

Bodyweight Exercise Program

Increase the number of repetitions when these become easy. This bodyweight exercises depend more on increasing repetitions since you can't add more bodyweight.

Mon.	Wed.	Fri.
Pistols (1 leg squats) 5 6 6	Jump Squats 25 20 20 25	Pistols (1 leg squats) 6 7 6
Plyometric Pushups 12 10 10 10	Plyometric Pushups 12 10 10 10	Plyometric Pushups 12 12 10 10
Chin-ups 8 8 10	Pull-ups 8 8 8	Chin-ups 9 9 10
Crunches 15 25 20	Alternating-Knee Crunches 20 25 20	Crunches 25 25 25