

**Spring Bodyweight Workout**  
**(April 20th thru May 3rd)**

**Workout 1:**

- 1a. Hand Release Push Ups 4x15
- 1b. Seated Jumps 4x6
- 1c. Blackburn's 4x15 (keep arms straight)
  
- 2a. Single Leg Glute Bridge 4x10+10
- 2b. 1 Legged Broad Jump and 2 Foot Landing 4x6+6 (video below)
- 2c. Quad Raped Hold 4x:30
  
- 3a. Rear Foot Elevated Split Squat 4x12+12
- 3b. 4 Way Neck Holds 4x:10 (each way)

Finisher:

(12) 30 Yard Sprints

**Workout 2:**

- 1a. Prisoner Squat 4x20
- 1b. Fire Hydrants 4x10+10
- 1c. Plank 4x:30
  
- 2a. Close Grip Push Ups 4x20
- 2b. Pull Ups or Inverted Rows 4x10
- 2c. Lateral Hops 4x6+6
  
- 3a. Partner GHR 4x6
- 3b. Superman's 4x12 (video below)

Finisher:

(12) 20 Yard Sprints

**Workout 3:**

- 1a. Seated Jumps 4x6
- 1b. Single Leg Glute Bridge 4x10+10
  
- 2a. Quad Raped Hold 4x:30
- 2b. Hand Release Push Ups 4x15
- 2c. Side Plank 4x:30 (each)
  
- 3a. Cossack Squat 4x10+10
- 3b. Plank 4x:30

Finisher:  
(12) 50 Yard Sprints

**\*\*Make sure you're performing our daily dynamic warm up before each workout\*\***

Here is a list of some of the exercises that you might not remember and a video showing you how to do it.

- Rear Foot Elevated Split Squat: <https://youtu.be/l3p2bdtluUk>
- Prisoner Squat: <https://youtu.be/Rq9Hq3VBW9I>
- Cossack Squat: <https://youtu.be/YvxmS5BIPi8>
- Single Leg Glute Bridge: <https://youtu.be/3NXv0Nany-Q>
- Partner GHR: [https://youtu.be/J\\_peU11-NZk](https://youtu.be/J_peU11-NZk)
- Quad Raped Hold: <https://youtu.be/y1U3ztByOxk>
- Blackburn's: <https://youtu.be/N1Uq2vh6azc>
- Hand Release Push Ups: <https://youtu.be/hfaUWLIhvKk>
- Partner Leg Throws: <https://youtu.be/HDHbTgoJrS0>
- Seated Jumps: <https://youtu.be/bXYbvFx4k1w>
- 1 Legged Broad Jump with 2 Foot Landing: <https://youtu.be/ol77-7IRS8Q>
- Superman's: <https://youtu.be/VUT1RHyMEuc>

**Please reach out to me if you have any questions: (616) 822-6989**