

Bodyweight Workouts 10 - 12



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Before we start: A few important safety precautions first

Disclaimer for anyone using these workouts for personal use

You must get your GP's approval before beginning any exercise programme. These recommendations are not medical guidelines but are for educational purposes only. You must consult your GP prior to starting this programme or if you have any medical condition or injury that contraindicates physical activity.

This programme is designed for healthy individuals 18 years and older only. The information in this manual is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer ensure you have read the exercise descriptions and watched the training video before starting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your GP before starting any exercise or nutrition programme. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a GP if it persists.

You must have a complete physical examination if you are sedentary, if you have high blood pressure, or diabetes or if you are overweight. Please discuss all nutritional changes with GP, physician or a registered dietician.

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10 TIPS FOR YOU TO TRAIN SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction/advice from a certified coach.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask the coach and email thecoach@kebofit.com
- 3) Whenever you start a new programme, use less volume and lower intensity than normal. You must expect extra soreness when starting a new programme just because of the new exercises, so don't try to set world records in a new programme right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. Your safety needs to come first.
- 5) Use proper exercise form and train conservatively in all workouts. Think safety.
- 6) Check your ego before you kick off and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do not do interval training more than 4 times per week. Even elite athletes don't play hard every day, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups recommended.
- 9) If you want to start these workouts but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise programme.
- 10) Check with your doctor before starting any new exercise or diet programme. All together now, "safety first!"

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete).

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BODYWEIGHT WORKOUTS 10 - 12

Workout One

Squats x 15

Press Ups x 12

Lunges x 20 total

High Knees x 50

Burpees x 10

Fwd Plank x 45 sec

90 sec – 2 mins rest

Complete 2 – 4 more times

Finisher Workout

Mountain Climbers x 20 sec

Rest x 10 secs

Repeat 8 times (4 minutes)

Workout Two

Squats x 20

Press Ups x 15

Lunges x 30 total

High Knees x 50

Burpees x 15

Fwd Plank x 45 sec

90 sec – 2 min rest

Complete 2 – 4 more times

Finisher Workout

Same as workout one

Workout Three

Squats x 25

Press Ups x 20

Lunges x 30 total

High Knees x 50

Burpees x 20

Fwd Plank x 45 sec

90 sec – 2 min rest

Complete 2 - 4 more times

Finisher Workout

Same as workout one

For exercise info visit the exercise library: <https://www.kebofit.com/library>