

Bodhi Life *Fitness*

INTRODUCES



Let's Get Started

Beginner Level Free Version

Day 1 - 10

*Make
your Own
Success
Story.*

Bodhi Life Fitness – Beginner Level Day 1 - 20

“If people doubt how far you can go, go so far you can’t hear them anymore.”

- Michele Ruiz

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Definition of Body Weight Exercise

Body weight exercises (Also called Body Weight Workouts) are strength training exercises that use an individual's own body weight to provide resistance against gravity. Body weight exercises can enhance a range of biomotor abilities including strength, power, speed, endurance, flexibility, coordination and balance. Such strength training has become popular among recreational and professional athletes. Body weight training uses simple abilities like pushing, pulling, squatting, bending, twisting and balancing.

Some Common Body Weight Exercises

Movements such as the push-up, the pull-up and sit-ups are among the most common body weight exercises. Others include but are not limited to:

Abdominal Crunch

Chair Dip

Reverse Crunch

Wall Sit

“Superman”

Jump Squat

Planking

Jumping Jacks

Mountain Climber

Lunge

Shadow Boxing

Burpees

Squats

Pull-Ups

Chin-Ups

Calf Raises

Equipment Needed

**The Bodhi Life Fitness – Beginner Level Day 1 – 20 workout
requires no equipment.**

A Word about Safety, Fitness Levels and Injury

The American Heart Association (AHA) have suggested that people with heart conditions and those who do not exercise regularly may be at greater risk of cardiovascular events when engaging in intense exercise. They also recommend that people with sedentary lifestyles should develop progressive exercise regimens and build up stamina before engaging in intense exercise.

It is also important that people with heart problems and other physical conditions speak to a doctor before starting an exercise program — ***regardless of its intensity.***

The ***Bodhi Life Fitness – Beginner Level*** is a physically demanding, exhausting and potentially dangerous exercise routine. This program has high repetitions with no days off. Daily strenuous exercise without recovery time can, over time can cause permanent damage to muscles, joints, ligaments and connective tissue.

Bodhi Life Fitness – Beginner Level, Bodhi Life Balance, Bodhi Life Fitness and Bodhi Perrine accept no responsibility for injuries occurring during the attempt of this program.

BEFORE GETTING STARTED - A WORD OF CAUTION

You should always speak to your doctor before you change, start, or stop any part of your healthcare plan, including physical activity or exercise. Reading health and exercise information online may be helpful, but it cannot replace the professional diagnosis and treatment you might need from a qualified healthcare provider.

Attempt this routine at your own risk.

Know your limitations.

Recognize pain that can cause damage.

Motivation, Dedication, Perseverance and Attitude

Do not fool yourself, extreme fitness routines are never easy and rarely the desired activity of your day. If either is true, you may need to re-evaluate your fitness routine or possibly your definition of extreme. Don't get me wrong, I enjoy Bodhi Life Fitness – Beginner Level Day 1 – 20 but nevertheless it is brutal, relentless and sometimes excruciating. I start every day with that mental attitude of “Can I really do this?” but I visualize the end and jump in.

Why do I do it? Good question... I push myself with tough workouts to cultivate discipline and mental toughness, forging resilience through discomfort. It's a pursuit of mastery over the self, where enduring physical challenges becomes a path to inner strength and personal transformation. You can discover more about mindset and developing discipline at BodhiLifeBalance.com.

I wanted to take a minute and maybe help you out when you feel like you're going to fail. When you wake up after day 5 and you can't walk because it feels like the sinews in your quads have become separated and every tendon aches. When you step up to the plate to take a swing at day 15 with tears in your eyes and starting doesn't seem reasonable and finishing don't look feasible.

Start anyway...

You see, motivation is what you are feeling right now, but that disappears like smoke when the numbers aren't realistic anymore and ten more days can't possibly be achieved. Motivation gets you started, motivation isn't the key to getting into the squatting position when your knees are aching, and your glutes are so tight it feels like you couldn't possibly get back up if you squat down.

So what makes you start squatting when the target is 15 reps on top of push-ups, pull-ups, lunges, etc.... That's where dedication starts to take hold of you. Stubborn, undeniable, balls out, can't quit because you're not dead, indisputable dedication. Dedication says “I can do this” and though it may peer through the pain and tears of perseverance, it takes you through. When dedication and perseverance are involved, your chances of finishing your squats are good but one last thing begins to form at this point.

This is all about one thing. You simply cannot fail if you have the right attitude. In fact this all begins with that attitude but is not cemented into your psyche until you finish a day you simply did not want to finish. When you develop the attitude that says, “Not Dead, Cannot Quit” all you have to do is step up to that plate and start...

So tell me, what is your attitude now? Welcome to Bodhi Life Fitness – Beginner Level Day 1 - 20. As they say, ***Good Luck and Godspeed...*** Get to Work!

Bodhi :)

The Workout

"The fact is self-discipline is only punishment when imposed by someone else. When you discipline yourself, it's not punishment but empowerment." – Les Brown

"Get to work..." - Bodhi

How to...

