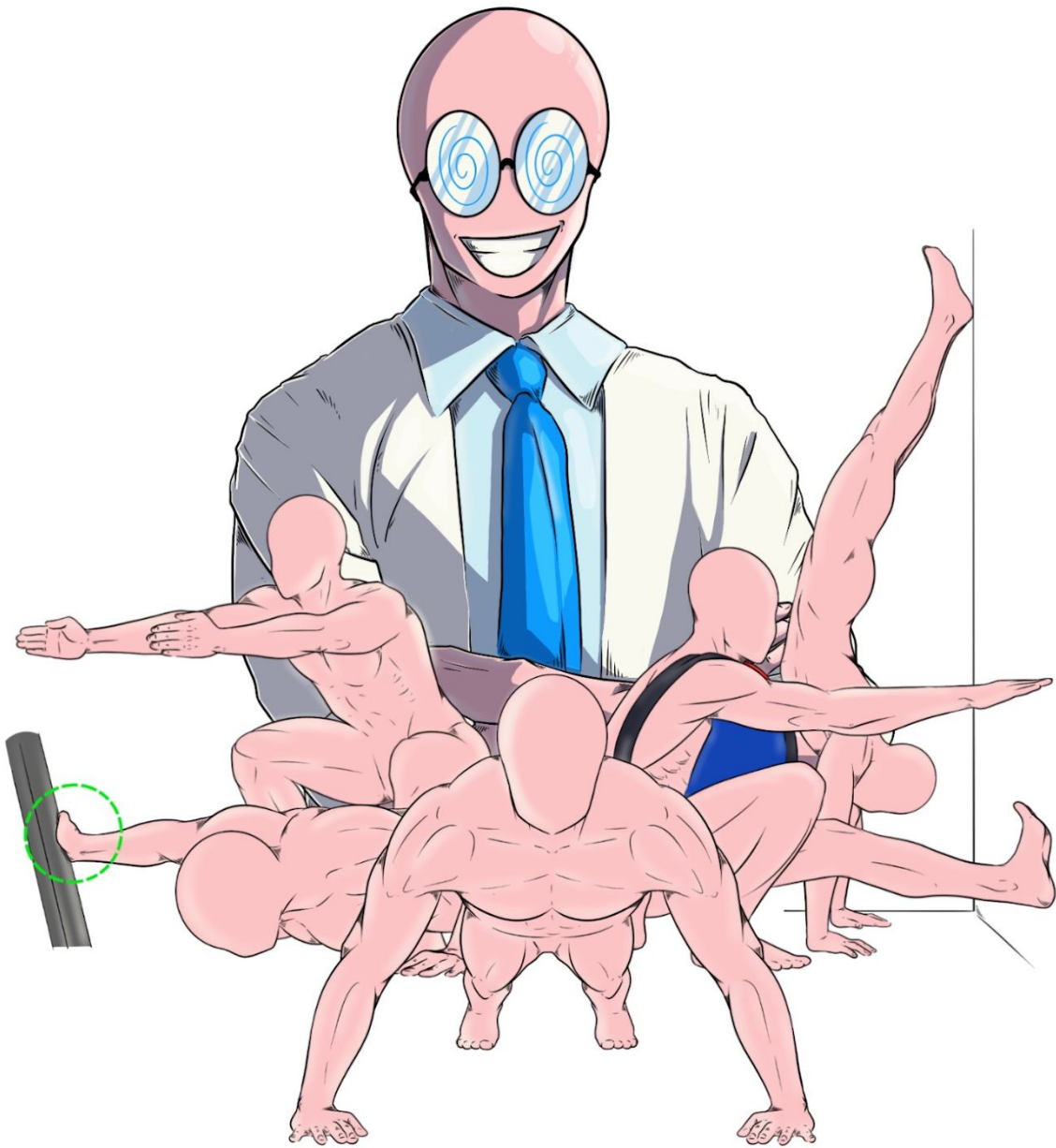




Pheasyque



Bodyweight Workouts & Challenges!

Hey there!

Right now, there's a lot going on in the world and it can be tough because we don't have much control on anything outside of our own immediate environment.

With more lockdowns becoming a reality for many across the globe, we thought it would be a great idea to provide Pheasyque and Concrete Pheasyque fans/followers a few **bodyweight workouts and challenges** that can be performed at one's leisure in the comfort of one's home.

The hope is that we can still remain somewhat active and achieve some level of fitness. Below, we created a **couple different workouts** in hopes to be all inclusive for our followers. In addition, we've included some fun **fitness-based challenges** that we've been doing to keep moving throughout the day!

1. [Beginner Bodyweight Workout](#)
2. [Intermediate Bodyweight Workout](#)
3. [Advanced Bodyweight Workout](#)
4. [Pheasyque Lab Fitness Challenges](#)

To everyone experiencing hardship from COVID-19 we feel you and you're not alone. Now is the time to lean on loved ones and make the best of every situation. Stay safe & healthy, friends!

