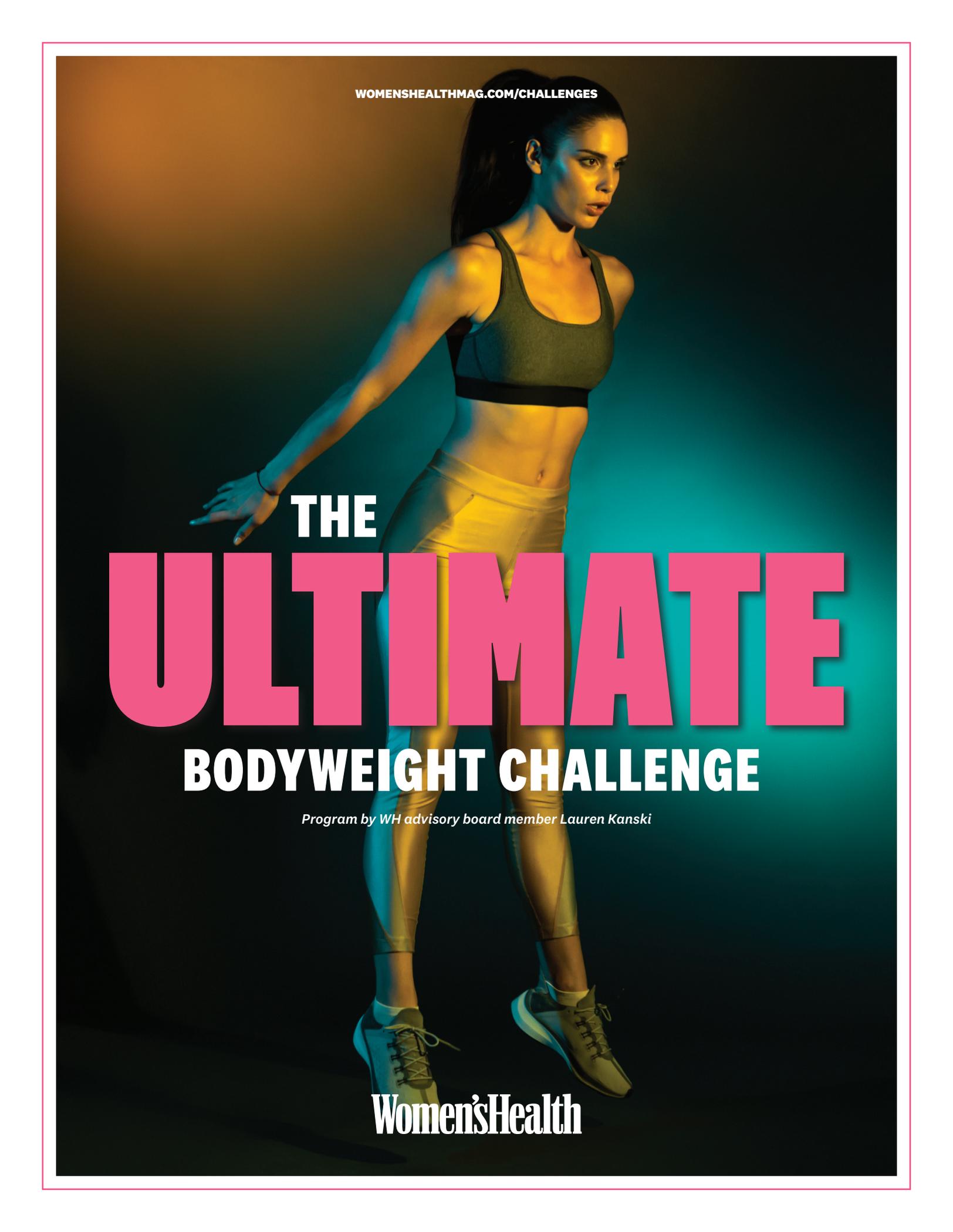


WOMENSHEALTHMAG.COM/CHALLENGES

A woman with long dark hair in a ponytail, wearing a dark green sports bra and light-colored leggings, is posing in a studio. The lighting is dramatic, with a warm orange glow on the left and a cool blue glow on the right. She is looking off to the side with a determined expression.

**THE**  
**ULTIMATE**  
**BODYWEIGHT CHALLENGE**

*Program by WH advisory board member Lauren Kanski*

**Women's Health**

# OFF YOU GO



Do each week's workout three times, ideally on nonconsecutive days. Choose one of two ways:

1

**MORE STRENGTH, LESS CARDIO**

Do three sets of each exercise (either the prescribed number of reps or for time), with 30 seconds of rest between moves. Then continue on to the next move.

2

**MORE CARDIO, LESS STRENGTH**

Perform the exercises as instructed and in order, one right after the next, as a circuit with minimal rest. (Loop through all of them three times.)

