

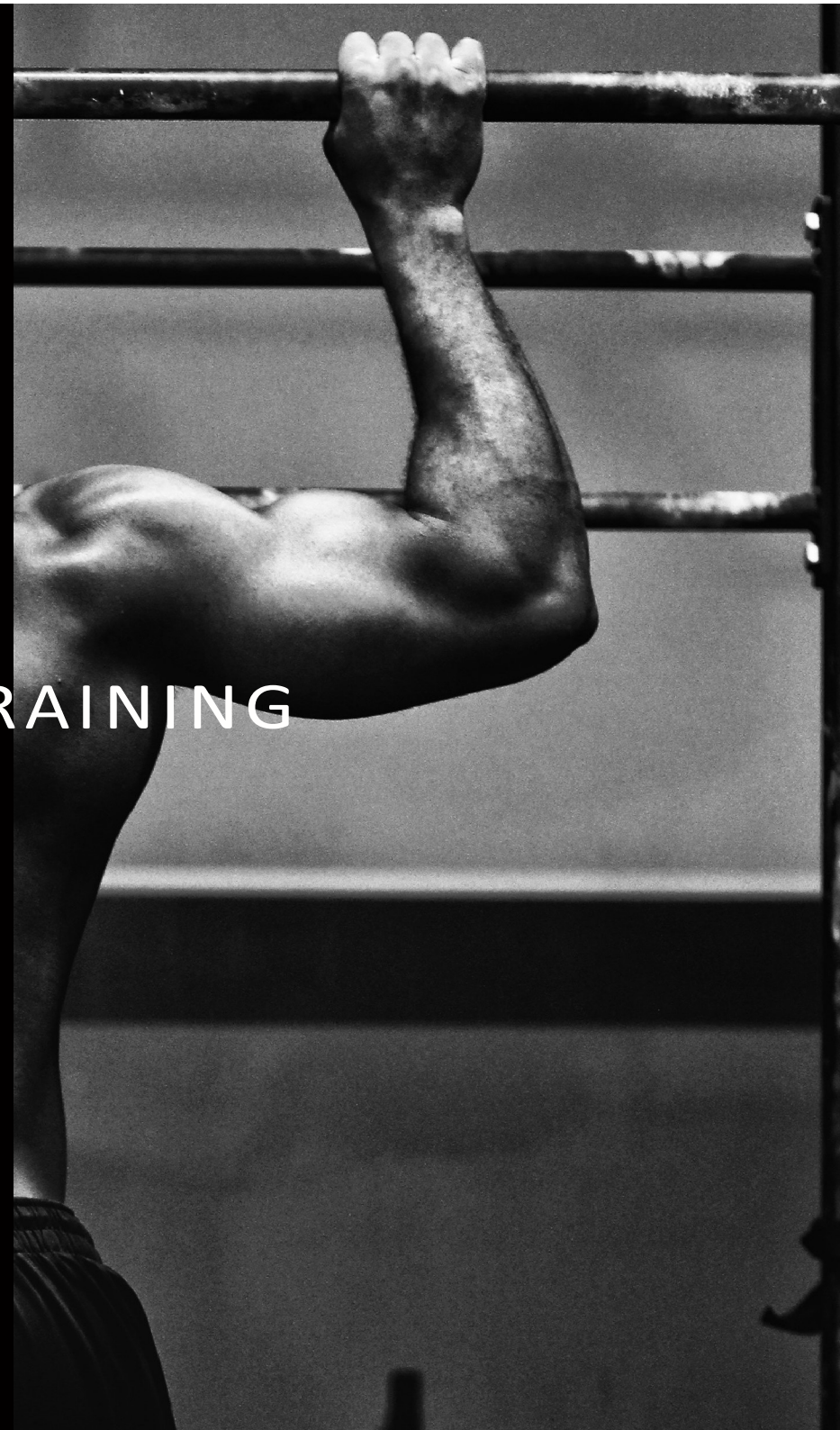


THE GYM ACADEMY

PRESENTS

TGA BODY WEIGHT HOME TRAINING PART 1

WEEKS 1-4





LEGAL

DISCLAIMER

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SCHEDULE

| WORKOUT 1 | WORKOUT 2 | WORKOUT 2 | WORKOUT 3 |
|-----------------------------|------------------|------------------|-----------------------------|
| STRENGTH TRAINING PART 1 | CORE AND ABS | HIIT | STRENGTH TRAINING PART 2 |

| BODY WEIGHT HOME TRAINING PART 1 – STRENGTH TRAINING PART 1 WEEKS 1-4 | | | | | | |
|---|------|------|--------|-------|------|-----|
| EXERCISES | WEEK | SETS | TIME | TEMPO | REST | W/R |
| A1 – Plyometric push up s | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| A2 –Step though push ups | 1 | 3 | 35 sec | 4010 | 30 | |
| | 2 | 3 | 35 sec | 4010 | 30 | |
| | 3 | 3 | 45 sec | 4010 | 30 | |
| | 4 | 4 | 45 sec | 4010 | 30 | |
| B1 – Thumb up push ups | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 4 5sec | 4010 | 10 | |
| B2 –Reverse elbow push ups (need to household chairs) | 1 | 3 | 35 sec | 4010 | 30 | |
| | 2 | 3 | 35 sec | 4010 | 30 | |
| | 3 | 3 | 45 sec | 4010 | 30 | |
| | 4 | 4 | 45 sec | 4010 | 30 | |

