

50
**Body Weight
Workouts**



50 Body Weight Workouts

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AMRAP 7MINS

10 SUPERMANS
10 DROP SQUATS
10 REVERSE LUNGES

10 X

10 SQUATS
10 PUSH UPS
10 SIT UPS

TABATA

SQUAT HOLD
SPRAWLS
PLANK
HOOVER

EMOM X 15

5 BURPEE
10 LUNGES
10 SIT UPS

21-15-9-15-21

PUSH UPS
DIPS
SIT UPS

2X

50 SKATERS
40 SHOELACES
30 TUCK UPS
20 LATERAL LUNGES
10 SQUATS

TABATA

UP DOWNS
RUSSIAN TWIST
SIT UPS
PLANK

AMRAP 10MINS

1 INCH WORM
2 BURPEE BROAD JUMP
3 SUPERMANS
4 SKATERS
5 DROP SQUATAS

50 STEP UPS
50 JACKS
50 REVERSE LUNGES
50 KNEE TO ELBOW
50 SUPERMANS
50 SIT UPS

1X

100 BURPEES

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10 - 1
PUSH UPS
SQUATS

3X
25 STEP UPS
25 REVERSE LUNGES
25 JACKS

50-40-30-20-10
SIT UPS
FORWARD LUNGES

"CORE TASTIC"
7 TUCK UPS
10 RUSSIAN TWIST
10 SIT UPS

EMOM X 6
25 SIT UPS

4X
400M RUN
25 SUPERMANS
25 SIT UPS

10 - 1
JUMPING SQUATS
SIT UPS

1X
38 AIR SQUATS
19 BURPEES
72 SIT UPS
6 SPRAWLS

3X
21 SQUATS
15 SIT UPS
9 BURPEES

3X
10 TUCK UPS
20 RUSSIAN TWIST

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"THE RAPTURE"

50 BURPEES
75 FLUTTER KICKS
100 PUSH UPS
150 SIT UPS
200 SQUATS

3X

25 STEP UPS
25 REVERSE LUNGES
25 JACKS

"CORE-RIFIC"

3 X 3MIN RUNNING CLOCK
10 SIT UPS
20 BICYCLE ABS
1MIN PLANK HOLD
1MIN REST

"THE STARS AT NIGHT"

50 PUSH UPS
10 STAR JUMPS
50 SIT UPS
10 STAR JUMPS
50 SQUATS
10 STAR JUMPS

AMRAP 12 MINS

5 STEP UPS
10 MTN CLIMBERS
15 SUPERMANS

8X

10 SQUATS
10 LATERAL LUNGES
10 BURPEES

3X

20 SPRAWLS
30 RUSSIAN TWIST
40 SHOELACES
RUN 800M

TABATA X 2

DIPS
REVERSE LUNGES

5X

10 FORWARD LUNGES
5 TUCK UPS
10 REVERSE LUNGES
5 SIT UPS

EMOM X 12 MINS

10 DROP SQUATS
10 SIT UPS

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AMRAP 7MINS

30 SHOELACES
30 FLUTTER KICKS
30 SISSORS

"THE FOUNDATION"

3X
1 MIN SQUATS
1 MIN PUSH UPS
1 MIN SIT UPS
1MIN REST

5-10-15-20-25-30-35-40-45-50-55-60

PUSH UPS - ODD NUMBERS
SIT UPS - EVEN NUMBERS

AMRAP 20 MINS

5 PUSH UPS
10 SIT UPS
15 AIR SQUATS
*TO OF THE MINUTE DO 5 BURPEES

5X

10 SPRAWLS
20 TUCK UPS
30 STEP UPS

"INVISIBLE FRAN"

21-15-9-21-15-9-21-15-9
PUSH UPS
SQUATS

3X OR 45 SEC ON & 15 SEC REST

SQUATS
PUSH UPS
SIT UPS
PLANK

3X

30 MTN CLIMBERS
30 STEP UPS
30 BICYCLE ABS
30 PUSH UPS
RUN 400

3X

50 FLUTTER KICKS
50 SKATERS
50 RUSSIAN TWIST

21 SQUATS
18 LATERAL LUNGES
15 DIPS
12 KNEE TO ELBOW
9 DROP SQUAT
6 BURPEE
3 INCH WORM

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100 - 80 - 60 - 40 - 20 - BICYCLE ABS
50 - 40 - 30 - 20 - 10 CRUNCHES

AMRAP 9MINS
3 INCH WORM
6 REVERSE LUNGES
9 PUSH UPS

4X
40 RUSSIAN TWIST
40 JUMPING JACKS
40 FLUTTER KICKS
40 KNEE TO ELBOW

TABATA X 2
RUSSIAN TWIST
SIT UPS

10 - 1 SPRAWLS
1 - 10 DROP SQUATS

7X
7 TUCK UPS
7 BURPEE
7 STEP UPS
7 PUSH UPS
7 JUMPING JACK S
7 DIPS
7 SIT UPS

3X
30 SISSOR
30 BIRD DOG
30 BICYCLE ABS
30 SUPERMANS

EVERY 30 SEC FOR 5 MINS
5 SPRAWLS
5 STEP UPS

"ALL IN PLACE"
3X
45 LUNGES
30 PUSH UPS
15 BURPEES

HURT SO GOOD
30 FORWARD LUNGES
10 SQUATS
10 LATERAL LNGES
10 SQUATS
30 REVERSE LUNGES
10 SQUATS