

COVID-19 Bodyweight Challenge

Introduction

Macrocycle:	Macrocycle 1
Mesocycle:	Foundation 1
Microcycle:	Week 1
Start Date:	

Terminology	
AMRAP	As Many Reps as Possible
Tempo	Concentric-Isometric-Eccentric
Tempo Example (Pushup)	3 sec down-1 sec hold-2 sec up

Phase Objectives
Maintain a general level of fitness
Boost mood and immune function

Process Oriented Goals
Develop mental momentum
Approach training with positivity

Instructions: Intended for use by healthy individuals who do not have a home gym or gym equipment access during the outbreak of COVID-19

Loading Options: Dumbbells (DBs), Barbells (BBs), Bands, Weighted backpack (worn on the front on back of body), Loaded containers (e.g.. 5gal. Bucket) / baskets (e.g.. laundry basket), loaded bag (e.g.. Gym bag), water jugs / bottles (water bottles are great for shoulder exercises).

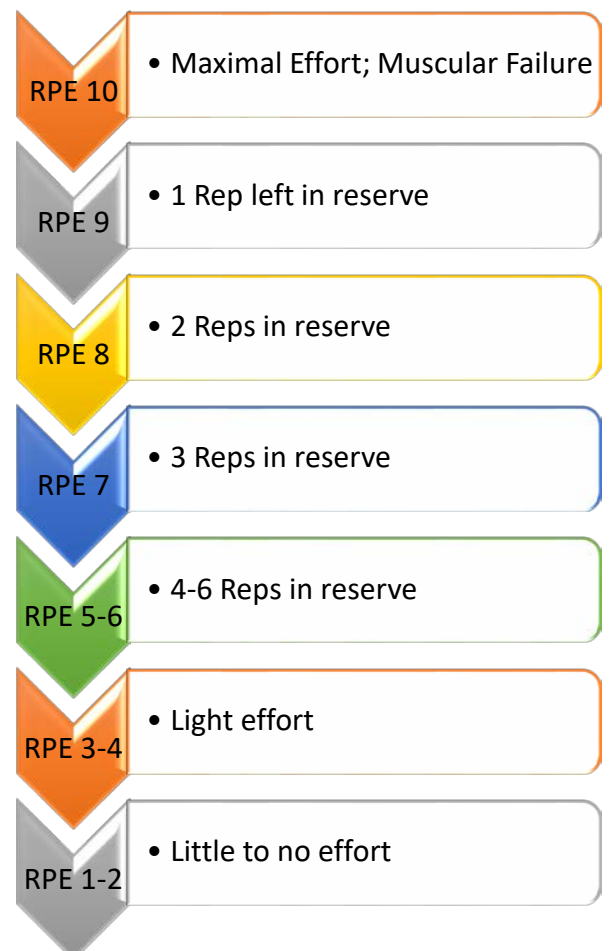
Options to Increase Difficulty: Emphasis on strict technique, slower tempo, adding in pauses during exercise, &/or the loading options above.

Training Considerations:

1. Too intense (RPE > 8.5 or 80% of max effort) or too long (>1hr) of workouts are discouraged
2. Monitor your body's temperature; Do not workout if you have or have had an elevated temp. w/in the past 14 days.
3. Maintain hydration & electrolyte homeostasis
4. Avoid wearing clothes to induce excessive diaphoresis (sweating) (e.g.. Sweat suits)
5. Avoid tobacco use and excessive alcohol intake
6. The following signs should prompt immediate cessation of activity and require medical advice:
 - a. chest pain
 - b. discomfort during exercise
 - c. sudden changes in heart rate (sharp increases/decreases)

Intensity Effort Chart

Rate of Perceived Exertion (RPE)