	MONDAY	TUE	WEDNESDAY	THUR	FRIDAY
WEEK ONE	<p><b>HIGH-PLANK</b> Hold for 30 seconds</p> <p><b>SUPERMAN WITH LEGS DOWN</b> 10-12 reps</p> <p><b>BILATERAL GLUTE BRIDGE</b> 10-12 reps</p> <p><b>FROG HOP</b> 10-12 reps</p> <p><b>SPLIT SQUAT</b> 10-12 reps. Then repeat on opposite side</p>	REST DAY	<p><b>HIGH-PLANK</b> Hold for 30 seconds</p> <p><b>SUPERMAN WITH LEGS DOWN</b> 10-12 reps</p> <p><b>BILATERAL GLUTE BRIDGE</b> 10-12 reps</p> <p><b>FROG HOP</b> 10-12 reps</p> <p><b>SPLIT SQUAT</b> 10-12 reps. Then repeat on opposite side</p>	REST DAY	<p><b>HIGH-PLANK</b> Hold for 30 seconds</p> <p><b>SUPERMAN WITH LEGS DOWN</b> 10-12 reps</p> <p><b>BILATERAL GLUTE BRIDGE</b> 10-12 reps</p> <p><b>FROG HOP</b> 10-12 reps</p> <p><b>SPLIT SQUAT</b> 10-12 reps. Then repeat on opposite side</p>
WEEK TWO	<p><b>INCLINE PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN WITH LEGS UP</b> 10-12 reps</p> <p><b>GLUTE BRIDGE HOLDS</b> Hold for 30 seconds</p> <p><b>SQUAT THRUST</b> 10-12 reps</p> <p><b>FORWARD LUNGE</b> 10-12 per side</p>	REST DAY	<p><b>INCLINE PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN WITH LEGS UP</b> 10-12 reps</p> <p><b>GLUTE BRIDGE HOLDS</b> Hold for 30 seconds</p> <p><b>SQUAT THRUST</b> 10-12 reps</p> <p><b>FORWARD LUNGE</b> 10-12 per side</p>	REST DAY	<p><b>INCLINE PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN WITH LEGS UP</b> 10-12 reps</p> <p><b>GLUTE BRIDGE HOLDS</b> Hold for 30 seconds</p> <p><b>SQUAT THRUST</b> 10-12 reps</p> <p><b>FORWARD LUNGE</b> 10-12 per side</p>
WEEK THREE	<p><b>PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 30 seconds</p> <p><b>MARCHING GLUTE BRIDGE</b> 10-12 reps</p> <p><b>STEP-UP</b> 10-12 per side</p> <p><b>SQUAT JUMP</b> 10-12 reps</p>	REST DAY	<p><b>PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 30 seconds</p> <p><b>MARCHING GLUTE BRIDGE</b> 10-12 reps</p> <p><b>STEP-UP</b> 10-12 per side</p> <p><b>SQUAT JUMP</b> 10-12 reps</p>	REST DAY	<p><b>PUSHUP</b> 10-12 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 30 seconds</p> <p><b>MARCHING GLUTE BRIDGE</b> 10-12 reps</p> <p><b>STEP-UP</b> 10-12 per side</p> <p><b>SQUAT JUMP</b> 10-12 reps</p>
WEEK FOUR	<p><b>PUSH ISOMETRIC HOLD</b> 5-6 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 45 seconds</p> <p><b>BROAD JUMP</b> 10-12 reps</p> <p><b>BURPEE</b> 10-12 reps</p> <p><b>SINGLE-LEG DEADLIFT</b> 10-12 per side</p>	REST DAY	<p><b>PUSH ISOMETRIC HOLD</b> 5-6 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 45 seconds</p> <p><b>BROAD JUMP</b> 10-12 reps</p> <p><b>BURPEE</b> 10-12 reps</p> <p><b>SINGLE-LEG DEADLIFT</b> 10-12 per side</p>	REST DAY	<p><b>PUSH ISOMETRIC HOLD</b> 5-6 reps</p> <p><b>SUPERMAN HOLD</b> Hold for 45 seconds</p> <p><b>BROAD JUMP</b> 10-12 reps</p> <p><b>BURPEE</b> 10-12 reps</p> <p><b>SINGLE-LEG DEADLIFT</b> 10-12 per side</p>

# WEEK ONE



▶ **HIGH PLANK**

Start at the top of a pushup with wrists under shoulders and feet together—you can separate them to make the move easier (A). Keep core engaged and tailbone tucked under. **Hold for 30 seconds. That's 1 set.**

▶ **SUPERMAN WITH LEGS DOWN**

Lie facedown with arms bent 90 degrees, elbows in line with shoulders, all four limbs and forehead on floor (A). Contract core and lift head, chest, and arms a few inches off floor (B). Keep neck neutral by gazing just past nose, and extend arms straight forward (C). Reverse motion to return to start. **That's 1 rep. Do 10 to 12.**



▶ **BILATERAL GLUTE BRIDGE**

Lie faceup with legs bent, feet hip-width apart and flat on floor about a foot from butt, ankles under knees (A). Contract core and lift hips (B). Pause, then lower back down. **That's 1 rep. Do 10 to 12.**



▶ **FROG HOP**

Start in a high plank with hands directly under shoulders and body forming a straight line from head to heels (A). Jump feet forward to just outside hands, coming into a low squat position (B). Jump back to start. **That's 1 rep. Do 10 to 12.**



▼ **SPLIT SQUAT**

Stand with legs staggered, right leg forward and left back, left heel high (A). Bring hands together in front of chest and lower body until both knees are bent 90 degrees (B), then return to start. **That's 1 rep. Do 10 to 12, then repeat on opposite side.**

# WEEK TWO



## INCLINE PUSHUP

Start in a plank with hands elevated on a chair, bench, or step (A). Bend arms to lower chest toward chair, elbows pointing 45 degrees away from sides, body in a straight line (B). Press back up to return to start.

