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Chapter 1

Introduction

Mode Bodyweight Challenges is a collection of fat-burning workouts that use your own bodyweight as resistance, and therefore do not require any exercise equipment.

The workouts in the Mode Bodyweight Challenges book follow a format involving performing a total number of repetitions in as little time as possible (also in as few sets as possible).

These type of “challenge” workouts are designed to motivate you to give maximum effort and take your fitness to new levels.

Work hard, never quit, most importantly believe in yourself, and you **will** succeed.

I look forward to hearing about your success.

Sincerely,

Mike Roulston

Mike Roulston, CPT

Author, [Mode Workouts](#)

Owner, [Mode Boot Camp](#)

Chapter 2

Workout Guidelines

Warming up with cardio before these workouts is optional, as the bodyweight workouts are safe to jump right into and increase the intensity as you go along.

All of the circuits in the Mode Bodyweight Challenges are done in a non-competing exercise order, meaning you don't work the same muscle groups back-to-back during the workout. This should allow you to give near maximum effort each exercise because you'll always have time to rest between exercises that use the same muscle or groups of muscles.

Focus on performing each repetition smoothly throughout a complete range of motion. Do not sacrifice proper form in order to complete the challenges faster.

As you build up your fitness and improve your ability to perform the exercises in these workouts, you will be able to complete the workouts faster and in less time.

Chapter 3

Mode Bodyweight 100 Challenge

In the Mode Bodyweight 100 Challenge, you will be completing 100 repetitions of various bodyweight exercises. The goal of this workout is to complete the 100 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

Mode Bodyweight 100 Challenge

- | | |
|------------------------|------------------------|
| 1) Prisoner Squat | (20 reps) |
| 2) Pushups | (20 reps) |
| 3) Lying Hip Extension | (20 reps) |
| 4) Close-Grip Pushups | (20 reps) |
| 5) Split Squat Jumps | (20 reps) ¹ |

¹ Performing one jump equals one repetition. So 20 repetitions involves 10 split squat jumps per side. Remember to alternate sides each repetition.

Chapter 4

Mode Bodyweight 250 Challenge

In the Mode Bodyweight 250 Challenge, you will be completing 250 repetitions of various bodyweight exercises. The goal of this workout is to complete the 250 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

Mode Bodyweight 250 Challenge	
1) Bulgarian Split Squat	(20 reps per leg)
2) Pushups	(35 reps)
3) Prisoner Squat	(35 reps)
4) Close-Grip Pushups	(35 reps)
5) Lying One-Leg Hip Extension	(20 reps per leg)
6) Abdominal Mountain Climber	(20 reps per leg) ¹
7) Burpees	(25 reps)

¹ Moving one leg forward, and then returning to the starting position equals one repetition. Perform 40 total repetitions, alternating legs each repetition.

Chapter 5

Mode Bodyweight 400 Challenge

In the Mode Bodyweight 400 Challenge, you will be completing 400 repetitions of various bodyweight exercises. The goal of this workout is to complete the 400 repetitions quickly, but not at the expense of proper form. Perform each repetition properly, in good form, in as few sets as possible (i.e. taking as few breaks as possible during each exercise).

Mode Bodyweight 400 Challenge	
1) Bulgarian Split Squat Jumps	(25 reps per leg)
2) Spiderman Pushups	(50 reps) ¹
3) Prisoner Squat	(50 reps)
4) Close-Grip Pushups	(50 reps)
5) Reverse Side Lunges	(25 reps per leg)
6) Lying One-Leg Hip Extension	(25 reps per leg)
7) Cross-Body Mountain Climber	(50 reps) ²
8) Burpee + Pushup	(50 reps)

¹ Each pushup equals one repetition. Perform 25 repetitions bringing your right knee towards your right elbow, and 25 repetitions bringing your left knee towards your left elbow. Make sure to alternate sides each repetition.