In Strength,

Eugen & Jake

PS: If you have to Google some of the exercises below, that's okay!



Beginner Bodyweight Workout 3x/Week

Run this for 2-3 weeks, then progress to the next program!

Day 1 | Upper + Lower Focus

A1. Air Squat | 6 x 10 reps

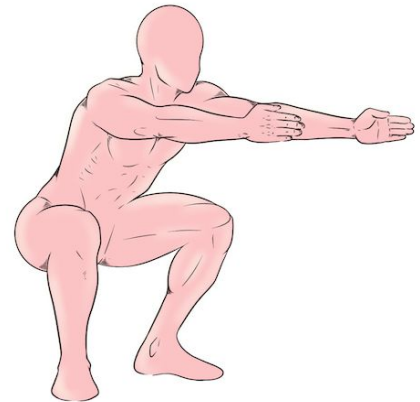
A2. Push-Up (*use assisted if needed*) | 6 x 6 reps

B1. Bodyweight Forward Lunge | 4 x 16 reps (8 ea side)

B2. Close-Grip Push-Up (*use assisted if needed*) | 4 x 5 reps

C1. Extended Plank | 4 x 30-seconds

C2. Glute Bridge | 4 x 15 reps



Day 2 | Lower Focus

A1. Pistol Chair Squat (*place chair against wall*) | 5 x 5 reps (5 ea leg)

A2. Glute Bridge + Pillow Squeeze (*place pillow between legs & squeeze*) | 5 x 10 reps

B1. Split Squat (*3-second lowering phase*) | 4 x 10 reps ea leg

B2. Romanian Deadlift (*grab a heavy(ish) book or object*) | 4 x 12 reps

C1. Side Plank | 5 x 30-sec ea side

C2. Frog Pumps | 5 x 12 reps

Day 3 | Upper Push + Pull

A1. Towel Row (*wrap towel/pillow case around beam/banister and perform modified standing inverted row*) | 6 x 8 reps

A2. Push-Up | 6 x AMRAP (*as many reps as possible*)

B1. Prone YTW | 5 x 10

B2. Skull Crusher Against Wall | 5 x 6

C1. Hollow Hold | 6 x 15-20 seconds

C2. Extended Plank + Shoulder Taps | 6 x 10 taps



Intermediate Bodyweight Workout 3x/Week

Run this for 2-3 weeks, then progress to the next program!

Day 1 | Upper + Lower Focus

- A1.** Air Squat + Jump | 6 x 12 reps
- A2.** Paused Push-Up (1-sec hold at bottom) | 6 x 8-10 reps

- B1.** Jumping Split Squats | 5 x 20 reps (10 ea side)
- B2.** Knuckle Push-Ups | 5 x 5 reps
- B3.** Burpee | 5 x 10 reps

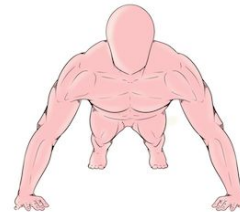
- C1.** Extended Plank + Alternating Leg Lift | 5 x 40-sec
- C2.** Glute Bridge | 5 x 25 reps

Day 2 | Lower Focus

- A1.** Tempo Pistol Chair Squat (*3-sec lowering phase*) | 6 x 8 reps ea leg
- A2.** Single-Leg Glute Bridge | 6 x 8-10 reps ea leg

- B1.** Bulgarian Split Squat (*3-second lowering phase, 1-second pause at bottom*) | 5 x 12 reps ea leg
- B2.** Romanian Deadlift (*grab a heavy(ish) book or object*) | 5 x 20 reps

- C1.** Hamstring Slides | 4 x 8 reps
- C2.** Side Plank | 4 x 45 sec-sec ea side
- C3.** Sumo Air Squat | 4 x 15 reps



Day 3 | Full Body

- A1.** Towel Row (wrap towel/pillow case around beam/banister and perform standing inverted row) **OR** Table Inverted Row | 6 x 10 reps
- A2.** Plyometric Push-Up | 6 x 4-6 reps
- A3.** Jumping Split Squats | 6 x 10-12 reps ea leg

- B1.** Pistol Squat (*use chair if needed*) | 6 x 6 reps ea leg
- B2.** Skull Crusher Against Wall (*3-sec lower, 1-sec pause*) | 6 x 10 reps
- B3.** Elbow Push-Up | 6 x 12 reps

- C1.** Hollow Rock | 6 x 20 rocks
- C2.** Extended Plank + Shoulder Taps | 6 x 30 taps
- C3.** Mountain Climber | 6 x 20 reps



Advanced Bodyweight Workout 3x/Week

Fill a **backpack** with books or use a **weighted vest** if you have one for all exercises!

