



IJF BODYWEIGHT SOLUTION PROGRAMME

WEEK 1

IJF Bodyweight Solution Program

Bodyweight Solution Warm Up: This warm up is to be done **before every session**. Complete this warm up circuit for weeks 1 and 2.

- [Jumping Jacks x 20secs](#)
- [Seal Jacks x 20secs](#)
- [Fling Jumps x 20secs](#)
- [Low Pogo Jumps x 10secs](#)
- [High Pogo Jumps x 10secs](#)
- [Wide-outs x 10secs](#)

Then straight into 5in5 mobility circuit...(5 movements in 5 minutes.)

Perform each movement for 40 seconds work with 20 seconds rest.

- [Rollover to V-sits](#)

- [Glute Bridge with Reach](#)
- [Handwalkouts to Pushup to Spiderman](#)
- [Squat to Stand](#)
- [Cossack Squats](#)

Week 1: Familiarisation Week:

Session 1: Rep-Based Strength Circuit (Monday)

The following session consists of a circuit. Complete all of the repetitions of the exercise then move straight on to the other exercise without rest. Then take 1-2mins rest and repeat for desired sets before moving on.

Exercise	Sets	Reps
A1) Dynamic Iso Squats (<i>hold for 3secs each position. ¼ - ½ - ¾</i>)	4	6-8
A2) Feet Elevated or Hand Elevated Eccentric Pushups (<i>5 sec lowers on every rep</i>)	4	8
A3) Bent Knee Inverted Rows (<i>under table, or trx or barbell in rack</i>)	4	Sub max reps (leave 1-2 reps in the tank)
A4) Tall Kneeling Band Pullaparts	4	15-20
A5) Hip Thrust (<i>shoulders on bench or couch</i>)	4	15
A6) Cossack Squats	4	8 each side
A7) Lateral Band Walks	4	15 steps each way

Core Blast: Complete following core circuit **2 times through**. Work for 40secs and rest for 20secs.

Exercise	Work	Rest
Flutter s	40secs	20secs
Plank Step ups	40secs	20sec
60 Degree Sit-up Hold	40secs	20secs
Plank Jacks	40secs	20secs

Conditioning Finisher: Complete the following 2 movements in superset fashion. Work for 15secs and rest for 15secs, complete 8 total rounds.

- [Burpees](#)
- [Mountain Climbers](#)

Complete 8 total rounds...

Session 2: The Gauntlet Challenge (Tuesday AM)

Complete the following circuit for **5 total rounds**. Rest as needed, aim to complete as fast as possible. Maintain good form throughout.

- [20 Squat Jumps](#)
- [10 Judo Pushups](#)
- [20 Burpees](#)
- [20 Split Jump](#) (10 each leg)
- [20 Sit Outs](#) (10 each leg)
- [20 Mountain Climbers](#) (1 rep with each leg = 1 complete rep)

(Tuesday PM)

Long Run or Bike Ride for 60mins (Heart Rate 70-80% Max, approx. 130-160 bpm)

Session 3: Tempo Runs

Find a field or open space approx. 100m in distance

- Run 100m @70% max speed, perform 5 [pushups](#) + 10 [aleknas](#), rest 30-60s

Repeat for 20 reps (2000m of tempo running)

Quick Tip: To gauge your 70% max speed run 100m as fast as possible at time yourself (e.g 100m in 13 secs divide 75% = 17 sec 100m pace).

Your last tempo run should feel as comfortable as your first. If not take more rest between tempo runs.

Session 4: Rep-Based Strength Circuit (Thursday)

Exercise	Sets	Reps
A1) ISO Crow Hold	4	10secs
A2) Wall ISO Plank Hold with March (drive knee to chest slowly under control)	4	20secs
A3) Rear Foot Elevated Split Squat (on couch or bench)	4	12 each leg
A4) Judo Pushups	4	Sub max reps (leave 1-2 in the tank)
A5) Leg Curls on Sliders (can use towel, furniture sliders etc...)	4	12
A6) Side Plank Hip Ups	4	12 each side
A7) ½ Kneeling Band Face Pulls	4	10secs each position.

Conditioning Finisher: Countdowns

Complete the following countdown circuit in superset fashion. Complete in best time possible.

- [Sumo Burpees](#) - 10,9,8,7,6,5,4,3,2,1
- [Squat Jumps](#) - 10,9,8,7,6,5,4,3,2,1

Session 5: Density Challenge (Friday)

Complete the following exercises in a circuit for prescribed time. Aim is to complete as many rounds in **20 minutes**.

- [10 Knee Check Pushups \(5es\)](#)
- [20 Sumo Burpees](#)
- [30 Mini Band Squats](#)
- [40 Mountain Climbers](#) (20 each leg)

Complete as many rounds in 20 minutes.

Core Blast: 40/20 Circuit

Complete the following core circuit for 40secs work 20secs rest. Repeat 3 times through.

Exercise	Work	Rest
Pike Ups on Sliders	40secs	20secs
Knee Tucks on Sliders	40secs	20secs