *Hints and Tips*

For Beginner fitness level drop to 20 seconds x 3 paces.

Ensure good form is kept at all times especially during the fast pace.

## *Recommended Exercises To Use*

**Core:** Toe Crunches

**Lower Body:** Ankle Squats

**Upper Body:** Plank To Push Up

# Timed To Perfection

35min Circuit

## Brief Circuit Summary

This is a 35 minute partner based workout that involves seven x 5min alternating partner exercises and sprints (one partner works while the other one rests). All the time the clock does not stop.

## *Workout Steps To Follow*

**Step 1:** Pick 3 exercises from the Video Exercise Library. (1 Upper Body / 1 Lower Body / 1 Core)

**Step 2:** Set out 2 cones 30mtrs apart.

**Step 3:** Clients to partner up.

**Step 4:** Workout Commences .

**Step 5:** Starting the timer and working for 5mins both partners will undertake a 30mtr relay or tag sprint. A relay or tag sprint involves one partner running while the other rests.

**Step 6:** Keeping the timer going partners then undertake 5mins of the Upper Body exercise in a partner relay or tag system. Partner 1 undertakes one rep of the exercise while partner 2 rests, then partner 2 undertakes one rep of the same exercise while partner 1 rests. They will increase by 1 rep each time. (for example 1 rep each, then 2 reps each, then 3 reps and so on)

**Step 7:** The above alternating format will continue in 5 minute intervals for the remainder of the circuit. The full 35mins is outlined below.

**0-5mins:** Partner Relay/Tag Sprints

**5-10mins:** Partner Relay/Tag Upper Body exercises

**10-15mins:** Partner Relay/Tag Sprints

**15-20mins:** Partner Relay/Tag Lower Body exercises

**20-25mins:** Partner Relay/Tag Sprints

**25-30:** Partner Relay/Tag Core exercises

**30-35mins:** Partner Relay/Tag Sprints

## Recommended Exercises To Use

**Upper Body:** Chest Tap Push Up

**Lower Body:** 180 Degree Jump Squats

**Core:** V Crunches

**BODY WEIGHT  
WORKOUTS**

Equipment Needed:

Cones  
Stop Watch

# One Minute Wonder

10min Circuit

## Brief Workout Summary

This is an individual person circuit based on 10 x 1 minute exercises and sprints that starts off easy but gets tougher and tougher.

## Workout Steps To Follow

**Step 1:** Pick 2 exercises from the Video Exercise Library. (1 Lower Body and 1 Upper Body)

**Step 2:** Have a cone as Home Based and then 3 cones placed away from the Home Base cone, one cone 20mtrs away, the second cone 30mtrs away and the third cone 40mtrs away.

**Step 3:** Commence Workout. (Round 1)

**Step 4:** Clients line up at the Home Base cone and have 1 minute to undertake 5 reps of the Upper Body and Lower Body exercises and then sprint to one of the 3 cones that matches their fitness level (20mtr cone for Beginner fitness level/ 30mtr cone for Intermediate fitness level / 40mtr cone for Advance fitness level) and return to Home Base.

**Step 5:** If client gets back to Home Base within the 60 seconds they use the remaining time as recovery and wait for Round 2 to start. If a client fails to get back within the 60 seconds they sit the next minute out to recover.

**Step 6:** For Round 2 clients will increase their Upper and Lower Body exercises by 1 rep (to 6 reps) and once again sprint to their cone and back within 60 seconds.

**Step 7:** The same process will continue with every minute increasing by one rep until you finish at the 10th minute with 14 reps of both exercises and a sprint.

## Hints and Tips

Feel free to change the run for individual clients if they are struggling or finding it too easy.

The circuit can also be used with Core and Cardio exercises as well.

## Recommended Exercises to Use

**Upper Body:** Marine Push Up

**Lower Body:** Toe Touching Jump Squats

# *Isometric Challenge*

15min Circuit

## *Brief Circuit Summary*

This is a 15 minute team based challenge involving Isometric hold and Active exercises using the same muscle groups.

## *Workout Steps To Follow*

**Step 1:** From the Video Exercise Library pick one Upper Body Isometric exercise and one Upper Body Active exercise that involves using the same muscle groups and do the same for Lower Body and Core. That's six exercises in total .

**Step 2:** Put clients into teams of at least 4 people and get them to form a circle.

**Step 3:** Commence Workout.

**Step 4:** Starting with the Upper Body exercises all team members conduct the isometric hold position except for 1 member of the group who undertakes 20 reps of the Active exercise.

**Step 5:** Once the the Active team member finishes their 20 rep exercise they drop into the Isometric position and a new team member undertakes 20 reps of the Active exercise.

**Step 6:** The Upper Body part of the circuit will finish when every team member has had their turn at conducting 20 reps of the active exercise.

**Step 7:** The same process applies for Lower Body and Core.

## *Recommended Exercises To Use*

**Lower Body:** Active Exercise: Jump Squats / Isometric: Squat Holds

**Core:** Active Exercise: V In & Outs / Isometric: V Holds

**Upper Body:** Active Exercise: Wave / Isometric: Wave Holds

# Lucky Dip

10min Circuit

## Brief Circuit Summary

This is a fun 10 minute circuit that can be used as a warm up drill as well as part of a workout. The beauty is its based on pure luck, your clients will either get an easy 10 minute workout or a tough one.

## *Workout Steps To Follow*

**Step 1:** Go to the Video Exercise Library and pick 6 exercises, you will need to make sure that you choose 3 easy exercises and 3 hard exercises.

**Step 2:** On a piece of paper write the names of all 6 exercises and randomly allocate each exercise a number from 1 to 6.

**Step 3:** On the same piece of paper write the numbers 5, 10, 15, 20, 25, 30 (these are you rep numbers) and also randomly allocate each a number from 1 to 6.

**Step 4:** Commence Workout.

**Step 5:** Start by taking your group on a jog. (make sure you take the piece of paper with you along with a pen)

**Step 6:** While jogging ask a client to pick a number from 1 to 6 from the exercise list (inform the group of the exercise allocated to that number) then ask another client to also pick a number from 1 to 6 from the reps list. (also inform the group of the rep amount to the group)

**Step 7:** The group then stops and undertakes the exercise along with the rep amount that they picked. Make sure you cross off the exercise and rep amount with your pen.

**Step 8:** Once the group have completed their reps continue with your jog and get another two clients to pick numbers from the lists. Obviously they can't pick the numbers that have already been chosen.

**Step 9:** Follow the same process of jogging and getting different clients to pick the remaining numbers.

## Hints and Tips

As you can see this is a game of pure luck. From your point of view you want the clients to pick all the hard exercises and high reps but from your clients perspective they want the opposite hard exercises and low reps.

## Recommended Exercises To Use

Push Up (Easy)  
Mountain Climbers (Easy)  
Crunches (Easy)  
Burpees with a Shuffle push up (Hard)  
Split Lunges (Hard)  
Clap Monkey Push Up (Hard)

**BODY WEIGHT  
WORKOUTS**

Equipment Needed:

Pen/Paper

# Home Run

40min Circuit

## Brief Circuit Summary

This is a 40 minute team based workout with the end goal being the first team to complete a list of 32 different exercises.

## *Workout Steps To Follow*

**Step 1:** Make a list on paper of 32 different exercises from the Video Exercise Library, (or use my 32 exercise recommendation at the bottom of the page) make sure to include 8 Upper Body, 8 Lower Body, 8 Core and 8 Cardio exercises.

