

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Body Weight Strength Training Program

Day 1:

- Squats: 3 sets of 10-12 reps
- Push-ups: 3 sets of as many reps as possible
- Lunges: 3 sets of 10-12 reps per leg
- Plank: Hold for 1 minute

Day 2:

- Pull-ups: 3 sets of as many reps as possible
- Dips: 3 sets of as many reps as possible
- Crunches: 3 sets of 15-20 reps
- Bird dog: 3 sets of 10-12 reps per side

Day 3:

- Rest

Repeat

Notes:

- Perform each exercise with good form.
- Rest for 1-2 minutes between sets.
- Be consistent with your workouts and you will see results.

Here are some additional exercises that you can add to your body weight only exercise program:

- Burpees
- Jumping jacks
- Mountain climbers
- Plank jacks
- Russian twists
- Hanging leg raises
- L-sits
- Handstand push-ups

These exercises can help you to improve your overall fitness and strength. However, it is important to note that these are just a few examples, and you may need to add or remove exercises based on your individual goals and needs.

It is also important to listen to your body and not push yourself too hard. If you are feeling pain, stop the exercise immediately.