

BODYWEIGHT WORKOUT

with **Jesse Goleman**
& **GoleLine**



BEGINNER

Day #1 30 – 60 seconds rest between rounds

Circuit 1: 5 Rounds

- 1) Push-up x5
- 2) Squat x5
- 3) Knee Tuck Jumps x10
- 4) Plank x20 sec

Circuit 2: 5 Rounds

- 1) Close Grip Push-up x5
- 2) Overhead Squat x5
- 3) Line Jumps x20
- 4) Side Plank x15 sec / side

Day #2 30 – 60 seconds rest between rounds

Circuit 1: 5 Rounds

- 1) Pull-up x3
- 2) Lunge x6 / side
- 3) Single Leg Jump with reach x5/leg
- 4) Plank x20 sec

Circuit 2: 5 Rounds

- 1) Chin-up x3
- 2) Glute Bridge x8
- 3) Squat Jumps x10
- 4) Side Plank x15 sec / side

Training Notes

- All curriculum & exercise selection provided by [Jesse Goleman & GoleLine](#)
- Rest should be taken after each circuit round is completed, **not** after each exercise
- Progress to the Intermediate level only after you can comfortably complete all of the reps and exercises in this workout

Day #3 30 – 60 seconds rest between rounds

Circuit 1: 5 Rounds

- 1) Wide Grip Push-up x5
- 2) Inverted Row x5
- 3) Lunge Jumps x20 sec
- 4) Plank x20 sec

Circuit 2: 5 Rounds

- 1) Push-up x5
 - 2) Dips x8
 - 3) Skater Jumps x10
 - 4) Side Plank x15 sec / side
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Day #4 30 – 60 seconds rest between rounds

Circuit 1: 5 Rounds

- 1) Pull-up x4
- 2) Sissy Squat x8
- 3) Line Jumps x20
- 4) Plank x20 sec

Circuit 2: 5 Rounds

- 1) Chin-up x4
 - 2) Reverse Lunge x8 / leg
 - 3) Jumping Jacks x30 sec
 - 4) Side Plank x15 sec / side
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Day #5 30 – 60 seconds rest between rounds

Circuit 1: 5 Rounds

- 1) Close Grip Push-up x5
- 2) Squat x8
- 3) Squat Jumps x10
- 4) Plank x20 sec

Circuit 2: 5 Rounds

- 1) Push-up x5
- 2) Split Squat x8 / leg
- 3) Lunge Jumps x20 sec
- 4) Side Plank x15 sec / side

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INTERMEDIATE

Day #1 60 – 90 seconds rest between rounds

Circuit 1: 4 Rounds

- 1) Push-up x10
- 2) Pull-up x5
- 3) Squat x10
- 4) Lunge x8 / side
- 5) Lunge Jumps x20
- 6) Squat Jumps x10
- 7) Plank x30 sec

Circuit 2: 4 Rounds

- 1) Dips x6
- 2) Inverted Row x8
- 3) Reverse Lunge x10
- 4) Glute Bridge x10
- 5) Single Leg Jump with overhead x8
- 6) Knee Tuck Jumps x10
- 7) Side Plank x15 sec / side

Day #2 60 – 90 seconds rest between rounds

Circuit 1: 4 Rounds

- 1) Push-up x10
- 2) Chin-up x5
- 3) Glute Bridge x10
- 4) Sissy Squat x10
- 5) Jumping Jacks x30 sec
- 6) Broad Jumps x10
- 7) Plank x30 sec

Circuit 2: 4 Rounds

- 1) Close Grip Push-up x10
- 2) Mini Band Pull Apart x10
- 3) Lunge x8 / side
- 4) Arms Overhead Squat x10
- 5) Line Jumps (Forward-Back) x20 sec
- 6) Line Jumps (Side-Side) x20 sec
- 7) Side Plank x15 sec / side

Training Notes

- All curriculum & exercise selection provided by [Jesse Goleman & GoleLine](#)
- Rest should be taken after each circuit round is completed, **not** after each exercise
- Progress to this level only after you can comfortably complete all of the reps and exercises in the Beginner workout

Day #3 60 – 90 seconds rest between rounds

Circuit 1: 4 Rounds

- 1) Pull-up x5
- 2) Chin-up x5
- 3) Hamstring Curl x10
- 4) Squat x15
- 5) Rotational Jumps x20
- 6) Knee Tuck Jumps x10
- 7) Plank x30 sec

Circuit 2: 4 Rounds

- 1) Push-up x10
- 2) Dips x8
- 3) Reverse Lunge to knee drive x8 /leg
- 4) Calf Raise x20
- 5) Squat Jumps x15
- 6) Toe Taps x50 total
- 7) Side Plank x15 sec / side

Day #4 60 – 90 seconds rest between rounds

Circuit 1: 4 Rounds

- 1) In & Out Push-up x20 sec
- 2) Push-up with Shoulder Tap x20 sec
- 3) Lunge Jumps x20 sec
- 4) Squat Jumps x20 sec
- 5) Skater Jumps x20 sec
- 6) Line Jumps x10 sec / side
- 7) Plank to Push-up x20 sec

Circuit 2: 4 Rounds

- 1) Dips x20 sec
- 2) Explosive Push-up x5
- 3) Squat x30 sec
- 4) Step-ups x10 / side
- 5) Knee Tuck Jumps x20 sec
- 6) Broad Jumps x20 sec
- 7) Plank Reaches x10 / side