Day 08

Squats – 20 (4 Sets x 5 Reps)

||||| ✓

Work up to 45

Plank - 40 Seconds

✓

Work Up To 1 Minute 30 Seconds

Push - Ups – 2 (1 Set of 2 Reps)

1 ✓

Work Up to 10

Lunges – 5 (Each Leg)

|| ✓

Work Up To 10 per Side

Burpees – 4 (1 Set of 4 Reps)

1 ✓

Work Up To 10

Glute Bridges – 14 (1 Set of 14 Reps)

1 ✓

Work Up to 30

Wall Sit - 40 Seconds

✓

Super SORE!

Work Up To 1 Minute 30 Seconds

stretch out more!

Leg Lifts - 14 (1 Set of 14 Reps)

1 ✓

Work Up to 30

Calf Raises – 35 (1 Set 35 Reps)

1 ✓

piece of CAKE!

Work Up to 100

Download the PDF and print it out.

As you complete each exercise, just check them off! For multiple sets, keep track with tally marks and check them off when the exercise is completed.

Make some notes! Easy, difficult? Impossible? Do you need to make an adjustment? Write it all down to help keep focus and stay on track!

Bodhi Life Fitness – Beginner Level Day 1 - 20

| <u>Day 01</u> | <u>Completed</u> | <u>Month Goal</u> |
|-------------------------------------|-------------------------|--------------------------------|
| Squats – 5 (1 Set x 5 Reps) | _____ | 250 Total |
| Plank - 10 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups - (ON KNEES) - 3 | _____ | Work Up to 10 |
| Lunges – 1 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 1 (1 Set of 1 Rep) | _____ | Work Up To 10 |
| Glute Bridges – 2 (1 Set of 2 Reps) | _____ | Work Up to 30 |
| Wall Sit - 10 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 2 (1 Set of 2 Reps) | _____ | Work Up to 30 |
| Calf Raises – 5 (1 Set 5 Reps) | _____ | Work Up to 100 |
| <u>Day 02</u> | | |
| Squats – 8 (2 Sets x 4 Reps) | _____ | 250 Total |
| Plank - 15 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups - (ON KNEES) - 3 | _____ | Work Up to 10 |
| Lunges – 1 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 1 (1 Set of 1 Rep) | _____ | Work Up To 10 |
| Glute Bridges – 4 (1 Set of 4 Reps) | _____ | Work Up to 30 |
| Wall Sit - 15 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 4 (1 Set of 4 Reps) | _____ | Work Up to 30 |
| Calf Raises – 10 (1 Set 10 Reps) | _____ | Work Up to 100 |

Bodhi Life Fitness – Beginner Level Day 1 - 20

| <u>Day 03</u> | <u>Completed</u> | <u>Month Goal</u> |
|-------------------------------------|-------------------------|--------------------------------|
| Squats – 10 (2 Sets x 5 Reps) | _____ | 250 Total |
| Plank - 20 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups - (ON KNEES) - 3 | _____ | Work Up to 10 |
| Lunges – 2 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 2 (1 Set of 2 Reps) | _____ | Work Up To 10 |
| Glute Bridges – 6 (1 Set of 6 Reps) | _____ | Work Up to 30 |
| Wall Sit - 20 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 6 (1 Set of 6 Reps) | _____ | Work Up to 30 |
| Calf Raises – 15 (1 Set 15 Reps) | _____ | Work Up to 100 |
| <u>Day 04</u> | | |
| Squats – 12 (2 Sets x 6 Reps) | _____ | 250 Total |
| Plank - 25 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups - (ONE KNEE) - 4 | _____ | Work Up to 10 |
| Lunges – 2 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 2 (1 Set of 2 Reps) | _____ | Work Up To 10 |
| Glute Bridges – 8 (1 Set of 8 Reps) | _____ | Work Up to 30 |
| Wall Sit - 25 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 8 (1 Set of 8 Reps) | _____ | Work Up to 30 |
| Calf Raises – 20 (1 Set 20 Reps) | _____ | Work Up to 100 |

Bodhi Life Fitness – Beginner Level Day 1 - 20

| <u>Day 05</u> | <u>Completed</u> | <u>Month Goal</u> |
|---------------------------------------|-------------------------|--------------------------------|
| Squats – 15 (3 Sets x 5 Reps) | _____ | 250 Total |
| Plank - 30 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups - (ONE KNEE) - 5 | _____ | Work Up to 10 |
| Lunges – 3 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 3 (1 Set of 3 Reps) | _____ | Work Up To 10 |
| Glute Bridges – 10 (1 Set of 10 Reps) | _____ | Work Up to 30 |
| Wall Sit - 30 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 10 (1 Set of 10 Reps) | _____ | Work Up to 30 |
| Calf Raises – 25 (1 Set 25 Reps) | _____ | Work Up to 100 |
| <u>Day 06</u> | | |
| Squats – REST | _____ | 250 Total |
| Plank - REST | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups – REST | _____ | Work Up to 10 |
| Lunges – REST | _____ | Work Up To 10 per Side |
| Burpees – REST | _____ | Work Up To 10 |
| Glute Bridges – REST | _____ | Work Up to 30 |
| Wall Sit – REST | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts – REST | _____ | Work Up to 30 |
| Calf Raises – REST | _____ | Work Up to 100 |