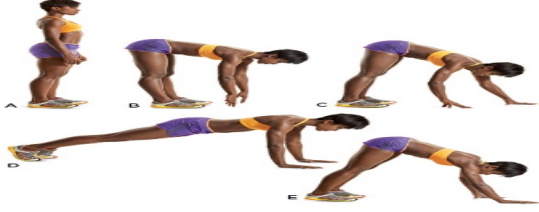




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Warm-Up

Warm- Up Routine (RAMP Protocol)

Raise	<i>Raise body temperature by using sport-specific drills, jogging/skipping, barbell complexes</i>
Activate	<i>Select warm-up activities that target muscles used during the training session</i>
Mobilize	<i>Improve range of motion to the joints used during the training session</i>
Perform	<i>Prime & prepare the body for training intensity by slowly ramping up intensities from the start</i>

Pre-Workout Warm-Up Routine

Exercise	Sets	Repetition	Notes
Inchworms	1	15 feet	
Bear Crawl + Crab Walk	1	15 feet ea.	
Bodyweight Squats	1	25	
Dive-bomber Pushups + Pull-ups	1	10 ea.	
Jumping Jacks	1	50	

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First Phase General Physical Preparation

Training Day 1	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	AMRAP	Beginner: Hand elevated; feet on ground Intermediate: Normal Plank Position Advanced: Feet elevated; hands on ground
1A) B-Stance Romanian Deadlift	Go to 2A	2-1-2	3	8	
2A) RKC Plank	2 min	-	3	3	Hold plank for 5 sec. each rep
1B) Single Leg Glute Bridge	Go to 2B	1-1-1	3	8	
2B) Bird Dog	2 min	-	3	10/8/5	Hold for 3 sec. each rep; descending rep count
1C) Hamstring Walkouts	Go to 2C	2-1-2	3	5	
2C) Lateral Shoulder Raises	2 min	2-1-2	3	10	
Training Day 2	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	AMRAP	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Bodyweight Squat	Go to 2A	1-1-1	3	15	
2A) Tempo Inverted Row	Go to 3A	1-1-3	3	8	
3A) Side Plank	2 min	-	3	15 sec	To increase intensity: Elevate feet or raise 1 leg
1B) Split Stance Squat	Go to 2B	1-1-1	3	8 ea.	
2B) 1Arm Bent Over Row	2 min	1-1-1	3	8 ea.	Use one of loading options on pg.1
1C) Step Up	Go to 2C	-	3	8 ea.	Height of step: 6-12 inches
2C) Superman Hold	2 min	-	3	10/8/5	Hold for 3 sec. each rep; descending rep count
1D) Adductor Stretch	30 sec	-	2	5	Hold for 3 sec. each rep
Training Day 3	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	5 more than Day 1	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Romanian Deadlift	Go to 2A	1-1-1	3	10	
2A) Bird Dog	2 min	-	3	10/7/4	Hold for 5 sec. each rep; descending rep count
1B) Single Leg Hip Thrust	Go to 2B	1-1-1	3	8 ea.	Shin should be vertical at the top of rep
2B) Prone Lying Blackburns	2 min	Slow	3	3 ea.	
1C) Eccentric Nordic Hamstring	Go to 2C	Slow	2	3-5	Secure your feet with a heavy obj.
2C) Bear Crawl	2 min	Slow	2	30 sec.	Keep torso static
Training Day 4	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	5 more than Day 2	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Bulgarian Split Squat	Go to 2A	3-1-1	3	6 ea.	Shin should be vertical at the bottom of rep
2A) Tempo Inverted Row	2 min	1-1-3	3	8	
1B) 2-Arm Bent Over Row	Go to 2B	1-1-1	3	8 ea.	Use one of loading options on pg.1
2B) Superman Hold	Go to 3B	-	3	10/7/4	Hold for 5 sec. each rep; descending rep count
3B) Hip Flexor Stretch	2 min	-	3	5	Hold for 3 sec. each rep
1C) Bodyweight Squat	Go to 2C	Fast	2	20	
2C) Reverse Alternating Lunge	Go to 3C	Fast	2	10 ea.	
3C) Step-Up	Go to 4C	Fast	2	10 ea.	Height of step: 6-12 inches
4C) Jumping Jacks	1 min	Fast	2	50	

