

Hello there! Welcome to the Goleline Bodyweight Workout Program. In this program, you will find different sets of bodyweight exercises you can do anywhere, anytime. These workouts are meant to be challenging but not time consuming. Being able to master your own bodyweight is the best way to ensure true relative strength, and it is also a great way to maintain & increase your strength & speed.

The program has three different levels; beginner, intermediate, advanced. If you are new to training, start with the beginner workouts and slowly progress. Each level has five days of different circuits. However, this program is not meant to be done in 15 days. This program is meant to be repeated and used continuously throughout the year. Before progressing to a new level, make sure you can complete all the required reps and exercises comfortably. Remember, there should be no rest in between exercises. The rest only comes once all exercises are completed consecutively.

This program is perfect for those athletes in season who don't want to lift, but still want to maintain their strength. Completing these circuits on a weekly basis will help you maintain the strength you have built in the off season.

On the next page is a sample list of exercises I used for the circuits. Not all the exercises I used are on included in the chart, but this chart can provide you with a sample of exercises for you to even develop your own circuits, or simply add in to your workouts whenever and wherever you feel they fit.

I hope you all enjoy this program and find it very useful. Please send me a message at @goleline on Instagram if you have any questions.



<i>Upper Body</i>	<i>Lower Body</i>	<i>Core</i>	<i>Band/Mini Band</i>	<i>Mobility+Stability</i>	<i>Cardio/Explosive</i>
Push-up	Squat	Plank	Pull Apart	Fire Hydrants	Jumping Jacks
CG Push-up	Lunge	Side Plank	Face Pull	Ankle Wall Touches	Knee Tuck Jumps
Wide Grip Pushup	Reverse Lunge	Bear Crawl	Pushdowns	Mini Band Abduction	Squat Jumps
Pull-up	Side Lunge	Dead Bug	Curls	SL RDL	Lunge Jumps
Chin-up	Hamstring Curl	Bird Dog	Lateral Raise	SL Clock Reaches	Line Jumps
Bench Dips	Split Squat	Side Plank Reach Through	Front Raise	Inchworm	Skater Jumps
Dips	Sissy Squat	Plank Seasaw	Mini Band Pull Apart	Crossover Leg Adduction	High Knees
Inverted Row	Pistol Squat	Mountain Climbers	Mini Band Clock Pull Apart	Shoulder Prone Extension	Zig Zag Jumps
RG Inverted Row	Calf Raise	Plank jump Kick Apart	Mini Band Side Steps	Shoulder Btb Reach	Straight Leg Hops
Shoulder Tap	Tibia Raise	Supermans	Mini Band Squats	Supine Internal/External Rotation	Broad Jumps
Walking Push ups	Glute Bridge	Plank Walks	Mini Band Glute Bridge	Push-up position reaches	Toe Taps
Push Up Rotation	Arms Overhead Squat	Side Plank Hip Abduction	Band/Mini Band Walks	SL Jump Holds	Rotational Jumps
In & Out Pushups	Nordic Curls	Plank to push up position	Resistance Push ups	Jumps w/SL landing	SL Jump w/overhead reach
Explosive Pushup	RFE Squat	Side Plank Rotations	Band Pull Throughs (Hip Hinge)	Side Lying Leg Raises	Single Leg Bounds



Warm-Up

Static

- Foam Roll-3-5 min
- Hamstring Stretch with Band
- Quad Stretch with band
- Half-kneeling Stretch (Hip Flexor)
- Wall Touches (Ankle Mobility)
- Tibia Raises

Mini Band (Mobility)

Dynamic (10-20 yd)

- Knee Pulls
- Hip Cradle
- Lunge & Twist
- Side Lunge
- Inchworm
- High Knees
- Butt Kicks
- Power Skips
- Bounds
- Light Sprints

