



NATUROWAY



30 Day

***BODYWEIGHT
EXERCISES***



***LET'S GET
STARTED!***



NATUROWAY

WEEK 1



**UPPER BODY
EXERCISES**



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30 DAY BODYWEIGHT EXERCISE



PLANK UP-DOWN

Start with a full plank on your hands. Lower your right elbow to the mat and then your left, coming into an elbow plank. Put your right hand on the mat, and straighten your right elbow. Do the same on the left to return to a full plank.



STANDARD PUSH-UP

A conditioning exercise performed in a prone position by raising and lowering the body with the straightening and bending of the arms while keeping the back straight and supporting the body on the hands and toes.



WALKING PUSH-UP

Walking Push-Up is a full-body strength move that focuses on your arms and chest while also strengthening your core and giving you a cardio boost. ... This Walking Push-Up takes the basic push-up to the next level and turns it into both core and cardio training as well.



T PUSH-UP

How to do the T Push-Up. Breathe some life into the standard push-up and build additional strength in the chest, shoulders, arms and core in one fluid movement. ... Perform a powerful push-up and at the top of the exercise lift one arm from the floor and raise towards the ceiling whilst twisting your torso to the side.

30 DAY BODYWEIGHT EXERCISE



SPIDERMAN PUSH-UP

The Spiderman push-up exercise is a variation of the standard push-up, that adds in hip flexion. Named as the action resembles Spider-Man climbing up a wall, but just on the floor. The spider-man push-up is excellent for improving hip flexibility and incorporating an oblique crunch.



STAGGERED PUSH-UP

A staggered push-up is an anaerobic exercise that is a body weight movement performed in the prone position by bending your elbows at 90 degrees while your arms are used to help lower and raise your torso.



WIDE GRIP PUSH-UP

A wide pushup, meaning your hands are further apart than a standard pushup, puts more emphasis on your chest and shoulders and may be easier for beginners. ... Begin to lower your body by bending your elbows, keeping your core tight and your back flat, until your chest grazes the floor.

WEEK 2



**LOWER BODY
EXERCISES**



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30 DAY BODYWEIGHT EXERCISE



WALKING LUNGE

Walking lunges are a variation on the static lunge exercise. Instead of standing back upright after performing a lunge on one leg, as you would in a static bodyweight lunge, you “walk” forward by lunging out with the other leg. The movement continues for a set number of reps.



FORWARD LUNGE

Perform a forward lunge and walk it out. At the low point of the lunge, instead of returning to the starting position, shift your weight forward and drive your front heel into the floor. Rise up as you bring your back foot forward to meet the front foot. Reset feet to hip-width. Repeat on the other side as you continue to move forward.



REVERSE LUNGE

With a reverse lunge, you'll be stepping backward with one of your legs, says Tamir. You bend your back leg so your back knee will nearly touch the ground, and your front knee so your thigh is about parallel to the ground.



SINGLE LEG FRONT TO BACK LUNGE

- Stand with your feet hip-width apart. Take a step forward and then slowly bend both knees until your back knee is just above the floor.
- Stand back up, take a step back with the same leg, and bend both knees until your back knee is just above the floor.
- Repeat this back and forth movement for the entire duration of the set, and then switch legs.

30 DAY BODYWEIGHT EXERCISE



DAY 12

SINGLE LEG LUNGE ON STAIR OR BENCH

A lunge is a single-leg bodyweight exercise that works your hips, glutes, quads, hamstrings, and core and the hard-to-reach muscles of your inner thighs. Lunges can help you develop lower-body strength and endurance. They're also a great beginner move.



DAY 13

CURTSY LUNGE

The Curtsy Lunge is a great exercise to stabilize your hips. The movement is a variant of a standard lunge, but you hold your lower body in the position of a curtsy for additional glute strengthening.



DAY 14

CALF RAISE

Standing calf raises are executed with one or both feet. They are frequently done on a raised surface with the heel lower than the toes to allow a greater stretch on the working muscles. The exercise is performed by raising the heel as far as possible.

WEEK 3



**CORE
EXERCISES**



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30 DAY BODYWEIGHT EXERCISE



PLANK HOLD

The plank (also called a front hold, hover, or abdominal bridge) is an isometric core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time.



SIDE PLANK HOLD

The side plank is a great exercise for strengthening the oblique abdominal muscles, which don't get worked during ab exercises such as crunches. You will hold your body on your side in a straight position supported only by one arm and the side of one foot.



SPIDERMAN PLANK

The spiderman plank is a bodyweight exercise that works mainly the core and the upper body. This is also a great cardio move, it gets the heart pumping and the blood flowing.