Bodhi Life Fitness – Beginner Level Day 1 - 20

Day 07

Completed

Month Goal

Squats – 18 (3 Sets x 6 Reps)

250 Total

Plank - 35 Seconds

Work Up To 1 Minute 30 Seconds

Push - Ups – 1 (1 Set of 1 Rep)

Work Up to 10

Lunges – 4 (Each Leg)

Work Up To 10 per Side

Burpees – 4 (1 Set of 4 Reps)

Work Up To 10

Glute Bridges – 12 (2 Sets of 6 Reps)

Work Up to 30

Wall Sit - 35 Seconds

Work Up To 1 Minute 30 Seconds

Leg Lifts - 12 (1 Set of 12 Reps)

Work Up to 30

Calf Raises – 30 (1 Set 30 Reps)

Work Up to 100

Day 08

Squats – 20 (4 Sets x 5 Reps)

250 Total

Plank - 40 Seconds

Work Up To 1 Minute 30 Seconds

Push - Ups – 2 (1 Set of 2 Reps)

Work Up to 10

Lunges – 5 (Each Leg)

Work Up To 10 per Side

Burpees – 4 (1 Set of 4 Reps)

Work Up To 10

Glute Bridges – 14 (1 Set of 14 Reps)

Work Up to 30

Wall Sit - 40 Seconds

Work Up To 1 Minute 30 Seconds

Leg Lifts - 14 (1 Set of 14 Reps)

Work Up to 30

Calf Raises – 35 (1 Set 35 Reps)

Work Up to 100

Bodhi Life Fitness – Beginner Level Day 1 - 20

| <u>Day 09</u> | <u>Completed</u> | <u>Month Goal</u> |
|---------------------------------------|-------------------------|--------------------------------|
| Squats – 22 (2 Reps x 11 Reps) | _____ | 250 Total |
| Plank - 45 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups – 3 (1 Set of 3 Reps) | _____ | Work Up to 10 |
| Lunges – 5 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 5 (1 Set of 5 Reps) | _____ | Work Up To 10 |
| Glute Bridges – 16 (1 Set of 16 Reps) | _____ | Work Up to 30 |
| Wall Sit - 45 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 16 (1 Set of 16 Reps) | _____ | Work Up to 30 |
| Calf Raises – 40 (1 Set 40 Reps) | _____ | Work Up to 100 |
| <u>Day 10</u> | | |
| Squats – 25 (5 Sets x 5 Reps) | _____ | 250 Total |
| Plank - 50 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Push - Ups – 4 (2 Sets of 2 Reps) | _____ | Work Up to 10 |
| Lunges – 5 (Each Leg) | _____ | Work Up To 10 per Side |
| Burpees – 5 (1 Set of 5 Reps) | _____ | Work Up To 10 |
| Glute Bridges – 18 (1 Set of 18 Reps) | _____ | Work Up to 30 |
| Wall Sit - 50 Seconds | _____ | Work Up To 1 Minute 30 Seconds |
| Leg Lifts - 18 (1 Set of 18 Reps) | _____ | Work Up to 30 |
| Calf Raises – 45 (1 Set 45 Reps) | _____ | Work Up to 100 |

You have completed your free ten-day trial! Way to go! To continue your wellness journey and access the full program, please visit BodhiLifeFitness.com to purchase the program and unlock all the benefits of Bodhi Life Balance. Keep thriving!

Make
your Own
Success
Story.

Bodhi Life Fitness – Beginner Level Day 1 - 20

A Little About Bodhi...

Bodhi, the visionary behind Bodhi Life Balance, Bodhi Wear, and Bodhi Life Fitness, is a champion of holistic well-being and the art of balance. With a passion for fitness and mental clarity, Bodhi has made it his mission to help others rediscover their strength, both physically and mentally. His companies offer more than just products or programs—they represent a lifestyle rooted in peace, renewal, and a deep connection to one's body and mind.



Bodhi's specialty lies in guiding individuals through their "comeback story." Whether someone is recovering from injury, navigating a life transition, or simply looking to regain lost vitality, Bodhi provides the tools and encouragement needed to succeed. His approach is grounded in realistic expectations, fostering a space where people can relax and enjoy their wellness journey without pressure or stress.

Through Bodhi Life Balance's holistic health practices, Bodhi Wear's comfortable and empowering apparel, and the transformative fitness routines of Bodhi Life Fitness, Bodhi embodies the belief that everyone deserves a second chance at their healthiest, most balanced life.

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