Day 1 | Upper + Lower Focus

A1. Goblet Squat (4-sec lower, 2-sec pause, 3-sec stand) | 6 x 15 reps

A2. Plyometric Push-Up OR Superman Push-Up | 6 x 10 reps

B1. Zercher Split Squats (*hold backpack in front*) | 6 x 20 reps (10 ea side)

B2. Spiderman Push-Ups **OR** Handstand Push-ups | 6 x 6 reps

B3. Burpee | 6 x 15 reps

C1. Supine Leg Lifts | 6 x 12-15 reps

C2. Single-Leg Glute Bridge (1-sec hold at top) | 6 x 12-15 reps ea leg

Day 2 | Lower Focus

A1. Backpack Pistol Squat **OR** Chair Squat | 5 x 8-10 reps ea leg

A2. Close/Sumo Stance Air Squats + Jumps | 5 x 12 reps (6 close:6 sumo)

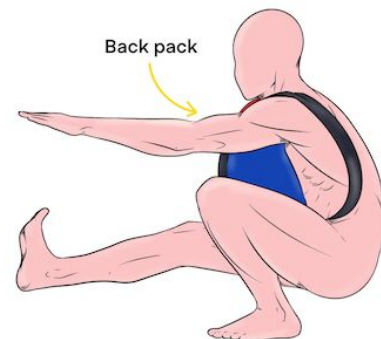
B1. Bulgarian Split Squat + Jump (*wear backpack*) | 6 x 10 reps ea leg

B2. Hamstring Slides / Single-Leg If Possible | 6 x 10 (5 ea leg if single)

C1. Butterfly Kicks | 6 x 30 kicks

C2. Side Plank | 6 x 55 sec-sec ea side

C3. Lateral Backpack Lunge | 6 x 8 ea leg



Day 3 | Full Body

A1. Table Inverted Row (3-sec lower, 2 sec hold at top) | 6 x 10 reps

A2. Plyo Push-Up Close to Wide Grip | 6 x 8 reps (1 close - 1 wide, repeat)

A3. Air Squat + Tuck Jump | 6 x 12 reps

B1. Single-Arm Assisted Push-Up | 6 x 4-6 reps ea side

B2. Rock and Roll Pistol Squat | 6 x 4-6 reps ea side

B3. Skull Crusher Against Table (3-sec lower, 1-sec pause) | 6 x 15 reps

C1. Sliding Floor Pull-Up | 5 x 6-8 reps

C2. Dips (use two chairs/supports side by side)| 5 x 10-12 reps

C3. Burpees + Tuck Jump | 5 x 15 reps



Pheasyque Lab Fitness Challenges

Perform these throughout your day if you're up for some extra challenges!

1. Commercial Break Challenge

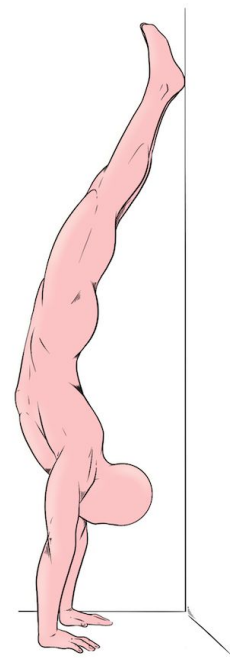
Watching TV? Great! Every time a commercial break comes on, perform one of the following for the duration of the commercial. Try to get as many rounds as possible!

Option A	Option B	Option C
Air Squats x 10 reps	Push-Up x 8 reps	Pistol to Couch x 6 reps (3/3)
Hollow Rocks x 5 rocks	Burpees x 3 reps	Plyo Push-Up x 4 reps

2. Five Minute Burner On the Hour!

Every hour, perform this 5-minute circuit to get your heart rate elevated and keep you moving!

1. Mountain Climbers x 10 reps
2. Inchworm to Push-Up x 5 reps
3. Air Squat x 8 reps
4. Jumping Lunge x 10 reps (5 ea leg)



3. Netflix and *Chill*...We Mean Move!

Watching Netflix, HBO, Hulu, or another series? Sweet, we hope you're enjoying it, but let's move a little. Perform the following for **three rounds** and rest as needed.

1. Jog In Place x 30-seconds
2. Air Squats + Straight Jump x 6 reps
3. Extended Plank to Shoulder Taps x 20 reps
4. Jumping Jacks x 20 reps
5. Push-Up x 8 reps

4. Push-Up Pump City (Advanced)

Want an advanced upper body fitness challenge to take on? Try this one out.

- Perform 100 push-ups in 4 minutes (take rest as needed)

Simple, right? Try this every other, or every third day and try to make it within 4-minutes!