**That's 1 rep. Do 10 to 12.**



## SUPERMAN WITH LEGS UP

Lie facedown with arms bent 90 degrees, elbows in line with shoulders, all four limbs and forehead on floor. Contract core and squeeze glutes to lift head, chest, arms, and legs a few inches off floor (A). Gaze just past nose and straighten arms (B). Reverse motion to return to start. **That's 1 rep. Do 10 to 12.**



## GLUTE BRIDGE HOLDS

Lie faceup with legs bent, feet flat on floor hip-distance apart, ankles under knees, and arms on floor at 45-degree angles away from body. Contract core and lift hips up (A). **Hold for 30 seconds. That's 1 set.**



## SQUAT THRUST

Stand with feet shoulder-width apart (A). Crouch down to put hands flat on floor in front of toes (B), then quickly jump feet back into a plank (C). Reverse movement to return to start. **That's 1 rep. Do 10 to 12.**



## FORWARD LUNGE

Start standing with feet shoulder-width apart (A). Then, take a big step forward with right foot and lower down into a lunge, stopping when both legs form 90-degree angles (B). Press through right foot to return to start. **That's 1 rep. Do 10 to 12 per side.**

# WEEK THREE



▶ **PUSHUP**

From a high plank, engage core and bend elbows at 45-degree angles from sides to lower body, keeping a straight line from head to heels (A). Pause at lowest point, then press back up to start. **That's 1 rep. Do 10 to 12.**

▶ **SUPERMAN HOLD**

Lie facedown with arms bent at 90 degrees and elbows in line with shoulders, all four limbs and forehead on floor. Contract core, squeeze glutes, and lift head, chest, arms, and legs a few inches off floor. Gaze just past nose to keep neck neutral, then extend arms straight forward (A). **Hold for 30 seconds. That's 1 set.**



▶ **MARCHING GLUTE BRIDGE**

Lie faceup with legs bent, feet flat on floor hip-distance apart, ankles under knees, and arms on floor by sides (A). Lift hips toward ceiling, keeping core engaged and pressing arms into floor for more stability (B). Raise left knee up over hip (C). Lower it back down, then repeat on opposite side. **That's 1 rep. Do 10 to 12.**

▶ **STEP-UP**

Begin standing in front of a stair or box with hands on hips (A). Put right foot flat on top of elevated surface (B), then transfer weight into it in order to bring left foot up (C) and rest it next to right. Reverse movement to return to start. **That's 1 rep. Do 10 to 12 per side.**



▶ **SQUAT JUMP**

Stand with feet shoulder-width apart (A), then lower into a squat (B) and jump up into air (C). Land gently back in squat. **That's 1 rep. Do 10 to 12.**

# WEEK FOUR



## ▶ PUSHUP ISOMETRIC HOLD

Start in a high plank, then bend elbows to lower down as far as possible while keeping body in a straight line from head to heels (A). Hold for three counts, then press back up to return to start. **That's 1 rep. Do 5 or 6.**

## ▶ SUPERMAN HOLD

Lie facedown with arms bent 90 degrees, elbows in line with shoulders, all four limbs and forehead on floor. Engage abs and squeeze glutes to lift head, chest, arms, and legs a few inches off floor. Gaze just in front of nose to keep neck neutral, and extend arms straight forward (A). Hold for 45 seconds. **That's 1 set.**



## ▼ SINGLE-LEG DEADLIFT

Stand with weight on left leg and arms by sides. Hinge forward at hips to simultaneously lower upper body toward floor while lifting right leg into the air until both are parallel to ceiling and body forms a T shape; extend arms straight down in line with shoulders for extra balance and stability (A). Slowly return to start. **That's 1 rep. Do 10 to 12 per side.**



## ▼ BROAD JUMP

Stand with feet under shoulders, knees bent, hips pushed back, and arms extended behind body (A). Use momentum to jump as far forward as possible, bringing hands to clasp in front of chest (B). Land gently in a shallow squat (C). **That's 1 rep. Do 10 to 12.**



## ▶ BURPEE

Stand, then swing arms overhead and jump a few inches into the air (A). Land softly, then immediately fold forward to place palms on floor (B) and hop feet back into a high plank (C). Reverse movement to return to start. **That's 1 rep. Do 10 to 12.**



  
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You've got this!