



Shelby Trained Athlete – Body Weight Workout

Week of April 20, 2020

Motivate to start, or *master* the body weight workouts, below.
Check-out the links for special instructions and tips!

Monday

Prehab

Movement Prep:

- A. [Deep Squat Pattern 3](#) 2 x 3e
- A. [Push-up](#) 2 x 10
- A. [SL Leg Lowering](#) 2 x 5e CTRL
- A. [Seal Jacks](#) x 30

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

- A. [BW Squats](#)
- A. [Squat Jumps](#)
- B. [Close-Grip Push-Ups](#)
- B. [Push-Ups w/ sh. tap](#)
- C. [Prone Y](#)
- C. [Wall Rows](#)

BW Circuit 2: 45s:15

- A. [1.5 Squat Jumps](#)
- A. [Prone Plank w/ hip ext](#) (or [prone plank](#))
- A. [Split to Squat Jumps](#)
- A. [Alt. Deadbugs](#) (on back, opp knee/arm)



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Wednesday

Prehab

Movement Prep:

A. [Dynamic Warm-Up](#)

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

A. [Lateral lunge](#)

A. [Tuck Jumps](#)

B. [Prone W](#)

B. [Prone Military Press](#)

C. [Inchworms](#)

C. [SL Cobra](#)

BW Circuit 2: 45s:15 x _____ rounds (available time)

A. [SL Side Hop](#)

A. [Prone Plank Get-Ups](#)

A. [Wall Mtn. Climbers](#)

A. [Prone Crossbody Mtn. Climbers](#)



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Friday

Prehab:

Movement Prep: 45s: 15s

A. Ladder ([in,in, out/ in,in,out,out lateral](#))

A. [Side Planks](#) 2 x 30s

B. Bodyweight Circuit: [Push-ups](#) x 10, [Squats](#) x 10, [Prone Military Press](#) x 10

BW Circuit 1: 3/4/5/6 x thru circuit 30s:15s

A. [Scissor Jumps](#) or [Alt. Rev. Lunges](#)

A. [1-2 Stick](#)

B. [Pike-Ups](#)

B. [Supine Mob. V-Up](#)

C. [Bodyweight Prone Pullover](#)

C. Bent-over T's

BW Circuit 2: 45s:15

A. [Alt. Power Step-ups](#)

A. [Prone Plank opp arm/leg](#)

A. [Monkey Jumps](#)

A. [Prone Plank Crunches](#)