Day #5 60 – 90 seconds rest between rounds

Circuit 1: 4 Rounds

- 1) Pull-up x30 sec
- 2) Band Pull Apart x30 sec
- 3) Sissy Squat x30 sec
- 4) Squat Jumps x30 sec
- 5) Glute Bridge x30 sec
- 6) Squat Jumps x30 sec
- 7) Plank x30 sec

Circuit 2: 4 Rounds

- 1) Chin-up x30 sec
- 2) Band Pushdowns x30 sec
- 3) Jumping Jacks x30 sec
- 4) Walking Lunges x30 sec
- 5) Squat Jumps x30 sec
- 6) High Knees x30 sec
- 7) Plank Rotations x30 sec

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ADVANCED

Day #1 60 seconds rest between rounds

Circuit 1: 3 Rounds Circuit 2: 3 Rounds Circuit 3: 3 Rounds

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|------------------------------|------------------------------|------------------------------|
| 1) Explosive Push-up x30 sec | 1) Pull-up x30 sec | 1) Chin-up x30 sec |
| 2) Squat Jumps x30 sec | 2) Lunge Jumps x30 sec | 2) Jumping Jacks x30 sec |
| 3) In & Out Push-up x30 sec | 3) Shoulder Taps x30 sec | 3) Toe Taps x30 sec |
| 4) Knee Tuck Jumps x30 sec | 4) Skater Jumps x30 sec | 4) Dips x30 sec |
| 5) Plank x60 sec | 5) Side Plank x30 sec / side | 5) Mountain Climbers x30 sec |

Day #2 60 seconds rest between rounds

Circuit 1: 3 Rounds Circuit 2: 3 Rounds Circuit 3: 3 Rounds

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|--------------------------------------|---|------------------------------|
| 1) Walking Push-up x30 sec | 1) Push-up with front reach x30 sec | 1) Inverted Row x30 sec |
| 2) Line Jumps (Forward-Back) x30 sec | 2) Single-leg Line Jumps (Forward-Back) x30 sec | 2) Broad Jump x30 sec |
| 3) Explosive Push-up x30 sec | 3) Dips x30 sec | 3) In & Out Push-Up x30 sec |
| 4) Line Jumps (Side-Side) x30 sec | 2) Single-leg Line Jumps (Side-Side) x30 sec | 4) Knee Tuck Jumps x30 sec |
| 5) Rolling Plank x30 sec | 5) Plank Reaches x30 sec | 5) Mountain Climbers x30 sec |

Training Notes

- All curriculum & exercise selection provided by [Jesse Goleman & GoleLine](#)
- Rest should be taken after each circuit round is completed, **not** after each exercise
- Progress to this level only after you can comfortably complete all of the reps and exercises in the Intermediate workout

Day #3 60 seconds rest between rounds

Circuit 1: 3 Rounds

- 1) Resistance Band Push-up x30 sec
- 2) Squat Jumps x30 sec
- 3) Resistance Band Push-up x30 sec
- 4) Squat Jumps x30 sec
- 5) Plank to Push-up x60 sec

Circuit 2: 3 Rounds

- 1) Explosive push-up to bench x30 sec
- 2) Lunge Jump, Squat Jump x30 sec
- 3) Band Pull Aparts x30 sec
- 4) Single-leg Zig Zag Hops x30 sec / side
- 5) Side Plank Reach Through x30 sec / side

Circuit 3: 3 Rounds

- 1) Shoulder Tap x30 sec
- 2) Toe Taps x30 sec
- 3) Talking Push-up x30 sec
- 4) Single-leg Jump with overhead reach x30 sec
- 5) Plank Kick Jump x30 sec

Day #4 60 seconds rest between rounds

Circuit 1: 3 Rounds

- 1) Pull-up x30 sec
- 2) Skater Jumps x30 sec
- 3) Chin-up x30 sec
- 4) Single-leg Jump with overhead reach x30 sec
- 5) Mountain Climbers x30 sec

Circuit 2: 3 Rounds

- 1) Resistance Band Push-up x30 sec
- 2) Jumping Jacks x30 sec
- 3) Explosive Push-up x30 sec
- 4) Knee Tuck Jumps x30 sec
- 5) Plank x60 sec

Circuit 3: 3 Rounds

- 1) Dips x30 sec
- 2) Rotational 180 Jumps x30 sec
- 3) Push-up to Bench x30 sec
- 4) Broad Jumps x30 sec
- 5) Jumping Jacks x30 sec

Day #5 60 seconds rest between rounds

Circuit 1: 3 Rounds

- 1) Toe Taps x30 sec
- 2) Squat Jumps x30 sec
- 3) Explosive Push-up x30 sec
- 4) Inverted Row x30 sec
- 5) Lunge Jump x30 sec

Circuit 2: 3 Rounds

- 1) Shoulder Tap x30 sec
- 2) Knee Tuck Jump with single-leg landing x30 sec
- 3) Resistance Band Push-up x30 sec
- 4) Single-leg Bounds x30 sec / side
- 5) Plank x60 sec

Circuit 3: 3 Rounds

- 1) Chin-up x30 sec
- 2) High Knees x30 sec
- 3) Dips x30 sec
- 4) Knee Tuck Jump x30 sec
- 5) Side Plank x30 sec / side