**Step 2:** Give each exercise on the list a number from 1 to 32.

**Step 3:** Have 2 cones placed 250mtrs apart.

**Step 4:** Put clients into teams of 4 people, give them a cone to use as Home Base. Have teams roughly 10mtrs apart from each other.

**Step 5:** Commence Workout.

**Step 6:** On your "GO!" one team member will race out to the cone that is 250mtrs away, while the remaining team members stay at the first cone and undertake the number 1 exercise on your list. How long the remaining team members exercise for will be determined by how long their runner takes to run the 250mtrs.

**Step 7:** When the first runner returns a different team member then sprints to the 250mtr cone while the remaining team members undertake exercise 2 on the list. This process of a different runner racing to the 250mtr cone and teams working through the exercise list will continue until one team completes all 32 exercises on the list.

**Step 8:** First team to finish all 32 exercises wins.

## Hints and Tips

If during the workout one or more team(s) are far superior then place a second cone 150mtrs away for the weaker teams to run. too while the stronger teams still run 250mtrs.

In the event of odd numbers find two clients of similar fitness level and get them to become one person.

## Recommended 32 Exercises to Use

**Upper:** Push Up=1 / The Wave=5 / Ground Dips=9 / Sphinxes=13 / Hovers=17/ Grand Canyons=21 / Arm Swings=25 / Monkey Push Up=29

**Lower:** Squats=2 / Calf Raises=6 / Split Lunges=10 / Grouches=14 / Pulse Squats=18 / Race Starts=22 / Squat Holds=26 / Hop Drops=30

**Core:** Plank=3 / Crossed Leg Sit Up=7 / LCR's=11 / Inchworms=15 / Coffins=19 / Leg Holds=23 / Tummy Taps=27 / Back Exts=31

**Cardio:** Mountain Climbers=4 / Burpees=8 / Plank Jacks=12 / High Knees=16 / Thrusters=20 / Broad Jumps=24 / Star Jumps=28 / Ski Abs=32



# Catch Your Partner

15min Circuit

## Brief Workout Summary

This is a 15 minute partner based challenge with two clients of similar fitness level going head to head over two x 6 minutes circuits.

## *Workout Steps To Follow*

**Step 1:** Pick 2 exercises from the Video Exercise Library. (1 Upper Body & 1 Lower Body exercise)

**Steps 2:** Clients to partner up. (make sure they are similar in fitness level)

**Step 3:** Commence Workout.

**Step 4:** The first partner starts by undertaking 10 reps of both the Upper Body and the Lower Body exercises, then continuing with both exercises increase by 2 reps for the next 6 minutes. (10,12,14,)

**Step 5:** The second partner waits until the first partner has finished the first 10 reps of the Upper Body exercise and then doing the same exercises tries to chase down their partner, also increasing by 2 reps.

**Step 6:** The circuit will stop at 6 minutes.

**Step 7:** Give the partners a 3 minute recovery and then repeat the above workout only this time swap them over and the second partner tries to catch the first partner.

## Hints and Tips

If at any stage the chasing client passes their partner then increase their reps.

To make the circuit harder you can add a 25mtr run after each rep stage.

To increase the circuit to 30 minutes pick a Core and a Cardio exercise from the Exercise Video Library.

## Recommended Exercises To Use

**Upper Body:** Arm Circle Push Ups

**Lower Body:** Lower Jump Squats

# Dicing With Death

45min Circuit

## Brief Workout Summary

This workout involves giving the client a choice of either a long sprint and low exercise reps or a short run and high exercise reps. The rolling of a dice will determine what exercises the client has to undertake.

## Workout Steps To Follow

**Step 1:** Go to the Video Exercise Library and pick 18 exercises. (6 Upper Body / 6 Core / 6 Cardio)

**Step 2:** Write the 6 Upper Body exercises you've picked on 6 cones and number the cones from 1 to 6, then place the cones 10mtrs away from each other in a straight line. Do the same for the Core and Cardio exercises by writing them on cones but keep them separated to use later in the workout.

**Step 3:** Take another two cones and place one 75mtrs and the other 150mtrs away from the 6 exercise cones.

**Step 4:** Set up a table and place a dice(s) in an area roughly 5mtrs from the six exercise cones.

**Step 5:** Commence Workout. (Round 1)

**Step 6:** Round 1 is a 15min Upper Body focus that involves the client going for a run to either the 75mtr cone or 150mtr cone and returns to roll a dice, whatever number the dice lands on the client exercises at that numbered cone.

The client has one of two choices they can either go for option A or B:

**Option A:** Run to the 150mtr Cone and undertake 25reps of the exercise or

**Option B:** Run to the 75mtr Cone and undertake 50reps of the exercise.

**Step 7:** After the client finishes their run & exercise they repeat the same process for the whole 15min round.

**Step 8:** After Round 1 is finished give the client a 2min rest then remove the Upper Body cones and replace with them with the Core cones for Round 2.

**Step 9:** The same process applies with Round 3 and the Cardio exercises.

## Hints and Tips

Clients can change options (A or B) at any stage of the workout.

## Recommended Exercises To Use

**Upper Body:** Hover Pulses / Arm Swing Push Up / The Wave / Popeye Pulses / Sphinx / Ground Dips

**Core:** Plank Jacks / Reverse Crunch / Toe Grabs / Tap N Hold / Tummy Taps / Coffins

**Cardio:** Bupees / Sprawls / Frog Jumps / Ski Abs / Thrusters / Lizard Hops

**BODY WEIGHT  
WORKOUTS**

Equipment Needed:

Cones  
Dice(s)

# Go Hard or Go Home

20min Circuit

## Brief Workout Summary

This is an individual client based Tabata workout that includes your typical 20 seconds of work but has a 10 second "active recovery" with set timed sprints.

## Workout Steps To Follow

**Step 1:** From the Video Exercise Library pick 4 Upper Body, 4 Lower Body, 4 Core and 4 Cardio exercises.

**Step 2:** Place 4 cones in a square shape formation 20mtrs apart and write on each cone 1 exercise from each of the above categories. So on each cone you'll have 1 Upper/Lower/Core/Cardio exercise.

**Step 3:** Place another cone 50mtr away from the 4 square shaped cones.

**Step 4:** Commence Workout. (Round 1)

**Step 5:** Clients start with 20 seconds of the Upper Body exercise at cone one and then will have 10 seconds to make their way to the next cone for the second Upper Body Exercise and the same at the third and fourth cone. After undertaking two full rounds of Upper Body exercises (each cone twice = 4mins) send the clients on a run to the cone 50mtrs away and give them 60 seconds to get there and back as you'll be starting Round 2 as soon as the 60 seconds is up.

**Step 6:** Same format applies as above (Step 5) only this time it will be Lower Body exercises.

**Step 7:** Continue the same process with Core exercises in Round 3 and Cardio exercises in Round 4.

## Hints and Tips

To make it interesting give a 20 Burpee penalty to anyone who fails to be ready for exercising after the 10 second "active recovery" sprint between cones.

## Recommended Exercises To Use

**Upper Body:** Push Up / Single Leg Monkey Push Up / Hover / Leg Raised Ground Dip

**Lower Body:** Split Lunge / Ankle Squats / Calf Raises / Toyotas

**Core:** Ski Abs / Tummy Taps / V Oblique Twists / Single Leg Crunches

**Cardio:** Burpee / Burpee with a Plank to Push Up / Burpees with a Split Lunge / Burpee with an In & Out

# ***Gone In 60 Seconds***

10min Circuit

## ***Brief Workout Summary***

This is a simple but effective 10 minute individual based challenge that has your clients working non stop on 3 different exercises for 10, 20, 30, 40, 50 and 60 seconds.

