

10 Bodyweight Exercises

(and 3 **BADASS** at-home workouts) for building muscle & burning fat

#1	Squats – Strengthen legs, glutes, and core. If you have difficulty with full squats, do Sit-To-Stand , instead.
#2	Push-ups – Build upper body and core strength. You can also do incline, elevated, flop or wall push-ups.
#3	Lunges – Boost balance and leg power. Take longer steps and it will go easier on your knees. Trust me!
#4	Planks – Fire up your core stability. Holding a plank for as long as 60 seconds is sufficient to build core strength.
#5	Glute Bridges – Strengthen your glutes and lower back.
#6	Superman Holds – Improve lower back and posture.
#7	Wall Sits – A form of isometric holds that challenge your legs and endurance.
#8	Triceps Dips – Target those triceps muscles in the back of your arms.
#9	Mountain Climbers – Adds cardio while strengthening your shoulders, back core, hips and legs..
#10	Step-ups – Improve leg strength and balance. Use a step from 8 inches to 24 inches high to challenge yourself.

Pro tip: Try these moves in a **Tabata** format! That's 20 seconds of all-out effort followed by 10 seconds of rest, repeated for 8 rounds (4 minutes per exercise).

It's an efficient way to blast calories and boost endurance while staying joint-friendly.

PROACTIVE AGING BADASSES

DO THE WORK!

Rick Sherrell. National Academy of Sports Medicine Certified Personal Trainer. Online Proactive Aging Coach. Strength Training. Boxing For Fitness. Corrective Exercise Therapy. Senior Fitness. Golf Fitness.

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WEB: RickSherrell.com – EMAIL: Rick@RickSherrell.com

Workout 1: Beginner Bodyweight

Build a **BADASS** Foundation

Perform each exercise for 30 seconds with 15 seconds rest between exercises. Complete 2-3 rounds. Rest for 1-2 minutes between rounds.

1. **Sit-To-Stand Squats** (Bodyweight) – 30 seconds
Focus: Controlled descent and standing tall.
2. **Wall Push-Ups** – 30 seconds
Focus: Keep core tight and shoulders down.
3. **Static Lunges** (Hold for 15 seconds per leg)
Focus: Ensure front knee stays over the ankle.
4. **Plank Hold** (Knees or Full) – 20-30 seconds
Focus: Keep a straight line from head to hips to heels.
5. **Glute Bridges** – 8-12 reps
Focus: Squeeze glutes at the top.
6. **Superman Holds** – 20 seconds hold
Focus: Keep neck neutral and engage lower back.

Each workout is designed to build strength and endurance progressively while focusing on joint-friendly movements. Feel free to customize the rest periods or number of rounds based on your fitness level. DO THE WORK!

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Workout 2: Intermediate Bodyweight

Step Up your **BADASS** Game

Tabata-style (20 seconds work, 10 seconds rest). Perform each exercise for 4 rounds (2 minutes per exercise).

1. **Bodyweight Squats**

Pro tip: Keep chest up and avoid locking knees at the top.

2. **Incline Push-Ups** (Use sturdy surface like a bench or step)

Focus: Full range of motion with control.

3. **Alternating Forward Lunges**

Pro tip: Use a longer step for balance and knee friendliness.

4. **Plank with Shoulder Taps**

Focus: Avoid rocking hips; keep movement controlled.

5. **Glute Bridges with March** (Alternate lifting legs)

Focus: Stability and glute activation.

6. **Superman Holds** (Reps) – 3 seconds up, 2 seconds down

Focus: Controlled movements for back strengthening.

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Workout 3: Advanced Bodyweight (Badassery Mastery)

Fire Up Your ~~BADASS~~ Self

Circuit style: Perform 10-12 reps (or holds as indicated) of each exercise back-to-back. Rest 1-2 minutes. Repeat 3-4 rounds.

1. **Step-Ups** (12-inch to 24-inch step) – 10-12 reps per leg
Focus: Drive through the heel of the working leg.
2. **Push-Ups** (Standard or Elevated Feet) – 10-12 reps
Pro tip: Maintain a tight core throughout.
3. **Walking Lunges** – 10-12 steps per leg
Pro tip: Keep torso upright, stride long for knee protection.
4. **Plank with Leg Lifts** – 10 reps per leg
Focus: Controlled lift without arching lower back.
5. **Wall Sits** – Hold for 30-60 seconds
Pro tip: Thighs parallel to the ground, knees over ankles.
6. **Glute Bridges** w/Resistance Band (Optional) – 12-15 reps
Focus: Slow tempo and squeeze at the top.
7. **Mountain Climbers** – 20 seconds all-out effort
Pro tip: Keep a steady rhythm without losing form.

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