



MCHN STRENGTH

Bodyweight Day 1

10 min As Many Rounds As Possible

Instructions: Perform as many rounds of the listed exercises as possible in 10 minutes with as little rest as possible.

- [20 Air Squats](#)
- [10 Push-Ups](#)
- [20 Mountain Climbers](#)
- [10 Burpees](#)

Bodyweight Day 2

20 Rounds

Instructions: Perform 20 rounds of the following exercises and reps in the order listed.

- [1 Burpee](#)
- [2 Push-Ups](#)
- [3 Butterfly Sit-Ups](#)
- [4 Lunges](#)
- [5 Air Squats](#)

Bodyweight Day 3

Tabata – :20 secs of work (On) / :10 secs of rest (Off) For 8 Rounds

Instructions: Perform each exercise for as many reps as possible in :20 secs then rest for :10 secs. Repeat this process for 8 total rounds (4 minutes). Complete 8 rounds of one exercise before moving to the next exercise..

- [Alternating Lunges → :20 Secs On / :10 Secs Off x 8](#)
- Rest for 1 minute
- [Mountain Climbers → :20 Secs On / :10 Secs Off x 8](#)
- Rest for 1 minute
- [Push-Ups → :20 Secs On / :10 Secs Off x 8](#)

Bodyweight Day 4

For Time

Instructions: Complete each exercise for the prescribed number of reps in the order listed while maintaining proper form.

- [50 Jumping Jacks](#)
- [40 Air Squats](#)
- [30 Alternating Lunges](#)
- [20 Push-Ups](#)
- [10 Plank-Ups](#)

Bodyweight Day 5

20-16-12-8-4 Reps For Time

Instructions: Complete the prescribed number of reps for each exercise listed before moving to the next set. Example: 20 reps of Glute Bridges then 20 reps of Hand Release Push-Ups. Then 16 reps of each, etc.

- [Glute Bridges](#)
- [Hand Release Push-Ups](#)

Bodyweight Day 6

Every Minute On the Minute (EMOM) for 16 Minutes

Instructions: Odd minutes: Complete 15 Jump Squats (Rest for the time remaining of that minute). Even minutes: Complete 30 sec plank hold (Rest for the remaining 30 seconds). Repeat for 16 mins.

- [Odd Minutes → 15 Jump Squats](#)
- [Even Minutes → 30 Sec Plank Hold](#)

Bodyweight Day 7

10 Rounds For Time

Instructions: Complete 10 Alternating Jump Lunges then 10 Push-Ups. Repeat for 10 mins. Complete all 10 rounds for time with proper form.

- [10 Alternating Jump Lunges](#)
- [10 Push-Ups](#)