## ***Workout Steps Top Follow***

**Step 1:** Pick 3 exercises from the Exercise Video Library. (1 Upper Body / 1 Lower Body / 1 Core)

**Step 2:** Start by getting clients to undertake 10 seconds of the Upper Body exercise, then 10 seconds of the Lower Body exercise and then 10 seconds of the Core exercise.

**Step 3:** Without stopping the timer move straight into doing all 3 exercises for 20 seconds.

**Step 4:** Keep the same format and exercises for 30, 40, 50 and finally 60 seconds.

## ***Hints and Tips***

Remember to keep the timer ticking over and ensure clients quickly move onto the next exercise.

## ***Recommended Exercises To Use***

**Upper Body:** Foot Touching Waves

**Lower Body:** Grouches

**Core:** Reverse Crunches

# High Five

40min Circuit

## Brief Circuit Summary

This is a 30 minute individual based circuit that involves a good old fashioned workout that will smash every muscle group. Its a circuit that starts off easy and gradually gets harder and harder.

## Workout Steps To Follow

**Step 1:** Place 6 cones x 15mtrs apart in a straight line. The first cone will be known as Home Base.

**Step 2:** From the Video Exercise Library choose 1 Upper Body / 1 Core / 1 Cardio exercise.

**Step 3:** Commence Workout.

**Steps 4:** Clients start at Home Base run to the first cone (15mtrs away) stop there and undertake 10 reps of the Upper Body/Core/Cardio exercises and then lunge back to Home Base.

**Step 5:** Then they run to the second cone (30mtrs away) and undertake 20 reps of the Upper Body/Core/Cardio exercises and again lunge back to Home Base.

**Step 6:** The process of running to the next cone and increasing the exercises by 10 reps will continue until reaching the final cone.

3rd Cone: 30 reps of each exercise and lunge back 45mtrs to Home Base

4th Cone: 40 reps of each exercise and lunge back 60mtrs to Home Base

5th Cone: 50 reps of each exercise and lunge back 75mtrs to Home Base

**Step 7:** Once the client has completed all 5 cones they will go for a 250mtr run and return to complete all 5 cones again only this time in reverse order. (starting at cone 5 and finishing at cone 1)

## Hints and Tips

If you wish to shorten the circuit have your clients work from the cone 1 to cone 5 only and that will make it a 20min circuit.

## Recommended Exercises To Use

**Upper Body:** Plank To Push Up

**Core:** Swipes

**Cardio:** In & Out

# 60 : 40 : 20

45min Circuit

## Brief Workout Summary

This is a 45 minute partner based challenge that has two clients of similar fitness levels competing against each other over 3 rounds for 60 , 40 and 20 seconds.

## *Workout Steps to Follow*

**Step 1:** Pick 8 exercises from the Video Exercise Library. This must include 2 Upper Body / 2 Lower Body / 2 Core / 2 Cardio exercises.

**Step 2:** Clients to partner up. (ensuring both are similar in fitness level)

**Step 3:** Commence Workout

**Step 4:** Using the first Upper Body exercise partner 1 undertakes As Many Reps As Possible for 60 seconds while partner 2 counts their reps. After partner 1 is finished partner 2 undertakes the same Upper Body exercise for 60 seconds . The partner with the highest rep score over the 60 seconds wins that round. The same format and exercise applies for the 40 second round and 20 second round.

**Step 5:** The partner that wins 2 out of the 3 rounds is the winner.

**Step 6:** Repeat the above format with the remaining 7 exercises that you have picked from the Video Exercise Library.

## Hints and Tip

Remember for the 60 / 40 / 20 second rounds one person is exercising while their partner is counting reps.

An idea to help keep score could be to give each team a pen and paper.

Make the change over times very quickly as this sessions goes really fast.

## *Recommended Exercises To Use*

**Upper Body:** Plank to Push Up and Sphinxs

**Lower Body:** Calf Raises and Toyotas

**Core:** Coffins and Scissor Kicks Crunches

**Cardio:** Mountain Climbers and Burpees



# ***Around The Clock***

50min Circuit

## ***Brief Workout Summary***

This is a 50 minute individual circuit based around a 12 hour clock concept.

## ***Workout Steps To Follow***

**Step 1:** Pick 12 exercises from the Exercise Video Library and ensure you have 4 Upper Body, 4 Lower Body and 4 Core exercises.

**Step 2:** Write the exercises you've pick on 12 cones and also have the cones numbered 1 to 12.

**Step 3:** Place the cones in a large circle. (representing a clock design with the numbers starting a 12 and finishing at 11)

**Step 4:** Workout Commences.

**Step 5:** Clients can start at any number on the clock that they wish and must undertake 60 reps of the exercise that is written on the cone .

**Step 6:** Once they have completed the 60 reps they move onto the next cone and undertake 60 reps of the exercise that is written on that cone. (for example if a client starts at 3 O'Clock they then move onto 4 O'Clock

**Step 7:** The process of working their way around the clock and undertaking 60 reps at each cone will continue until they have completed all 12 hours. (cones)

## ***Hints and Tips***

If a client finishes the full 12 hours prior to the 50mins get them to go back to the start and keep working until the 50mins is over.

## ***Recommended Exercises To Use***

**Upper Body:** Gand Canyons / Diamond Monkey / Cobra Hovers / Reverse Plank Dips

**Lower Body:** Half Squat Hero / Stationary Jump Lunges / Pulse Squats / Split Lunges

**Core:** Cross Leg Sit Ups / Full Leg Raises / Back Extension / T Bones Dips

# Hold It

30min Circuit

## Brief Workout Summary

This is a 30 minute team based workout that involves one member of the team remaining in an isometric position while the rest of the team conducts various different exercises. If the isometric person fails to hold their position before other team members finish their exercises then a penalty is given to the whole team.

## *Workout Step To Follow*

**Step 1:** Pick 9 exercises from the Video Exercise Library, must be 3 Upper Body, 3 Lower Body, 3 Core.

**Step 2:** Put clients in team of 3 to 5 people. (4 clients per team would be the perfect numbers)

**Step 3:** Set out 2 cones 125mtrs apart.

**Step 4:** For this circuit we will call the team members who are exercising THE WORKERS and the single isometric team member THE HOLDER.

**Step 5:** Workout Commences. (Round 1)

**Step 6:** The workers undertake 20 reps of an Upper Body exercise, then 30 reps of a Lower Body exercise followed by 40 reps of a Core exercise while The Holder remains in the V Hold position.

If The Holder fails to remain in the isometric position and drops a 20 Burpee penalty is given to the whole team.

Once the first member of The Workers team finishes all 3 exercises a new member of the team becomes The Holder and the current Holder joins and becomes part of The Workers team and they undertake all 3 exercises again.

**Step 7:** The round will end when all members of the team have been in the The Holders position and the entire team has undertaken a 250mtr run. Once they return they go straight into Round 2.

**Step 8:** Round 2 is the same format as Round 1 only different Upper / Lower / Core exercises and and The Holder will have Wall Sits. (if no wall then Squat Holds)

**Step 9:** Round 3 is the same as Round 1 and 2 only different Upper / Lower / Core exercises and The Holder will have Push Up holds on their knees.