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Second Phase General Physical Preparation

Training Day 1 - Wk 2	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	AMRAP	Beginner: Hand elevated; feet on ground Intermediate: Normal Plank Position Advanced: Feet elevated; hands on ground
1A) Deadlift	Go to 2A	2-1-2	3	8	
2A) RKC Plank	2 min	-	3	3	Hold plank for 8 sec. each rep
1B) Single Leg Glute Bridge	Go to 2B	1-1-1	3	8	
2B) Bird Dog	2 min	-	3	12/10/8	Hold for 3 sec. each rep; descending rep count
1C) Hamstring Walkouts	Go to 2C	2-1-2	3	8	
2C) Lateral Shoulder Raises	2 min	2-1-2	3	12	
Training Day 2 - Wk 2	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	AMRAP	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Goblet Squat	Go to 2A	2-2-2	3	15	
2A) Tempo Inverted Row	Go to 3A	1-1-3	3	10	
3A) Side Plank	2 min	-	3	20 sec	To increase intensity: Elevate feet or raise 1 leg
1B) Front Foot Elevated Split Squat	Go to 2B	1-1-1	3	8 ea.	Height of elevation: 3-6 inches.
2B) 1Arm Bent Over Row	2 min	1-1-1	3	8 ea.	Use one of loading options on pg.1
1C) Step Up	Go to 2C	-	3	8 ea.	Height of step: 6-12 inches
2C) Superman Hold	2 min	-	3	12/10/6	Hold for 3 sec. each rep; descending rep count
1D) Adductor Stretch	30 sec	-	2	5	Hold for 3 sec. each rep
Training Day 3 - Wk 2	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	5 more than Day 1	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Romanian Deadlift	Go to 2A	1-1-1	3	10	
2A) Bird Dog	2 min	-	3	12/8/6	Hold for 5 sec. each rep; descending rep count
1B) Single Leg Hip Thrust	Go to 2B	1-1-1	3	10 ea.	Shin should be vertical at the top of rep
2B) Prone Lying Blackburns	2 min	Slow	3	3 ea.	
1C) Eccentric Nordic Hamstring	Go to 2C	Slow	2	6	Secure your feet with a heavy obj.
2C) Bear Crawl	2 min	Slow	2	45 sec.	Keep torso static
Training Day 4 - Wk 2	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	5 more than Day 2	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Bulgarian Split Squat	Go to 2A	3-1-1	3	8 ea.	Shin should be vertical at the bottom of rep
2A) Tempo Inverted Row	2 min	1-1-3	3	8	
1B) 2-Arm Bent Over Row	Go to 2B	1-1-1	3	8 ea.	Use one of loading options on pg.1
2B) Superman Hold	Go to 3B	-	3	12/10/8	Hold for 5 sec. each rep; descending rep count
3B) Hip Flexor Stretch	2 min	-	3	5	Hold for 3 sec. each rep
1C) Bodyweight Squat	Go to 2C	Fast	2	25	
2C) Reverse Alternating Lunge	Go to 3C	Fast	2	12 ea.	
3C) Step-Up	Go to 4C	Fast	2	12 ea.	Height of step: 6-12 inches
4C) Jumping Jacks	1 min	Fast	2	60	

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Third Phase General Physical Preparation