| | | | | | | |
|--|---|---|--------|------|----|--|
| C1 – Smash power plank (need a pillow or something to hit) | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| C2 –Cobra push ups | 1 | 3 | 35 sec | 4010 | 30 | |
| | 2 | 3 | 35 sec | 4010 | 30 | |
| | 3 | 3 | 45 sec | 4010 | 30 | |
| | 4 | 4 | 45 sec | 4010 | 30 | |
| D1 –Single leg heel touch squat | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| D2–Split squats jumps | 1 | 3 | 35 sec | 4010 | 30 | |
| | 2 | 3 | 35 sec | 4010 | 30 | |
| | 3 | 3 | 45 sec | 4010 | 30 | |
| | 4 | 4 | 45 sec | 4010 | 30 | |
| E1 – Power push away | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |

| | | | | | | |
|------------------------------------|---|---|--------|------|----|--|
| E2–Body weight side lateral raises | 1 | 3 | 35 sec | 4010 | 30 | |
| | 2 | 3 | 35 sec | 4010 | 30 | |
| | 3 | 3 | 45 sec | 4010 | 30 | |
| | 4 | 4 | 45 sec | 4010 | 30 | |

| BODY WEIGHT HOME TRAINING PART 1 – CORE AND ABS WEEKS 1-4 | | | | | | |
|---|------|------|--------|-------|------|-----|
| EXERCISES | WEEK | SETS | TIME | TEMPO | REST | W/R |
| A – Mountain climbers Superman plank Mountain climbers Superman plank EACH EXERCISE IS FOR THE SET TIME (35 SEC EACH EXERCISE) | 1 | 2 | 35 sec | 4010 | 60 | |
| | 2 | 2 | 35 sec | 4010 | 60 | |
| | 3 | 2 | 45 sec | 4010 | 60 | |
| | 4 | 3 | 45 sec | 4010 | 60 | |
| B – Rolling plank Side plank (right side) Rolling plank Side plank (left side) EACH EXERCISE IS FOR THE SET TIME (35 SEC EACH EXERCISE) | 1 | 2 | 35 sec | 4010 | 60 | |
| | 2 | 2 | 35 sec | 4010 | 60 | |
| | 3 | 2 | 45 sec | 4010 | 60 | |
| | 4 | 3 | 45 sec | 4010 | 60 | |
| C – Alpine climbers Cliff-hanger plank Alpine climbers Cliff-hanger plank EACH EXERCISE IS FOR THE SET TIME (35 SEC EACH EXERCISE) | 1 | 2 | 35 sec | 4011 | 60 | |
| | 2 | 2 | 35 sec | 4011 | 60 | |
| | 3 | 2 | 45 sec | 4011 | 60 | |
| | 4 | 3 | 45 sec | 4011 | 60 | |

| BODY WEIGHT HOME TRAINING PART 1 – HIIT WEEKS 1-4 | | | | | | |
|---|------|------|--------|-------|------|-----|
| EXERCISES | WEEK | SETS | TIME | TEMPO | REST | W/R |
| High knees In in out out 3 pointer skyrockets 4 shuttles + 1 Burpee (each round the number of shuttles goes up by 2) EACH EXERCISE IS FOR THE SET TIME (35 SEC EACH EXERCISE) | 1 | 4 | 35 sec | 4011 | 60 | |
| | 2 | 4 | 35 sec | 4011 | 60 | |
| | 3 | 4 | 45 sec | 4011 | 60 | |
| | 4 | 5 | 45 sec | 4011 | 60 | |

| BODY WEIGHT HOME TRAINING PART 1 – STRENGTH TRAINING PART 2 WEEKS 1-4 | | | | | | |
|---|------|------|--------|-------|------|-----|
| EXERCISES | WEEK | SETS | REPS | TEMPO | REST | W/R |
| A – Spider push ups | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| B – Jamb hammer rows (use a door frame) | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| C – Single leg heel touch squat | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |

| | | | | | | |
|-----------------------------|---|---|--------|------|----|--|
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| D – Diamond cutter push ups | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| E – Long leg plank marching | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| F – Pike push ups | 1 | 3 | 35 sec | 4010 | 10 | |
| | 2 | 3 | 35 sec | 4010 | 10 | |
| | 3 | 3 | 45 sec | 4010 | 10 | |
| | 4 | 4 | 45 sec | 4010 | 10 | |
| | 5 | 3 | 35 sec | 4010 | 10 | |
| | 6 | 3 | 35 sec | 4010 | 10 | |

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