## *Recommended Exercises To Use*

**Round 1:** 20 Push Ups / 30 Jump Squats / 40 Star Crunches

**Round 2:** 20 Sphinx / 30 Pike Squats / 40 Scissor Kick Crunches

**Round 3:** 20 Plank to Push Up / 30 Split Lunges / 40 Double Leg Crunches

# ***Bodyweight Full Workouts***



## ***Top 5 Full Workouts***

***Core Black-Jack***

***Toe Touchers***

***Party Time***

***Dynamic Duo***

***Round & Round It Goes***

# Core Black Jack

45min Core and Cardio Circuit

## Brief Summary Circuit

This session is one of my personal favourites that involves a deck of cards and a lot of Core exercises. The number 21 is the main focus in the card game Black-Jack and also in this workout with 21 Core exercises at 21 different stations. The deck of cards will determine the cardio element of the workout and each card will represent the number of Mountain Climbers a client must do. For example:

Turn over Joker card and its 100 Mountain Climbers (each leg), an Ace is 50 each leg, a King, Queen or Jack is 25 each leg and a numbered card is that same amount. (i.e an 8 is 8 Mountain Climbers each leg)

## *Workout Steps To Follow*

**Step 1:** A deck of cards is needed, if you have a large group of people training then have two decks. Ensure the Jokers are **not** removed.

**Step 2:** Place 21 cones in a horse shoe shape (5mtrs apart) and write the below 21 core exercises on each cone.

- 21 Coffee Table Crunches
- 21 Plank Jacks
- 21 Side Plank with Leg Lifts (Left)
- 21 Side Plank Leg Lifts (Right)
- 21 V In & Out Lifts
- 21 LCR's
- 21 Double Leg Crunches
- 21 Slow Returning Sit Ups
- 21 Snow Angels
- 21 Swipes (each side)
- 21 Toe Crunches
- 21 Super Crunches
- 21 Full Leg Raises
- 21 Lower Leg Lifts
- 21 Upper Leg Lifts
- 21 Heel Sit Up
- 21 Coffins
- 21 Star Crunches
- 21 V In & Outs
- 21 Sit Ups with a Russian Twist
- 21 Tap n Hold

**Step 3:** Place the deck(s) of cards on a table in the middle of the horse shoe formation.

**Step 4:** Commence Workout

**Step 5:** Clients start at any of the 21 Core stations they like, once completing the station they run to the card table and turn over a card, as I mentioned above whatever card they pick is the number of Mountain Climbers they undertake (each leg) after finishing the Mountain Climbers they move onto the next Core station.

**Step 6:** The same process of untrating 21 reps of Core exercises and turning over a card will continue until all 21 stations are complete.

# Toe Touchers

45min Cardio Circuit

## Brief Circuit Summary

This is a 45 minute partner based circuit that has both partners competing against each other over 3 rounds undertaking different Toe Touching exercises and sprints each round. Throw in an Indian Trail run and you have a killer session.

## Workout Steps To Follow

**Step 1:** Clients to partner up into similar fitness levels.

**Step 2:** Have 2 cones placed 30mtrs apart and get partners to line up along side each other at the first cone.

**Step 3:** Commence Workout (Round 1)

On your "GO!" partners will compete against each other by performing 1 **Toe Touching Push Up** then sprint to the 30mtr Cone and back, then perform 2 Toe Touching Push Ups and then sprint again. This format of increasing by 1 rep and sprinting will continue until one partner reaches 12 Toe Touching Push Ups. First partner to complete all 12 reps wins!

**Step 4:** Have a 2 minute Recovery. Then send partners on a 500 mtr Indian Trail Run (see Hints and Tips below for details on an Indian Trail Run), when they return have another 2 minute recovery and then commence Round 2.

**Step 5:** On your "GO!" partners will perform 2 **Toe Touching Crunches** then once again sprint to the 30mtr cone and back, then perform 4 Toe Touching Crunches. This format of increasing by 2 reps and sprinting will continue until one partner reaches 24 rep. First partner to complete all 24 reps wins.

**Step 6:** Have a 2 minute Recovery. Then send partners on a 500mtr Indian Trial Run (see Hints and Tips below for details on an Indian Trail Run), when they return have another 2min recovery and then commence Round 3.

**Step 7:** On your "GO!" partners will perform 3 **Toe Touching Jump Squats** and again sprint to the 30mtr cone and back, then perform 6 Toe Touching Jump Squats, this format of increasing by 3 reps will continue until one partner hits 36 reps. First partner to complete all 36 reps wins.

## Hints / Tips

In the event of odd numbers find two people of similar fitness level and get them to join together to become one person.

Increase cone distance to 50 or 75 metres if you would like to make the circuit tougher.

If a client is smashing their partner increase the amount of reps the stronger partner as to do.

An Indian Trail run is when a group of people run together in a line formation and the runner at the back of the line always sprints to the front.

# Party Time

45min Core/Cardio Circuit

## Briefly Circuit Summary

This is a 45 minute partner based Core and Cardio circuit using party balloons. Exercising with the balloons during the Core element of the workout will help ensure good form as well as adding a bit of fun. Partners will alternate between running and balloon Core exercises. The aim of the circuit is to count the amount of balloon core reps that partnered teams undertake, but be warned if training outdoors the balloon will burst if it hits the ground which will add to the fun. When exercising the balloon will be positioned between the ankles at all times.

## *Workout Steps To Follow*

**Steps 1:** You will need to purchase some party balloons for this session.

**Step 2:** Set up 6 cones and place them 20mtrs apart in a straight line and then mark out a 500mtr run.

**Step 3:** Clients to find a partner and then blow up 1 balloon per team. Explain to the teams that this is a 5 Round workout with one partner running and the other partner undertaking the balloon core exercises. The core person will count the amount of reps they do and partners will swap over when the runner is finished. The aim for partnered teams is to get the highest rep score possible for the entire workout. Partners will carry on the rep amount when they change over. For example if the core person completes 35 reps at the change over point the new core worker starts at 36 reps.

**Step 4:** Here's the twist.....if during the workout the balloon bursts the partnered teams score goes back to zero and they blow up a new balloon.

**Step 5:** Commence Workout

**Step 6:** Partners work through the below rounds twice.

**Round 1:** Partner 1 Balloon Core: Full Leg Lifts / Partner 2 Cardio: 6 Cone Shuttle Runs

**Round 2:** Partner 1 Balloon Core: Reverse Crunch / Partner 2 Cardio: 500mtr run

**Round 3:** Partner 1 Balloon Core: Coffee Table Crunches / Partner 2 Cardio: 6 Cone Shuttle Run

**Round 4:** Partner 1 Balloon Core: V In & Outs / Partner 2 Cardio: 500mtr run

**Round 5:** Partner 1 Balloon Core: Extended Leg LCR / Partner 2 Cardio: 6 Cone Shuttle Run

**Both Partners go for a 500mtr run with the balloon and start again continuing on with their rep score**

**Step 7:** Team with the highest rep score is the winner.



# Dynamic Duo

35min Core and Cardio Circuit

## Brief Circuit Summary

This is a 45 minute partner based circuit involving 4 rounds of Core and Cardio exercises. Starting at Round 1 and working non stop until finishing at Round 4. Your team will find this one a tough Core challenge.

## *Workout Steps To Follow*

**Step 1:** Set out 4 cones 100 mtrs apart in a square shape. (400 mtrs in total)

**Step 2:** Get clients to partner up and ensure they are of similar fitness level.

**Step 3:** Commence Circuit.

**Step 4:** Partnered clients will work together over the 4 rounds below undertaking partner core exercises followed by a run and split lunges.