Training Day 1 - Wk 3	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	AMRAP	Beginner: Hand elevated; feet on ground Intermediate: Normal Plank Position Advanced: Feet elevated; hands on ground
1A) 1-Leg Romanian Deadlift	Go to 2A	2-1-2	3	8 ea.	
2A) RKC Plank	2 min	-	3	3	Hold plank for 10 sec. each rep
1B) Feet Elevated Single Leg Glute Bridge	Go to 2B	1-1-1	3	8	Height of elevation: 3-6 inches
2B) Bird Dog	2 min	-	3	12/10/8	Hold for 5 sec. each rep; descending rep count
1C) Hamstring Walkouts	Go to 2C	2-1-2	3	10	
2C) Lateral Shoulder Raises	2 min	2-1-2	3	15	
Training Day 2 - Wk 3	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	AMRAP	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Zercher Squat	Go to 2A	2-2-2	3	15	
2A) Tempo Inverted Row	Go to 3A	1-1-3	3	10	
3A) Side Plank	2 min	-	3	25 sec	To increase intensity: Elevate 1 foot or raise 1 leg
1B) Lateral Lunge	Go to 2B	1-1-1	3	8 ea.	Knee directly over tow at bottom of rep
2B) 1Arm Bent Over Row	2 min	1-1-1	3	12 ea.	Use one of loading options on pg.1
1C) Step Up	Go to 2C	-	3	12 ea.	Height of step: 6-12 inches
2C) Superman Hold	2 min	-	3	12/10/6	Hold for 5 sec. each rep; descending rep count
1D) Adductor Stretch	30 sec	-	2	5	Hold for 5 sec. each rep
Training Day 3 - Wk 3	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	5 more than Day 1	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Romanian Deadlift	Go to 2A	1-1-1	3	10	Use one of loading options on pg.1
2A) Bird Dog	2 min	-	3	12/8/6	Hold for 8 sec. each rep; descending rep count
1B) Single Leg Hip Thrust	Go to 2B	1-1-1	3	12 ea.	Shin should be vertical at the top of rep
2B) Prone Lying Blackburns	2 min	Slow	3	3 ea.	
1C) Eccentric Nordic Hamstring	Go to 2C	Slow	2	6	Secure your feet with a heavy obj.
2C) Bear Crawl	2 min	Slow	2	60 sec.	Keep torso static
Training Day 4 - Wk 3	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	5 more than Day 2	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Bulgarian Split Squat	Go to 2A	3-1-1	3	10 ea.	Shin should be vertical at the bottom of rep
2A) Tempo Inverted Row	2 min	1-1-3	3	10	
1B) 2-Arm Bent Over Row	Go to 2B	1-1-1	3	10 ea.	Use one of loading options on pg.1
2B) Superman Hold	Go to 3B	-	3	12/10/8	Hold for 8 sec. each rep; descending rep count
3B) Hip Flexor Stretch	2 min	-	3	5	Hold for 8 sec. each rep
1C) Bodyweight Squat	Go to 2C	Fast	2	30	
2C) Reverse Alternating Lunge	Go to 3C	Fast	2	15 ea.	
3C) Step-Up	Go to 4C	Fast	2	15 ea.	Height of step: 6-12 inches
4C) Jumping Jacks	1 min	Fast	2	70	







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Fourth Phase General Physical Preparation