REVERSE PLANK

Put your hands on the ground palms down just behind and outside your hips. Then push up and lift your body until it forms a straight line from head to toe. Keep your arms and legs straight and brace your abs. Just as with every type of plank, don't let yourself droop.

30 DAY BODYWEIGHT EXERCISE



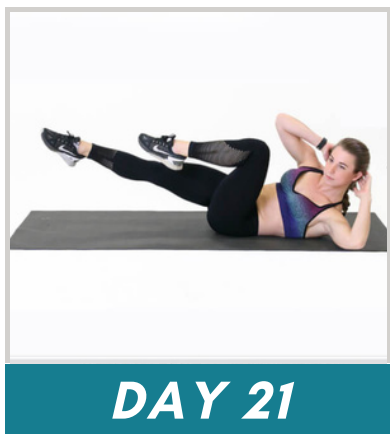
SIDE BICYCLE CRUNCH

A Bicycle Crunch is an abdominal exercise that focuses primarily on the oblique muscles while also working your legs. This is an intermediate to advanced move that will engage the entire core with each crunch. You can practice this exercise anywhere you can bring your mat!



SIDE OBLIQUE LEG RAISE

The Side Oblique Leg Raise is an exercise that primarily targets the oblique muscles. This exercise is performed lying down with no equipment needed other than a mat. In addition to strengthening the oblique muscles, this movement also works the core and other supporting abdominal muscles.



OBLIQUE CRUNCH

Oblique crunch is a core exercise that strengthens your obliques as well as the other muscles of the core including your transverse abdominis and medial glute. Oblique muscles are crucial to core strength. They help you bend side to side, rotate right and left and stabilize and protect your spine.

WEEK 4



**PLYOMETRIC / HIGH-
INTENSITY INTERVAL
EXERCISES**



NATUROWAY

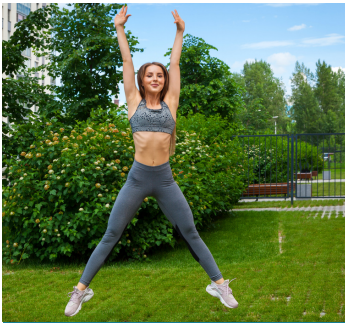
30 DAY BODYWEIGHT EXERCISE



DAY 22

BURPEES

A burpee is essentially a two-part exercise: a push up followed by a leap in the air. Doing several burpees in a row can be tiring, but this versatile exercise may be worth the payoff, especially if you're looking for a way to build strength and endurance, while burning calories, and boosting your cardio fitness.



DAY 23

JUMPING JACK

A jumping jack, also known as a star jump and called a side-straddle hop in the US military, is a physical jumping exercise performed by jumping to a position with the legs spread wide and the hands going overhead, sometimes in a clap, and then returning to a position with the feet together and the arms at the sides.



DAY 24

JUMPING LUNGE

The jump lunge is an advanced variation of a basic walking lunge exercise, bumping up the intensity by adding a jump. The plyometric transition consists of jumping high in the air and switching your forward foot before landing. Because this exercise requires no equipment, you can do it any time and at any place.



DAY 25

SQUAT JUMP

Squat jumps is a power move that relies on the butt and thigh muscles to both propel you up and catch you as you land. Quads, glutes, hamstrings and calves... every lower body muscle is put to the test! The key is to get a solid range of motion and jump with as much force as you can.



DAY 26

BUTT KICK

Butt kickers involve kicking your shins back behind you to touch your buttocks with the bottom of your foot. The movement utilizes the hamstrings while stretching the flexors and quadriceps. Butt kickers are an effective glute-building move and they are suitable for all fitness levels.

30 DAY BODYWEIGHT EXERCISE



HIGH KNEES

High Knees are a cardio-intensive exercise performed at a fast pace. It engages your core, strengthens all the muscles in your legs, gets your heart rate up, and improves momentum, coordination and flexibility.



UP DOWN

Grab a pair of dumbbells, and perform the movement with the weights at your sides, at your shoulders, or overhead. It's basically the up-down exercise but with dumbbells.



FROG JUMP

- Sit back with your feet in a wide stance and with your toes turned out at an angle.
- Jump forward and up, land on your toes and squat.
- Jump back and return to the starting position.
- Repeat this back and forth movement until the set is complete.



BOX OR STAIR JUMP

- Start by standing in front of a set of stairs in a squat position. Arms down at your sides. This is the starting position.
- Step 2: Jump with two feet bringing your knees to your chest while jumping to the stairs in front of you. Swing arms up as you jump to give yourself momentum.
- Step 3: Try to land softly on the balls of your feet with a bend in your knees and then immediately explode back up. Repeat this as many times as prescribed.