**Round 1:** Partners Interlock Legs for Sit Up (25 reps)

Then

Partners run the 400mtrs in the opposite direction / when they meet grab hands smash out 15 Split Lunges / return to starting base for Round 2.

**Round 2:** Partners Interlock Legs for Sit Up (25 reps)

Partner Plank Taps (50 reps)

Then

Partners run the 400mtrs in the opposite direction / when they meet grab hands smash out 30 Split Lunges / return to starting base for Round 3.

**Round 3:** Partners Interlock Legs for Sit Up (25 reps)

Partner Plank Taps (50 reps)

Lock Feet for Bike Crunches (75reps)

Then

Partners run the 400mtrs in the opposite direction / when they meet grab hands smash out 45 Split Lunges / return to starting base for Round 4.

**Round 4:** Partners Interlock Legs for Sit Up (25 reps)

Partner Plank Taps (50 reps)

Lock Feet for Bike Crunches (75reps)

Partner Double Leg Circles (100 reps = 50 clockwise and 50 anti clockwise)

Then

Partners run the 400mtrs in the opposite direction / when they meet grab hands smash out 60 Split Lunges.

# Round and Round It Goes

45min Cardio Circuit

## Brief Circuit Summary

My clients loved this circuit so much that they asked me to run it again the following week to see if they could beat their previous score. The session is an individual based circuit designed for all fitness levels and is a great challenge for your super fit clients to see if they can finish all 10 rounds within the 45min time frame.

## Workout Steps To Follow

**Step 1:** Have 10 cones x 10mtrs apart in a straight line with the below exercises and reps written on each cone.

**Cone 1:** 1 Burpee / 1 Push Up / 1 Squat (increase by 1 rep each time until reaching 10 reps)

**Cone 2:** 2 In & Outs / 2 Jumping Power Jacks (increase by 2 reps until reaching 20 reps)

**Cone 3:** 30reps Double Leg Crunches Each Leg

**Cone 4:** 40 Reverse Plank Dips

**Cone 5:** 50 Star Jumps / 50 Split Lunges / 50 Wave Toe Touches

**Cone 6:** 60 Thruster / Plank Jacks

**Cone 7:** 70 Race Starts Each Leg

**Cone 8:** 80 Clockwork Body Jump

**Cone 9:** 90 x 180 degree Jump Squats

**Cone 10:** 10 Mountain Climbers / 10 High Knees / 10 Crunches increase by 10 reps until reaching 100 reps.

**Step 2:** Commence Workout

**Step 3:** Get Clients to start at Cone 1 and complete the exercises written on the cone (1 Burpee / 1 Push Up / 1 Squat) then under take a 250mtr run, when returning move onto Cone 2 and do the same. The same format applies for the next 45 minutes after completing the exercises and a 250mtr run at each cone move onto the next one.

## Hints and Tips

At Cones 1, 2 and 10 clients have to increase reps until hitting a target, that means (for example at cone 2) 2 Ab In & Outs increasing by 2 reps until reaching 20....so 2 reps then 4, 6, 8, 10reps until 20 reps.

If your super fit clients push themselves hard for the full 45mins they should come close to finishing all 10 workouts.

# ***Bodyweight Game Sessions***



## ***The 10 Games Sessions***

***Are You Smarter Than A 5th Grader***

***Charades***

***Family Feud***

***Match The Pairs***

***Movie Madness***

***Superstitions***

***Survivor Challenge***

***Movies Quotes***

***Alphabet Challenge***

***Name That Tune***

# ***Are You Smarter Than a 5th Grader***

***45mins Games Session***

## ***Breif Games Summary***

This is a session that will drive your clients nuts, its based on the popular TV show Are You Smarter Than A 5th Grader, the show gets adults to try and solve riddles/puzzles that 5th graders are taught. This session had my group talking about it for weeks. A lot of fun indeed.

## ***Workout Steps To Follow***

**Step 1:** Print off the 29 questions attached at the end of this Ebook.

**Step 2:** Have a list of 29 exercises from the Video Exercise Library written on a piece of paper.

**Step 3:** Split the group into 2 teams (Team 1 v Team 2) and give them a cone to use as Home Base and a stop watch.

**Step 4:** Have 29 cones numbered 1 to 29 placed 75mtrs away from Team 1's Home Base and then do the same for Team 2. Ensure the 58 cones are kept at least 20mtrs away from each other.

**Step 5:** Commence Workout.

**Step 6:** One team member will sprint to grab a numbered cone from their section and return to Home Base, the Trainer will ask the question on the list that is the same number of the cone.

**Step 7:** Once the team has the answer they complete 1 minute of an exercise from the Trainers exercise list using their stop watch. Once the 1 minute is finished they call the Trainer over to give their answer.

If they are correct they keep the cone and its 1 point to their team. Then a different runner will sprint out and pick up another cone and the same process applies.

If they are incorrect with their answer they have tough 2 choices:

Try again but the must complete the same 1 minute excercise before giving a new answer.

Passing on the question.... but they must give their cone to the oppossing team and that adds a point to the other teams score.

**Step 8:** Team with the most cones at the end of the 45mins wins!

# Charades

## 45min Games Sessions

### Brief Games Summary

This is a great team building session that will produce many laughs and help increase team morale. It is a team based session on the family game Charades, with one player acting out a name/title and the rest of the team having to guess the answer.

### *Workout Steps To Follow*

**Step 1:** Some pre work is needed by finding the names/titles of Movies, TV shows, Books and Songs. When picking these names/titles have a mixture of easy, semi-challenging and tough names. Have these printed/written out on a piece of paper. Quickest way is to Google "Charade Names" and you will find a mountain of ideas.

**Step 2:** Pick 15 exercises from the Video Exercise Library and write the names of these exercises on 15 cones and number the cones from 1 to 15. Then spread the cones out randomly over a 50mtr area.

**Step 3:** Put group into teams of between 4-6 people and give one person in the team a stop watch. Give each team a cone to use as their Home Base. Have all team cones roughly 10mtrs from each other.

**Step 4:** Explain how the session will work:

# Give each team a numbered exercise cone to start

# Teams run out to find that numbered cone and undertake the exercise written on the cone for 2mins. (using their stop watch)

# After 1.30min one member leaves the team and returns to their Home Base. The Trainer will be positioned there to control the game.

# The Trainer will give that person a name/title that is on the list that they will have to act out when their team arrives.

# At the end of the 2mins the exercising Team will also run to their Home Base and the fun begins. The single team member will act out the name while their team members try and guess the answer.

# If the team members guess correct they get 1 point and move into the next exercise cone in numbered order. (For example if they started at cone 6 they go next to cone 7)

# If a team fails to get the answer correct they must return to the previous cone and repeat the same 2min

# Exercise and then move onto the next numbered cone in order and receive zero points. (there is no time limit on the guessing time)

**Step 5:** The same process applies for the full circuit with teams making their way through numbered cones undertaking 2mins of exercises and **a different team member** leaving after 1.30min to get given a name/title to act out.

**Steps 6:** The team with the highest score at the end of the session wins.

# Family Feud

45mins Games Session

## Brief Games Summary

This is a games session based on the popular TV Show Family Feud. The format is the exact same as the show with teams given questions and working together to find the top 3, 4 or 5 answers.

