

ST LUKE'S FITNESS SPORTS PERFORMANCE CENTERS HOME FITNESS PLAN - BODYWEIGHT

| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
|--|---------------|-------|-----------|------|
| GLUTE BRIDGE | GLUTE WORKOUT | 1 | | |
| SINGLE-LEG GLUTE BRIDGE | GLUTE WORKOUT | 2 | | |
| SHOULDER-ELEVATED HIP THRUST | GLUTE WORKOUT | 1 | | |
| SHOULDER-ELEVATED SINGLE-LEG HIP THRUST | GLUTE WORKOUT | 2 | | |
| SINGLE-LEG SHOULDER-AND-FEET-ELEVATED HIP THRUST | GLUTE WORKOUT | 2 | | |
| SHOULDER-AND-FEET-ELEVATED HIP THRUST | GLUTE WORKOUT | 2 | | |
| DONKEY KICK | GLUTE WORKOUT | 1 | | |
| BIRD DOG | GLUTE WORKOUT | 1 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| SUMO SQUAT | LEG WORKOUT | 2 | | |
| WALL SQUAT HOLD | LEG WORKOUT | 1 | | |
| CHAIR SQUAT | LEG WORKOUT | 1 | | |
| JUMP SQUAT | LEG WORKOUT | 2 | | |
| SINGLE-LEG BOX SQUAT | LEG WORKOUT | 3 | | |
| TOWEL PISTOL SQUAT | LEG WORKOUT | 2 | | |
| STATIC LUNGE | LEG WORKOUT | 1 | | |
| FORWARD LUNGE | LEG WORKOUT | 2 | | |
| REVERSE LUNGE | LEG WORKOUT | 2 | | |
| SINGLE-LEG ROMANIAN DEADLIFT | LEG WORKOUT | 1 | | |
| REVERSE HYPER | LEG WORKOUT | 1 | | |
| STEP-UP WITH LEG LIFT | LEG WORKOUT | 1 | | |
| BULGARIAN SPLIT SQUAT | LEG WORKOUT | 2 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| ELEVATED CALF RAISE | CALVES | 1 | | |
| SINGLE-LEG ELEVATED CALF RAISE | CALVES | 2 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| TOWEL FACE PULL | BACK WORKOUT | 1 | | |
| MODIFIED INVERTED ROW | BACK WORKOUT | 2 | | |
| TOWEL INVERTED ROW | BACK WORKOUT | 2 | | |
| SCAPULAR SHRUG | BACK WORKOUT | 3 | | |
| ONE-ARM INVERTED ROW | BACK WORKOUT | 4 | | |

LEVEL 1 - BEGINNER

LEVEL 2 - INTERMEDIATE

LEVEL 3 - INTERMEDIATE/ADVANCED

LEVEL 4 - ADVANCED

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| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
|-----------------------------------|---------------|-------|-----------|------|
| TORSO ELEVATED PUSH-UP | CHEST WORKOUT | 1 | | |
| PUSH-UP | CHEST WORKOUT | 2 | | |
| WIDE-WIDTH PUSH-UP | CHEST WORKOUT | 3 | | |
| ELEVATED PUSH-UP | CHEST WORKOUT | 3 | | |
| SIDE-TO-SIDE PUSH-UP | CHEST WORKOUT | 3 | | |
| CHEST DIP | CHEST WORKOUT | 3 | | |
| CLAPPING PUSH-UP | CHEST WORKOUT | 3 | | |
| ONE-ARM PUSH-UP | CHEST WORKOUT | 4 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| PUSH-BACK | SHOULDER | 2 | | |
| REAR DELTOID RAISE | SHOULDER | 2 | | |
| TWO-POINT ELEVATED PIKE PUSH-UP | SHOULDER | 3 | | |
| THREE-POINT ELEVATED PIKE PUSH-UP | SHOULDER | 3 | | |
| WALL HANDSTAND PUSH-UP | SHOULDER | 4 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| TWO-PONT DIP | ARM WORKOUT | 1 | | |
| BICEP CURL/TABLE | ARM WORKOUT | 2 | | |
| THREE-POINT DIP | ARM WORKOUT | 2 | | |
| TRICEPS EXTENSION/TABLE | ARM WORKOUT | 3 | | |
| BICEPS CHIN-UP | ARM WORKOUT | 3 | | |
| NARROW PUSH-UP | ARM WORKOUT | 3 | | |
| DIAMOND PUSH-UP | ARM WORKOUT | 3 | | |
| EXERCISE | BODYPART AREA | LEVEL | REPS/TIME | SETS |
| AB CRUNCH | CORE WORKOUT | 1 | | |
| REVERSE CRUNCH | CORE WORKOUT | 1 | | |
| SUPERMAN | CORE WORKOUT | 1 | | |
| SEATED KNEE UP | CORE WORKOUT | 1 | | |
| FRONT PLANK | CORE WORKOUT | 1 | | |
| SIDE PLANK | CORE WORKOUT | 2 | | |

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