Training Day 1 - Wk 4	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	AMRAP	Beginner: Hand elevated; feet on ground Intermediate: Normal Plank Position Advanced: Feet elevated; hands on ground
1A) 1-Leg Romanian Deadlift	Go to 2A	2-1-2	4	8 ea.	
2A) RKC Plank	2 min	-	4	3	Hold plank for 10 sec. each rep
1B) Feet Elevated Single Leg Glute Bridge	Go to 2B	1-1-1	4	8	Height of elevation: 3-6 inches
2B) Bird Dog	2 min	-	4	12/10/8	Hold for 5 sec. each rep; descending rep count
1C) Hamstring Walkouts	Go to 2C	2-1-2	4	10	
2C) Lateral Shoulder Raises	2 min	2-1-2	4	15	
Training Day 2 - Wk 4	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	AMRAP	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Zercher Squat	Go to 2A	2-2-2	4	15	
2A) Tempo Inverted Row	Go to 3A	1-1-3	4	10	
3A) Side Plank	2 min	-	4	25 sec	To increase intensity: Elevate 1 foot or raise 1 leg
1B) Lateral Lunge	Go to 2B	1-1-1	4	8 ea.	Knee directly over tow at bottom of rep
2B) 1Arm Bent Over Row	2 min	1-1-1	4	12 ea.	Use one of loading options on pg.1
1C) Step Up	Go to 2C	-	4	12 ea.	Height of step: 6-12 inches
2C) Superman Hold	2 min	-	4	12/10/6	Hold for 5 sec. each rep; descending rep count
1D) Adductor Stretch	30 sec	-	3	5	Hold for 5 sec. each rep
Training Day 3 - Wk 4	Rest	Tempo	Sets	Reps	Notes
Tempo Pushups	N/A	3-1-0	1	5 more than Day 1	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Romanian Deadlift	Go to 2A	1-1-1	4	10	Use one of loading options on pg.1
2A) Bird Dog	2 min	-	4	12/8/6	Hold for 8 sec. each rep; descending rep count
1B) Single Leg Hip Thrust	Go to 2B	1-1-1	4	12 ea.	Shin should be vertical at the top of rep
2B) Prone Lying Blackburns	2 min	Slow	4	3 ea.	
1C) Eccentric Nordic Hamstring	Go to 2C	Slow	3	6	Secure your feet with a heavy obj.
2C) Bear Crawl	2 min	Slow	3	60 sec.	Keep torso static
Training Day 4 - Wk 4	Rest	Tempo	Sets	Reps	Notes
Pull-ups	N/A	1-1-1	1	5 more than Day 2	Beginner: Use legs to assist or jump to pull-up Intermediate: Normal BW Pull-up Advanced: Weighted
1A) Bulgarian Split Squat	Go to 2A	3-1-1	4	10 ea.	Shin should be vertical at the bottom of rep
2A) Tempo Inverted Row	2 min	1-1-3	4	10	
1B) 2-Arm Bent Over Row	Go to 2B	1-1-1	4	10 ea.	Use one of loading options on pg.1
2B) Superman Hold	Go to 3B	-	4	12/10/8	Hold for 8 sec. each rep; descending rep count
3B) Hip Flexor Stretch	2 min	-	4	5	Hold for 8 sec. each rep
1C) Bodyweight Squat	Go to 2C	Fast	3	30	
2C) Reverse Alternating Lunge	Go to 3C	Fast	3	15 ea.	
3C) Step-Up	Go to 4C	Fast	3	15 ea.	Height of step: 6-12 inches
4C) Jumping Jacks	1 min	Fast	3	70	

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Stretch Routine

Exercise	Sets	Repetition	Notes	Example
Pec Stretch	1	10 seconds	Position yourself in a doorway. Place both arms along the door jam at a right angle. Step forward until you place a stretch on the pectoralis muscles	
Shoulder Stretch	1	10 seconds each	Reach one arm across your body and hold in straight. With opposite arm, grasp elbow and pull it across your body.	
Quad / Hip Flexor Stretch	1	10 seconds each	Place one foot out in front of you making a 90 degree angle at the knee. Press your rear hip forward. Place your knee on the ground for a superior stretch.	
Lying Hamstring Stretch	1	10 seconds each	Lie on your back with one foot extended in front of you. Grasp the back part of your thigh and straighten knee to 180 degrees.	
Knee Across Chest	1	10 seconds each	Lie on your back with one of your leg across your body. Try to lower the knee towards the floor for a superior stretch. Place one hand on the knee and the other arm straight out to your side.	
Calf Stretch	1	10 seconds each	Stand at slightly wider than hip distance apart. Bend at the knee keeping your back heel on the ground. "Sit" into the position for a superior stretch.	
Child's Pose	1	15 seconds	Start in a kneeling position and place your forehead on the mat. Try to lower your buttocks to your heels and relax your body into a comfortable position.	