

Body Weight Exercises



Militant Wellness
- From Striving to Service -

Day 1

Instructions: Perform 3x's for 2 minutes for each activity

Target areas: Full Body

Squats

Walking lunges

Side lunges

Wall sits

Push ups

Crunches

Side crunches

Day 2

Instructions: 3 sets of 12 for each exercise

Target areas: Chest, triceps, biceps, lower body and abs

Wide push ups

Tricep dips (on chair)

Arm rotations

Planks (30 seconds)

Wall sits (30 seconds)

Day 3

Instructions: Perform 3x's for 2 minutes for each activity

Target areas: Full Body

Mountain climbers

Push ups

Burpees

Side squats

Side lunges

Crunches

Day 4

Instructions: 3 sets of 12 for each exercise

Target areas: Lower body and abs

High knees

Squats (12 on each leg)

Standing Side Leg Kicks ((12 on each leg)

Donkey Kicks (12 on each leg)

Planks

Side crunches

Day 5

Instructions: Perform 3x's for 2 minutes for each activity

Target areas: Full Body

Push ups

Jumping jacks

Burpees

Sumo squats

Side alternate lunges

Crunches