

THE BODYWEIGHT 200

This 12-station, 200-rep program burns fat and builds muscle—in about 60 minutes a week.

THE WORKOUT

- 1 Prisoner Squats (30 reps)
- 2 Pushups (30 reps)
- 3 Jumps (10 reps)
- 4 Swiss-Ball Leg Curls (10 reps)
- 5 Swiss-Ball Pikes (10 reps)
- 6 Stepups (20 reps)
- 7 Pullups or Chinups (5 reps)
- 8 Forward Lunges (30 reps)
- 9 Tucked-Elbow Pushups (20 reps)
- 10 Inverted Rows (15 reps)
- 11 Prisoner Squats (15 reps)
- 12 Chinups (5 reps)



Prisoner Squat

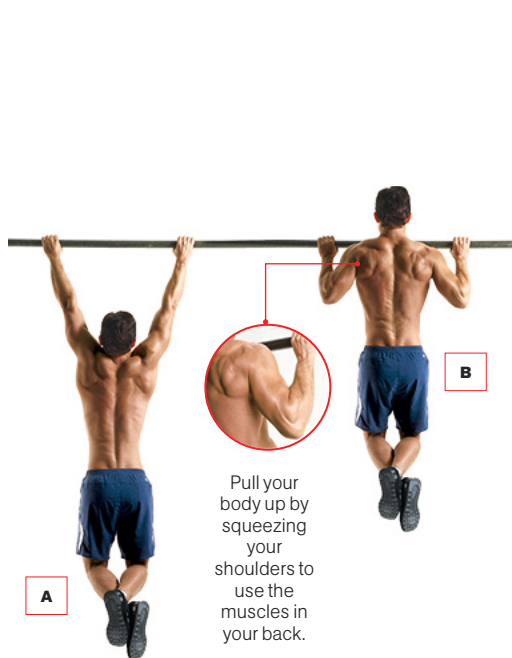
Stand with your hands behind your head, chest out, and elbows back [A]. Sit back at your hips and bend your knees to lower your body as far as you can without losing the natural arch of your spine [B]. Squeeze your glutes and push yourself back to the starting position.



Stepup

Holding your arms straight out in front of you, place one foot on a step or bench that's about 2 feet off the floor [A]. Push down through your heel to lift your other leg [B] and then return to the starting position. Complete all your reps with one leg before switching legs and repeating the movement.

► **DIRECTIONS** DO THIS WORKOUT 3 TIMES A WEEK—MONDAY, WEDNESDAY, AND FRIDAY, FOR EXAMPLE. PERFORM THE EXERCISES AS A CIRCUIT, DOING 1 SET OF EACH MOVEMENT FOR THE PRESCRIBED NUMBER OF REPETITIONS. COMPLETE THEM IN THE ORDER SHOWN IN THE CHART AT LEFT, WITHOUT RESTING BETWEEN EXERCISES. TOO EASY? REST FOR A MINUTE AND REPEAT THE CIRCUIT.



Pull your body up by squeezing your shoulders to use the muscles in your back.

Pullup or Chinup

Hang from the bar with your hands slightly wider than shoulder-width apart [A]. (Use an overhand grip for the pullup and an underhand grip for the chinup.) Pull your chin up past the bar [B] and then lower your body back down. If that's too hard, do negative chinups: Use a sturdy box or bench to boost your chin over the bar. Then lower your body as slowly as you can.

Drop your hips back to generate power and land on your toes before sinking into your heels.



Jump

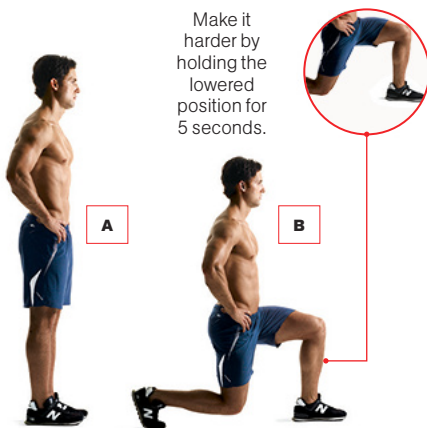
Stand with your feet shoulder-width apart. Now dip down at your hips and knees [A] and explode up [B], jumping as high as you can. Land as softly as you can and then lower yourself and repeat.