## Workout Steps To Follow

**Step 1:** Trainer will print off the Family Feud questions and answers at the end of this Ebook

**Step 2:** Put your clients into 4 teams and give each team a pen / paper / stop watch and a cone to use as their Home Base. Teams should be 20mtrs apart with their Home Base cones. The piece of paper you have given each team will have the first question already written on it but tell the teams not to look at it.

Teams will nominate one person in their team to be the time keeper.

**Step 3:** Trainer to set up a scoring station 100mtrs away from teams Home Base.

**Step 4:** Commence Games Session.

**Step 5:** Teams will start at Trainers scoring station then will sprint to their Home Base cones and once arriving will read the first question and teams must answer as fast as possible. The questions and answers are in the same format as the TV Show, for example: Top 4 Answers for the question: Name Something People Cut?

**Step 6:** Once they have their Top 4 answers one team member will sprint back to the Trainer to give their answers, for every answer they get correct its 1 point and for every answer they get incorrect its a 1 minute exercise penalty for the whole team. The 1 minute exercise penalty is made up of Jump Squats /or Push Ups / or Sit Up. For example if a Team gets 2 correct answers and 2 incorrect of the Top 4 answers their team gets 2 points but must also undertake a 2 x 1min penalties, using the stop watch to measure time. (while the runner is away the rest of the Team members drop to the Plank position until the runner returns)

**Step 7:** Before the runner leaves to return to their Home Base the Trainer will give the next question. The runner then returns to their Home Base to inform team of their score and exercise penalty (if any). After completing the exercise penalty the runner will tell their Team the next question.

**Step 8:** The process of teams answering the question / runner going to Trainer for answers and getting the next question / undertaking penalty for incorrect answers / teams Planking while runner is away will continue for the full 45mins. Team with the most points at the end of the session Wins!

## Hints and Tips

Here's a cool twist you can add.....any team that gets a question 100% correct they can nominate another team to undertake a 3 minute Burpee penalty.

My advice is set up another cone about 25mtrs from the Trainers scoring station in case two team runners arrive at the same time. One runner waits there until trainer is free.

# Match the Pairs

45min Games Circuit

## Brief Circuit Summary

This is a 50 minute Team v Team fun workout designed to test your clients memory.

## *Workout Steps To Follow*

**Step 1:** Some pre-work is required prior to your clients arriving. Write the numbers 1 to 15 on individual Post It Notes (Twice) giving you 30 Post It Notes in total, then stick those Post It Notes under 30 different cones.

**Step 2:** Take the 30 cones and randomly spread over a 30 x 30mtr area, ensuring that the matching numbers are placed away from each other. Once complete that is Team 1 set up.

**Step 3:** Repeat Step 1 & 2 again for Team 2. Ensure that Team 1 and Team 2's cone are in separate areas.

**Step 4:** Make a list on paper of 15 different exercises and number them 1 to 15. Use the Video Exercise Library to find the exercises.

**Step 5 :** Split the group into 2 teams and get them positioned beside their cones.

**Step 6:** Let The Games Begin.

**Step 7:** Start by having one member from each team run out and pick up two cones and yell the Post It Note numbers out to their team members, the aim is to find a matching pair of numbers. If the 2 cones don't match they get replaced in the same spot and the team member returns to their team and the next person runs out and picks up 2 cones. Team members need to try and remember the location of numbered cones for future matches.

**Step 8:** When a team finds a matching pair of numbers they remove the 2 cones and bring them back to their team members and call the Post It Note number out to the trainer. The trainer will find the exercise aligned to that number for the team to undertake 30 reps of that exercise. Once reps are finished the next team member runs to find another matching pair.

**Step 9:** First team to all 15 matching pairs wins.

## Hints and Tips

If you want to increase the workload get teams to exercise while waiting their turn to run out and lift cones.



# Movie Madness

45min Games Session

## Brief Games Summary

This is a really cool session and another one for the movies buffs. The idea behind this session is to try and identify the 40 three-word movie titles from a list by selecting one word from each column. The questions and answer sheets are attached.

## *Workout Steps To Follow*

**Step 1:** Print off the question sheets that is located at the end of this Ebook, how many sheets you print off will be determined by how many teams you have.

**Step 2:** Pick 10 exercises from the Video Exercise Library and write those exercises on 10 cones, then place them 50mtrs away with each cone being 10mtrs apart from the other.

**Step 4:** Place clients into teams. My advice is no more than 4 per team and give each team a cone to use as their Home Base, ensuring that its 50mtrs away from the 10 exercise cones.

**Step 5:** Trainer to place a question sheet under each teams Home Base cone.

**Step 6:** Commence Workout.

**Step 7:** Teams will race to any one of the 10 exercise cones and undertake 40 reps of the exercise that is written on the cone. Once finished they return to their Home Base and try and solve any 3 word movie title from the question sheet. Once they have a movie title the Trainer (who will have the answer sheet) will tell them if they are correct or incorrect.

**If Incorrect:** Teams will keep look for a different 3 word movie title on the list.

**If Correct:** They get one 1 point and the Trainer crosses those three words off their question sheet. The team then sprints to the next cone along and this time undertakes just 39 reps of the exercise.

**Step 7:** The process of dropping by 1 rep at each exercise cone after a correct answer will continue until they have answered all questions correctly or time runs out. The team that answers all 40 questions first or has the most points at the end of the 45mins Wins!!

# Superstitions

## 45min Games Circuit

### Brief Games Summary

This is a session based on asking 13 Superstition questions to determine what are True or False, if possible run this session on a Friday 13th or during the Halloween period to add to the excitement.

### Workout Steps To Follow

**Step 1:** Print off the attached questions sheet that you'll find at the end of this Ebook

**Steps 2:** Get 13 cones and number them from 1 to 13 then spread them out over a 250mtr area.

**Step 3:** Write out each 13 Superstition questions on seperate pieces of paper and place the 13 questions under the 13 cones.

**Step 4:** Clients to partner up.

**Step 5:** Commence Workout.

**Step 6:** Partners run out to any cone they wish, once they arrive at a numbered cone they undertake 13 Push Up / 13 Sit Up / 13 Jump Squats. Then read the True or False question and decide on their answer.

**Step 7:** Partners run back to Trainer with their answer. If correct get 1 point and then they run out and find their next numbered cone in order. (for example if they started at cone number 7 they now go looking for cone number 8)

If partners answer incorrect they undertake a 13 Burpee with a double push up penalty and then move onto the next numbered cone.

**Step 8:** The process of finding the next numbered cone and undertaking 13 Push Up / 13 Sit Up / 13 Jump Squats then returning to the Trainer to answer their question will continue for all 13 cones.

**Step 9:** The team who finishes all 13 cones or has the most points after 45mins first wins!

### Hints and Tips

Feel free to change the exercises at anytime to mix things up.

# Survivor Challenge

45min Games Session

## Brief Games Summary

This is a problem solving game taken from my favourite TV show Survivor. The idea of the game is for teams to try and solve a Fitness Mantra puzzle, they do this by undertaking various exercises and get given a letter that is in the Mantra on completion of those exercises. The more exercises they do the more clues they get and the better chance they have of solving the puzzle first.

## *Workout Steps To Follow*

**Step 1:** Trainer must think of a popular Fitness Mantra. I'm going to use the below mantra as an example, as you can see it has 18 letters in it:

### Dont' Ever Give Up. Ever

**Step 2:** From the Video Exercise Library pick 18 exercises and write each exercise on 18 cones. Then on a piece of paper align each exercise with one of the 18 letters above. For example: The letter P is aligned with the exercise Coffins.

