Basic Bodyweight Strength Exercise Program

This is a basic strength exercise program that works a number of muscle groups using multiple-muscle exercises. While this program is great when you don’t have access to equipment or have limited time, ultimately a more comprehensive program will train all of the major muscle groups.

**Push-up (incline) - hands on bench or desk**

1. Lie face down with hands on a secure bench or chair. Place hands slightly wider than shoulder-width apart, with feet hip-width apart and toes on floor.
2. Lower your body so that your chest is 4-8 inches from the bench.
3. Return to the starting position by extending at the elbows and pushing the body up.

Note: Remember to keep the head and trunk stabilized in a neutral position by contracting the abdominal and back muscles. Never fully lock out the elbows at the starting position and avoid arching the low back.

**Supine pull-up (moderate grip)**

1. Place a strong pole or bar between two chairs or if you are in a gym adjust a bar at waist height on power rack. Lie on back and position body under bar so that bar is directly over your mid chest.
2. Starting position: Grasp bar with overhand grip (palms facing forward), hands shoulder-width apart. Elbows should be facing forward with the backside of body off the floor. Only the heels are together in contact with ground.
3. Pull body up toward bar until bar touches chest.
4. Return to starting position.

Note: Remember to keep body and head aligned in a neutral position throughout entire movement. To reduce intensity, place feet flat on floor with knees bent at 90° and progress from there.
Stationary Lunge - bodyweight

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1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
2. Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
3. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
4. Return to start position. Alternate or switch to other leg after prescribed reps.
5. Remember to keep head back, and hips squared and in a neutral position throughout movement.

Note: DO NOT allow front knee move forward beyond the big toe. Front knee should not deviate outward or inward during movement. Back knee should not touch floor.

Prone Back Extension (Supermans) - bodyweight

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1. Starting position: Lie face down on floor with hands down at sides. You may place a rolled under forehead to clear face from floor.
2. Raise chest and head off floor while keeping feet in contact with floor.
3. Return to starting position.
4. To increase resistance, extend arms and place hands overhead.

Note: Do not raise head more than 8-12 inches—excessive hyperextension may cause injury. To vary exercise, raise feet while raising trunk.

Abdominal Crunch - bodyweight

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1. Starting position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest toward the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to starting position.

Note: Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.