

BLACK DOG BODY WEIGHT 200



200 repetitions of lifting your own weight. No weights. No gym. No Equipment. Just you and gravity. This workout will burn fat and build stable full body strength.

What to do:

- Get familiar with each exercise.
- Get a good full-body warm up. Every joint, every muscle. You are going to use all of them.
- Go through the prescribed repetitions of each exercise with little or no rest between exercises.
- Get a 2 minute rest at the end of the
- Repeat the cycle two or three times depending on desired awesomeness.

Remember: Keep your core braced for all exercises; butt tight, ribs aligned with hips and abs tight. This will prevent you from stressing your back.

Exercise	Reps	Description
Prisoner Squat	30	Standing, hands behind head (a la prisoner) and do a good solid squat only as low as you can with a flat back.
Pushups	15	Start from the plank position on your toes knees or hands on a bench or counter.
Switch Jump Squats	20	Wide stance, jump (or step) to turn around 180 degrees, land soft.
Rotating Side Plank	10	In plank position, rotate to make your body vertical, raise your arm to make a sideways T with your body.
Lunge	30	Standing, step one leg out and lower your body to make 90 degree angles at both knees. <i>Almost</i> touch your back knee down. Torso straight. Return to standing.
Chuggers	15	Standing, hands behind head, lift one knee and rotate to touch that knee with the opposite elbow. Lift mainly from the leg. Limit how much you lean down to touch your knee.
Air Squats	20	Nothing fancy. Do a solid squat with a flat back.
Scalers	20	In Plank position, "walk" laterally with your hands and feet.
Mountain Climbers	20	In Plank position, bring one knee up as far as possible to between your elbows. Alternate legs quickly.
Jump Lunge	20	In a lunge position, jump (or step) up and switch feet.