**Step 3:** Randomly spread the cones over a 50mtr area.

**Step 4:** Put clients into groups of 4 and give each team a pen and paper

**Step 5:** Commence Workout.

**Step 6:** Teams will run out to any cone and undertake 25reps of the exercise written on the cone. Once complete they will inform the Trainer who will give them the letter aligned to that exercise. Teams write the letter on their piece of paper and move onto the next cone.

**Step 7:** The process of undertaking 25reps at each cone / getting a letter / writing it on paper / moving on to the next cone will continue until teams finish all 18 cones.

**Step 8:** You should fine teams will take between 35-40mins to complete 18 cones. That allows 5-10mins for teams to start solving the mantra/puzzle. The Team who solves it first wins!

## Hints and Tips

If the session is going too fast increase exercise reps.

Another idea could be to change from completing 25reps to a timed system of 90 sec or 2mins at each cone.

Teams are not allowed to try and solve the puzzle until all 18 letters are collected.

If during the mantra solving process teams are struggling they can buy clues in the currency of 20 Burpees,

clues like: how many words in the mantra or the first letter of each word:

# Movie Quotes

## 45min Games Session

### Brief Games Summary

This is a great session for those that love movies, the idea behind this session is for your clients to guess movie quotes and memorable lines from some of the most famous movies ever made. You will give them a Movie Quote and they have to guess what movie its from.

### *Workout Steps To Follow*

**Step 1:** Print off the list of the Top 100 Movie Quotes from the below website.  
<http://www.infoplease.com/ipea/A0931686.html>

**Step 2:** Pick how many movie quotes you want to use from your printed list and then number the same amount of cones with the number aligned to the movie quote list. For example write the number 10 on a cone and on your movie list number 10 is the movie quote: "You Talking To Me"?

**Step 3:** Take the numbered cones you're using and spread them randomly 50mtrs away.

**Step 4:** Pick 8 exercises from the Video Exercise Library. (2 Upper Body / 2 Lower Body / 2 Core / 2 Cardio)

**Step 5:** Put clients into teams and give each team a cone as a Home Base and a stop watch. My advice no more than 3 or 4 teams.

**Step 6:** Commence Workout. (send teams on a 250mtr run to help stop bottle necking)

**Step 7:** As soon as every member of a team has returned back to Home Base (after their 250mtr run) send one team member out to retrieve a numbered cone. When the runner returns the Trainer will say the Movie quote aligned to the cone and teams must guess what movie it was from. Guess correct they keep the cone and undertake 60 seconds of an exercise that the trainer decides. Guess incorrect and the cone must be returned back to its original place and a new cone picked.

**Step 8:** This process of picking a cone / getting asked the question / exercising for 60sec's when getting the answer correct will continue until the 45min session is finished.

**Step 9:** The team with the most cones at the end of the sessions wins.

### Hints and Tips

If the game is going to fast then increase the exercise time to 90sec or more / if its going to slow then decrease exercise time.

You can decide the rules in regards to time limit on guessing the correct answer or how many guesses they can have. In my version they get one guess and 20 seconds to answer. Don't forget if they fail to guess correct the cone goes back into play.

If you have a large group training then 60 to 80 numbered cones should be enough.

# Alphabet Challenge

45min Games Session

## Brief Games Summary

This is a session where your clients decide what exercises they do based on the letters of the Alphabet.

## *Workout Steps To Follow*

**Step 1:** Split the group into 2 teams (Team 1 v Team 2) and give them 1 cone each to use as their Home Base.

**Step 2:** Write the letters from A to Z on 26 cones for Team 1 and spread all 26 cones out randomly 100mts away from their Home Base. Then repeat the same process for Team 2. Make sure both sets of cones are at least 20mtrs away from each other.

**Step 3:** Commence Workout.

**Step 4:** Together teams will run down to their 26 cones and take one lettered cone to take back to their Home Base. The aim is for each team to decide what exercise they want to do based on the letter they pick up, the exercise must start with the lettered cone. For example if they pick up the L cone then teams can choose to do Lunges or any other exercise beginning with the letter L.

**Step 5:** Teams return to Home Base and smash out 26 reps of that exercise. Once finished they return to pick another lettered cone. The process of picking cones and completing 26 reps for each letter will continue for all 26 cones.

**Step 6:** The first team to complete the full alphabet is the winner. (or who has the most cones after 45mins)

## Hints and Tips

Here's the kicker..... if a team can't think of an exercise by the time they return to Home Base they get hit with a 26 Burpee penalty and then return to pick a new cone.

# Name That Tune

## Games Session

### Brief Games Idea

This session is more an idea/concept than an actual circuit and its based on testing your clients knowledge on music via playing songs. The idea comes from the Board Game and TV show Name That Tune.

The reason why I've left it as an idea is because there are dozens of possibilities on how you can design as circuit around this concept.

All you need is an Iphone or a mobile device that has access to ITunes.

If you've used ITunes previously you'll know that it has a facility for you to listen to any song for 60/90 seconds free of charge.

Its this facility that you'll use to test your clients music knowledge.

The reason why the possiblities are endless is because you can have Name That Tune sessions based on:

1980's Music

1990's Music

2000 + Music

Modern Day Music

Every week or month you can pick a different era or pick a different genre

Name the year

Music from movies or sit coms

The list goes on and on, all you have to do search on ITunes and click the listen button.

If you can get portable speakers that has bluetooth then that will help but if not don't worry the sound from your Iphone is fine.

# Session Resources

The following pages contains the resouces you'll need to run the following sessions:

## Are You Smarter Than A 5th Grader



## Movie Madness



## Superstitions



## Family Feud





# Questions & Answers



**1: A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?**

**A: His horse's name was Friday**

**2: What has hands but can not clap?**

**A: A clock.**

**3: What is at the end of a rainbow?**

**A: The letter W.**

**4: What starts with the letter "t", is filled with "t" and ends in "t"?**

**A: A teapot**

**5: You walk into a room with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?**

**A: The match.**

**6: What gets wetter and wetter the more it dries?**

**A: A Towel.**

**7: How many months have 28 days?**

**A: All 12 months.**

**8: Name four days of the week that start with the letter "t"?**

**A: Tuesday, Thursday, today, and tomorrow.**

**9: Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?**

**A: They were a grandmother, mother and daughter.**

**10: A man was outside taking a walk, when it started to rain. The man didn't have an umbrella and he wasn't wearing a hat. His clothes got soaked, yet not a single hair on his head got wet. How could this happen?**

**A: The man was bald.**

**11: You walk across a bridge and you see a boat full of people yet there isn't a single person on board. How is that possible?**

**A: All the people on the boat are married.**

**12: A boy was rushed to the hospital emergency room. The ER doctor saw the boy and said, "I cannot operate on this boy. He is my son." But the doctor was not the boy's father. How could that be?**

**A: The doctor was his mom.**

**13: What can run but can't walk?**

**A: A drop of water.**

**14: If there are 3 apples and you take away 2, how many do you have?**

**A: If you take 2 apples, than you have of course 2.**

**15: Beth's mother has three daughters. One is called Lara, the other one is Sara. What is the name of the third daughter?**

**A: Beth.**

# Questions & Answers



16: What's full of holes but still holds water?

A: A sponge.

17: If an electric train is going east at 60 miles an hour and there is a strong westerly wind, which way does the smoke from the train drift?

A: There is no smoke coming from electric trains.

