

30 BODYWEIGHT WORKOUT CARDS

PRINT • SHUFFLE • TRAIN



30 UNIQUE
WORKOUTS



BEGINNER &
INTERMEDIATE



NO GYM
REQUIRED



PRINT &
SHUFFLE



REAL STRENGTH ★ REAL FITNESS ★ REAL LIFE

WORKOUT OF THE DAY

30 PRINTABLE BODYWEIGHT WORKOUT CARDS

HOW TO USE

1. Print the cards and cut them out.
2. Shuffle the deck.
3. Pick a card at random.
4. Complete the workout.
5. Repeat daily or whenever you need a quick, effective training session.

TRAINING GUIDELINES

- Complete each circuit for the number of rounds shown on the card.
- Perform the exercises in the order listed.
- Rest only when necessary.
- Adapt the workouts to suit your current fitness level.
- Focus on good technique rather than speed.

VARIETY & PROGRESSION

These cards are designed to be flexible.

You can:

- Complete the workout exactly as written.
- Increase or decrease the repetitions.
- Add extra rounds.
- Turn a workout into an AMRAP (As Many Rounds As Possible) in a set time.
- Use a ladder format by increasing repetitions each round, (1,2,3,.....10etc).
- Use a descending ladder by reducing repetitions each round (20, 19, 18.....1 etc).
- Turn a workout into a timed circuit.
- Challenge yourself to complete the workout in the shortest time possible.

The goal is simple:

- Stay consistent.
- Train regularly.
- Build strength, fitness and discipline over time.

REAL STRENGTH.

REAL FITNESS.

REAL LIFE.

Workout #01
Beginner

10 Squats
10 Lunges
10 Press Ups
20 Mountain Climbers

5 x Rounds

Workout #02
Beginner

10 Press Ups
20 Lunges
10 Press Ups
30 Second Plank

5 x Rounds

Workout #03
Intermediate

10 Burpees
10 Lunges
10 Press Ups
10 Body Rows
10 Crunches

5 x Rounds

Workout #04
Intermediate

Press Ups
Body Rows
Squats

1st round 45 seconds each exercise
2nd round 30 seconds each exercise
3rd round 20 seconds each exercise
4th round 15 seconds each exercise

Workout #05
Beginner

5 Burpees
20 Jumping Jacks
5 Burpees

5 x Rounds

Workout #06
Beginner

3 Pull Ups
10 Press Ups
15 Crunches
20 Squats

5 x Rounds

Workout #07
Intermediate

Press Ups
Sit Ups
Body row
Squats

Tabata (you will perform two circuits in a 4 minute tabata).
Perform two tabatas

Workout #08
Intermediate

10 Press Ups
10 Sit Ups
10 Jumping Squats

Perform the routine as many times
as possible in 20 minutes

Workout #09
Beginner

10 Burpees
10 Crunches
10 Press Ups
10 Body Rows

5 x Rounds

Workout #10
Beginner

10 Lunges
10 Squat Thrusts
10 Tricep Dips
10 Crunches

5 x Rounds

Workout #11
Intermediate

**8 Burpees on the minute every
minute for 10 minutes**
Rest
3 x ladder of 5 Pull Ups

Perform the burpees first then
finish with the ladders

Workout #12
Intermediate

80 Bastards

Perform them as quickly as
possible. Aim for less than ten
minutes

Workout #13
Beginner

15 Cycles
20 Mountain Climbers
20 Squat thrusts
10 Body Rows

5 x Rounds

Workout #14
Beginner

10 Press ups
10 Squats
10 Tricep Dips
10 Crunches

Perform the routine as many times
as possible in 15 minutes

Workout #15
Intermediate

20 Kick Through's
10 Leg Raises
10 Dive Bombers
10 Body Rows

5 x Rounds

Workout #16
Intermediate

5 Decline Press Ups
5 Incline Press Ups
5 Tricep Dips
(Twice through is 1 set)
30 Squats
Ladder of 5 Pull Ups

Perform the circuit 3 times

Workout #17
Beginner

Incline Press Ups
Squat Thrusts
Jumping Jacks
Crunches

Perform each exercise for 20
seconds. 2 minutes rest for 5 rounds

Workout #18
Beginner

20 Cycles
30 Second Plank
15 Press Ups
30 Second Plank
20 Star Jumps

5 x Rounds

Workout #19
Intermediate

20 Jumping Squats
20 Mountain Climbers
20 V Sits
3 Pull Ups
10 Close hand Press Ups

5 x Rounds

Workout #20
Intermediate

2 x Ladder of 5 Pull Ups
10 down to 1 Press Ups
3 x 30 Squats
3 x 15 Kneeling Wheel Outs

Perform the whole circuit once through.

Workout #21
Beginner

Press Ups
Cycles
Squats
Body Rows

1st round 30 seconds
2nd round 25 seconds
3rd round 20 seconds
4th round 15 seconds
5th round 10 seconds

Workout #22
Beginner

20 Jumping Jacks
15 Squats
10 Crunches
5 Press Ups

Perform the circuit as many times as possible in 20 Minutes

Workout #23
Intermediate

10 press ups
Jog 10 Meters
10 Sit ups
Jog 10 Meters
9 press Ups

Continue working down to 1 press up and 1 sit up

Workout #24
Intermediate

10 Close Hand Press Ups
1 Minute Plank
20 Jumping Squats
Ladder of 5 Pull Ups

5 x Rounds

Workout #25
Beginner

10 Kneeling Wheel Outs
10 Kick Throughs
10 Star Jumps
5 Dive Bombers

5 x Rounds

Workout #26
Beginner

10 Kick Throughs
10 Tuck Jumps
10 Burpees
Ladder of 3 Pull Ups

5 x Rounds

Workout #27
Intermediate

10 Bastards
Jog 10 Meters
10 Crunches
Jog 10 Meters
9 Bastards

Work down to 1.
Eg. 10,9,8,7.....1

Workout #28
Intermediate

10 Tuck Jumps
10 Squat Thrusts
10 Mountain Climbers
10 Jumping Squats
3 x Ladders of 5 Pull Ups
Perform 5 Rounds of the leg
workout then finish with the 3
ladders

Workout #29
Beginner

Tabata 1

Press Ups
Body Rows

Tabata 2

Squats
Sit Ups

Perform Tabata 1 then Tabata 2.
Repeat for 3 rounds

Workout #30
Beginner

Press Ups
Kick throughs
Body Rows
Squats

5 Rounds. 20 seconds per exercise.
no rest between exercises. rest only
between rounds