

HOME BODYWEIGHT 6-WEEK PLAN

CHASE LIVINGSTON
CPT, BCS, CNC

Home Bodyweight Decathlon Training

This program is designed to improve strength and cardiovascular fitness. Workouts are to be performed daily, five days a week with two days of rest. Each workout has ten exercises that will be completed for 2-3 rounds depending on time and energy. Download a HIIT Time Interval App and utilize these work/rest ratios over the course of 6 weeks.

Week 1-2: 30/30

Week 3-4: 40/20

Week 5-6: 45/15



Day 1: Full-Body Blast

(Perform 2-3 Rounds)

Push-ups

Air Squats

Plank

Glute Bridges

Bicycle Crunches

Jumping Jacks

High Knees

Wall-sits

Tricep Dips (use a sturdy chair, bench or box)

Mountain Climbers



Day 2: Core & Cardio

(Perform 2-3 Rounds)

Jumping Jacks
Russian Twists
Reverse Crunches
Jumping Lunges / Step Back Lunges
Burpees
Shoulder Tap Rotations
Flutter Kicks
Butt Kicks
Jackknives
Plank



Day 3: Lower Body Burn

(Perform 2-3 Rounds)



Air Squats
Hip Hinges
Alternating Front Lunges
Glute Bridges
Alternating Side Lunges
Leg raises
Alternating Step Ups
Hamstring Walkouts
Calf Raises
Wall-Sits



Day 4: Upper Body Strength

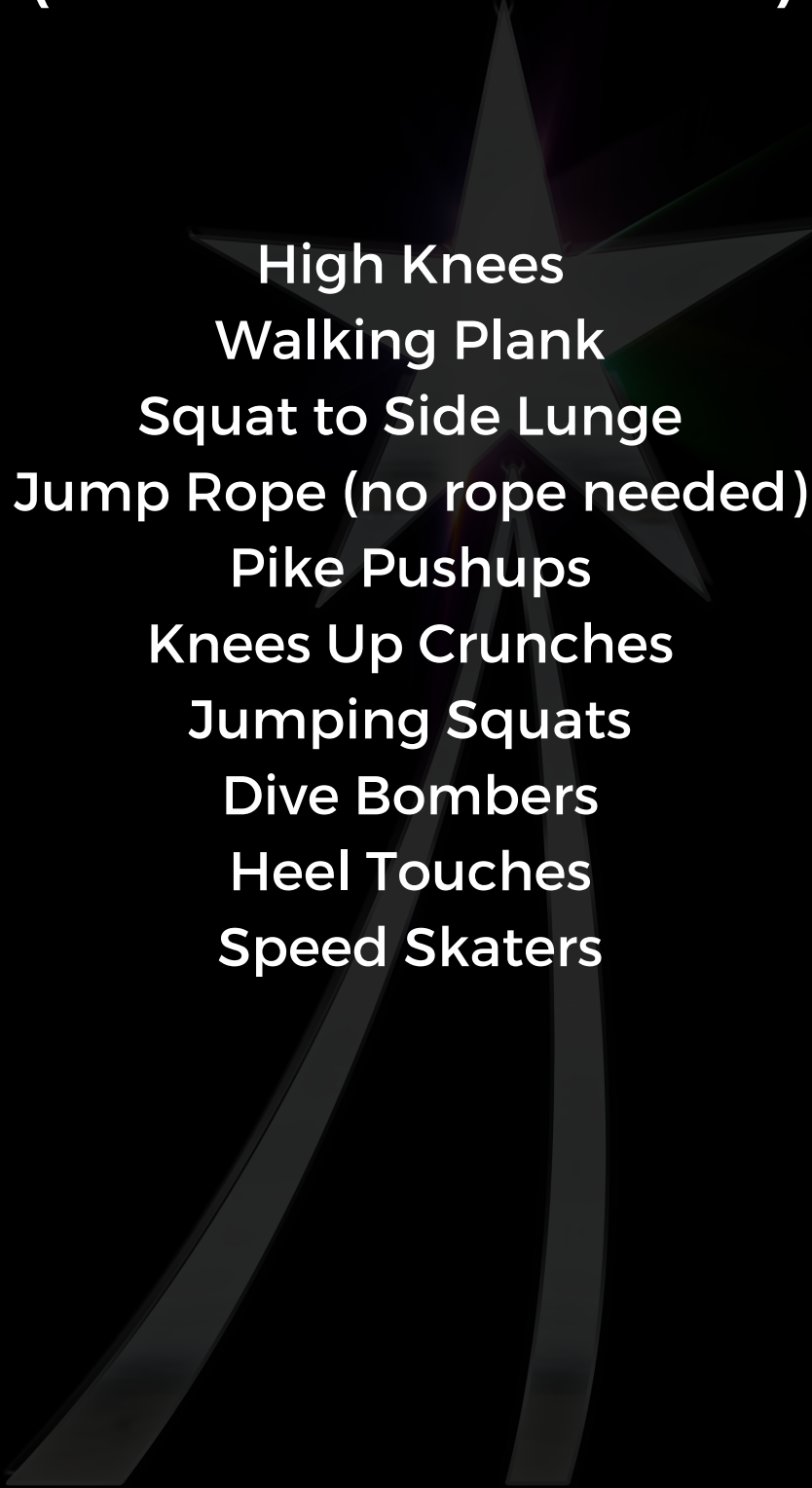
(Perform 2-3 Rounds)

Pushups
Plank to Pike
Tricep Dips
Superman Pulldowns
Reverse Plank
Close Grip Pushups
Bodyweight Rows / Assisted Chinups
(Use horizontal bar or pull-up bar)
Plank Opposite Knee to Elbow
Pike Pushups
Burpees



Day 5: Full Body Strength, Core & Cardio

(Perform 2-3 Rounds)



High Knees
Walking Plank
Squat to Side Lunge
Jump Rope (no rope needed)
Pike Pushups
Knees Up Crunches
Jumping Squats
Dive Bombers
Heel Touches
Speed Skaters