Keep your back flat and lower your body until you're about an inch off the floor.

Pushup

Assume a classic pushup position, with your back and legs straight and your hands beneath your shoulders [A]. Brace your abs and keep your body rigid. Now lower yourself until your chest almost touches the floor [B]. Then push yourself up until your arms are extended.



Make it harder by holding the lowered position for 5 seconds.

Forward Lunge

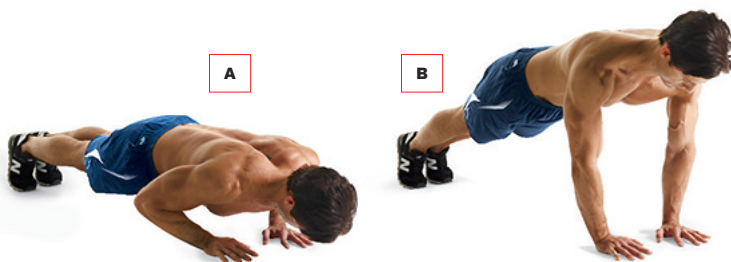
From a standing position **[A]**, take a large step forward with one leg. When your front thigh is parallel to the floor and your back knee is off the floor **[B]**, hold for 1 second. Return to the starting position and repeat with your other leg.



Drive your heels into the ball to lift your body and activate your hamstrings.

Swiss-Ball Leg Curl

Lie on the floor with your calves resting on a Swiss ball and your arms outstretched. Squeeze your glutes to raise your hips off the floor until your body is in a straight line from your shoulders to your ankles **[A]**. Pause for a second and then bend your legs to roll the ball toward your butt **[B]**. Straighten your legs to roll the ball away from you and then lower your body to the floor.



Tucked-Elbow Pushup

Assume a pushup position but keep your elbows tucked in against your sides as you lower yourself until your chest is about an inch off the floor **[A]**, then push yourself up **[B]**. To aid your form, place your hands closer than shoulder width, about 6 inches apart.

BY THE NUMBERS

236

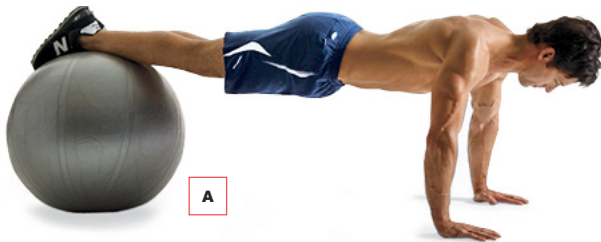
Average number of additional calories a person consumes on a Saturday compared with a weekday

9

Percentage by which a man's resting metabolism increases after six months of strength training

62

Percentage by which men cut their odds of developing Alzheimer's if they exercise twice a week or more, say Swedish scientists



Your toes should be on the top center of the ball to help maintain your balance.



Swiss-Ball Pike

Assume a pushup position with your feet and lower legs resting on a Swiss ball and your body in a line from your toes to your shoulders [A]. Keep your back straight as you contract your abs, raise your hips as high as you can, and roll the ball toward you [B]. For an easier version, pull your knees up to your chest without raising your hips.



Keep your upper arms close to your body and don't let your hips sag.

Inverted Row

Set a chinup bar at hip height inside a door frame. Lie underneath the bar with your heels on the floor and grab the bar, your hands 1 or 2 inches beyond shoulder-width apart [A]. Keeping your body in a straight line, pull your chest up to the bar using your back muscles [B]. Slowly lower yourself until your arms are straight.

12

Percentage by which aerobic capacity increases after 12 weeks of circuit weight training, according to Brazilian researchers

96

Percentage of peak muscle activation achieved by your biceps during a chinup, found a study in the *Journal of Strength and Conditioning Research*

1,500

Number of pushups performed every day by former Heisman Trophy winner and NFL running back Herschel Walker when he played football