18: Say Racecar backwards.

A: 'Racecar backwards'

19: What do the numbers 11, 69, and 88 all have in common?

A: They read the same right side up and upside down.

20: How can you throw a ball as hard as you can, to only have it come back to you, even if it doesn't bounce off anything?

A: Throw the ball straight up in the air

21: I am an odd number. Take away one letter and I become even. What number am I?

A: Seven (take away the 's' and it becomes 'even').

22: What word looks the same backwards and upside down?

A: SWIMS.

23: A boy fell off a 30 meter ladder but did not get hurt. Why not?

A: He fell off the bottom step.

24: What never asks questions but is often answered?

A: A doorbell.

25: What belongs to you but other people use it more than you?

A: Your name.

26: What 5-letter word becomes shorter when you add two letters to it?

A: Shorter.

27: Imagine you're in a room that is filling with water. There are no windows or doors. How do you get out?

A: Stop imagining.

28: The more you take, the more you leave behind. What are they?

A: Footprints.

29: What invention lets you look right through a wall?

A: A window.

Decider Question if a tie

30: What two keys can't open any door?

A: A monkey and a donkey.



Can you identify the 40 three-word movie titles below by selecting one word from each column?

Air	About	Afternoon
All	Angry	Baby
Black	Are	Beneath
Boys	Beach	Blondes
Brighton	Big	Blood
Bringing	By	Bondage
Coal	Can	Cat
Cool	Cold	Collide
Dead	Come	Cry
Desperately	Darn	Dark
Diamonds	Day	Daughter
Dirty	Don't	Doe
Dog	Fair	Down
Don't	For	Eve
Dressed	Force	Female
Eight	Green	Fire
Eyes	Hand	Forever
Friday	Hawk	Home
Fried	Human	Jacket
Full	John	Kill
Gentlemen	Last	Lady
Heaven	Lies	Lights
In	Look	Luke
It	Men	Man
Lassie	Metal	Me
Little	Miner's	Memoirs
Meet	Night	Men
Moon	Over	Miami
My	Poets	Now
Of	Prefer	One
Quest	Private	Out
Saving	Rotten	Ryan
Single	Seeking	Scoundrels
Stand	Takes	Shut
Suddenly	To	Society
That	Until	Summer
Twelve	Up	Susan
Wait	White	Tomatoes
What	Wide	Two
When	Worlds	Wait

# Answers

For 3 Word Movie Titles



Air Force One  
All About Eve  
Black Hawk Down  
Boys Don't Cry  
Brighton Beach Memoirs  
Bringing Up Baby  
Coal Miner's Daughter  
Cool Hand Luke  
Dead Poets Society  
Desperately Seeking Susan  
Diamonds Are Forever  
Dirty Rotten Scoundrels  
Dog Day Afternoon  
Don't Look Now  
Dressed To Kill  
Eight Men Out  
Eyes Wide Shut  
Friday Night Lights  
Fried Green Tomatoes  
Full Metal Jacket  
Gentlemen Prefer Blondes  
Heaven Can Wait  
In Cold Blood  
It Takes Two  
Lassie Come Home  
Little Big Man  
Meet John Doe  
Moon Over Miami  
My Fair Lady  
Of Human Bondage  
Quest For Fire  
Saving Private Ryan  
Single White Female  
Stand By Me  
Suddenly Last Summer  
That Darn Cat!  
Twelve Angry Men  
Wait Until Dark  
What Lies Beneath  
When Worlds Collide

# Questions & Answers

For the Superstitions Workout



## True and False Questions

1. *In Spain its considered lucky to rub your lottery ticket on the belly of a pregnant women*  
(True)
2. *According to Christians if you cut your hair on Good Friday you will get no headaches for a year*  
(True)
3. *According to Aboriginal culture being swooped by a magpie (Australian Bird) will add a year to your life*  
(False)
4. *In Japan if you play with fire you will wet your bed*  
(True)
5. *In the remote Southern region of India not eating a curry is considered an insult to the gods and death by stoning is the punishment*  
(False)
6. *In England seeing an ambulance is very unlucky unless you pinch your nose until you see a black dog*  
(True)
7. *In Greece if you sneeze it means someone is thinking about you*  
(True)
8. *In Ireland Ginger haired people are considered evil*  
(False)
9. *In America if a swarm of bees settling on a roof is an omen that the house will burn down*  
(True)
10. *In Japan Falling asleep while watching ghost movies will bring the ghost into your home*  
(False)
11. *In Italy if a bird flies into a room through a window, death will shortly follow*  
(True)
12. *Friday 13th is considered Unlucky because Christ was crucified on that day*  
(True)
13. *In some parts of New Zealand eating Sheep meat (Lamb & Mutton) is considered an Aphrodisiac*  
(False)

# Questions & Answers

For Family Feud Games Session



**Top 5: Name someone people call when they're in trouble.**

Police  
Priest/Minister  
Lawyer  
Fire Department  
Parent

**Top 4: Name something people cut.**

Hair  
Paper  
Grass  
Fingernail

**Top 5: Name a Famous "Martin"**

MLK  
Martin Lawrence  
Dean Martin  
Martin Sheen  
Steve Martin

**Top 4: Name something you wind up.**

Clock  
Watch  
Toy  
Music box

**Top 5: First thing you'd do on a deserted island...**

Find Water 30  
Find Food 22  
Build Shelter 20  
Look forelp 16  
Build Fire 12

**Top 4: Name a piece of clothing people buy without trying on.**

Socks/Hosiery  
Underwear  
Necktie  
Shirt

**Top 5: Name something you keep in your wallet.**

Money  
Driver's License  
Pictures  
Credit cards  
Identification

**Top 4: Name a weapon you throw.**

Spear  
Knife  
Grenade  
Rock

**Top 5: Name something you find in a park.**

Benches  
Trees  
Birds  
Grass  
Swings

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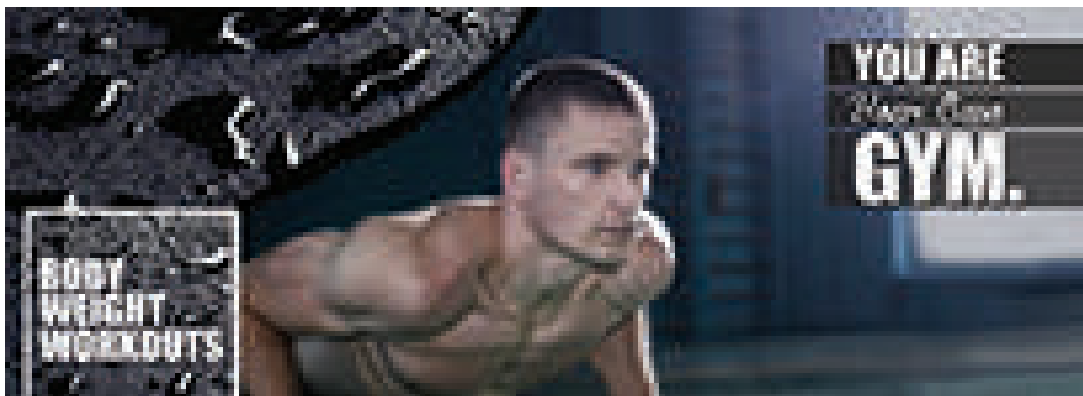
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*Don't perform any video exercises unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance if unsure.*

*Don't perform any exercise without proper instruction. Always warm-up prior to any exercises, workouts or games.*



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