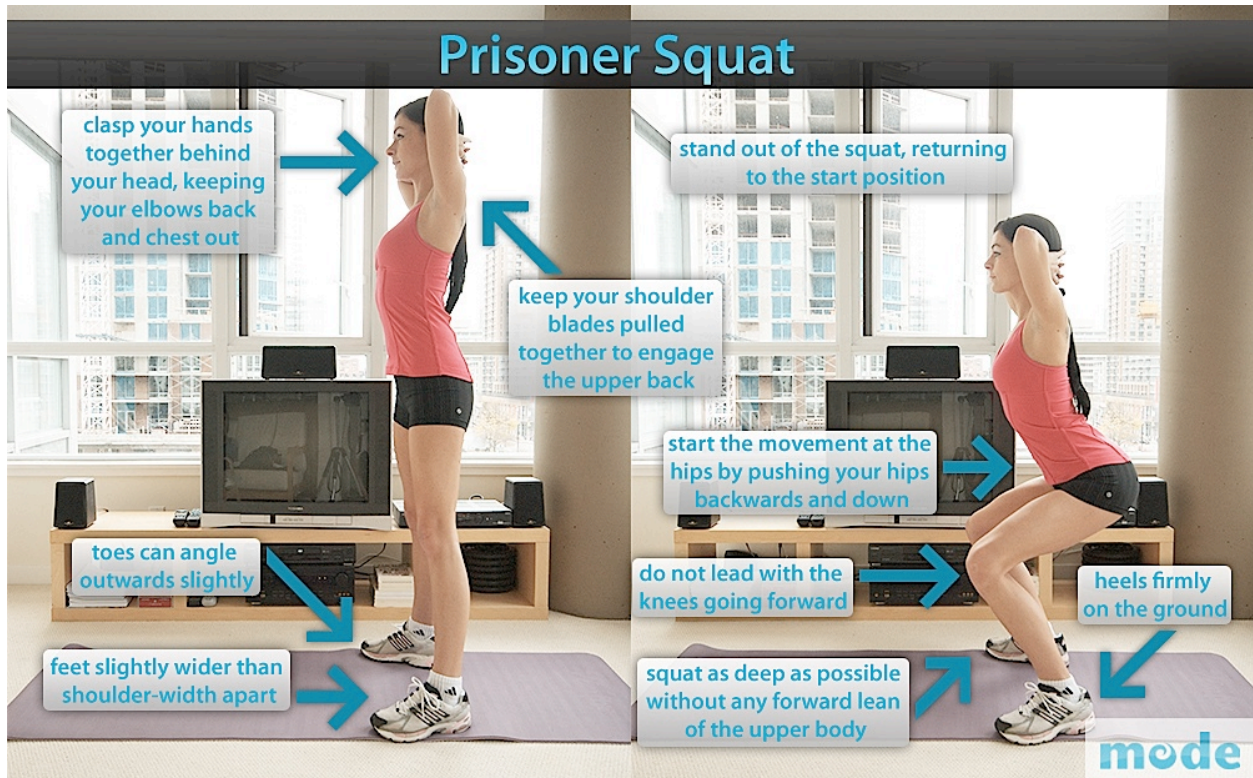
² Moving one leg forward, and then returning to the starting position equals one repetition. Perform 50 total repetitions, alternating legs each repetition.

Chapter 6

Exercise List

Disclaimer:

You must have a Certified Personal Trainer (CPT) provide you with instruction on correct form for all exercises.



Y Squat

keep your shoulder blades pulled together to engage the upper back

hold your hands overhead in a "Y" formation throughout the entire exercise

stand out of the squat, returning to the start position

start the movement at the hips by pushing your hips backwards and down

do not lead with the knees going forward

toes can angle outwards slightly

heels firmly on the ground

squat as deep as possible without any forward lean of the upper body

feet slightly wider than shoulder-width apart

mode

Split Squat Jumps

hands on your hips

split stance

lower your body until your front thigh is parallel to the ground

front knee bent at approximately 90 degrees

back knee should also be bent at approximately 90 degrees

repeat with the opposite stance, returning to the beginning split squat position, and continue to alternate throughout the exercise

explosively jump out of the split squat, switching your leg placement while you're in the air, landing in the opposite stance

mode

Bulgarian Split Squat

hold your arms out to the sides for balance

perform all the reps for one leg and then switch to the other leg

step forward with your front foot so that your back leg is stretched out behind you

stand out of the split squat with your front leg

place the toes of one foot on a bench (or chair, or any other suitable platform)

lower your body until your front thigh is parallel to the ground (or as close to that position as you can comfortably go)

mode

Bulgarian Split Squat Jumps

hold your arms out to the sides for balance

lower your body until your front thigh is parallel to the ground (or as close to that position as you can comfortably go)

land softly into the starting position and repeat until you've completed all your repetitions

back leg stays anchored on bench

front leg lifts off the mat

step forward with your front foot so that your back leg is stretched out behind you

explosively jump up out of the split squat with your front leg

perform all the reps for one leg and then switch to the other leg

mode

Reverse Side Lunge

you will push slightly with the back leg, but the back leg will be used more for balance than for pushing out of the lowered position

return to the starting position and repeat with right leg, and continue alternating legs throughout the exercise

stand out of the lowered position by pushing up with your front leg

with your left leg, step back and across your body to the side

lower your body until the thigh of your front leg is approximately parallel to the ground

feet shoulder width apart

your left leg should move across and outside of your anchored leg

mode

Lying Hip Extension

knees bent, shins perpendicular to the ground

slowly lower down to the starting position, but stop just short of your butt touching the ground (hips should be off the ground throughout the exercise)

extend your hips upwards

keep your core engaged throughout the exercise

lie on your back on a mat

mode

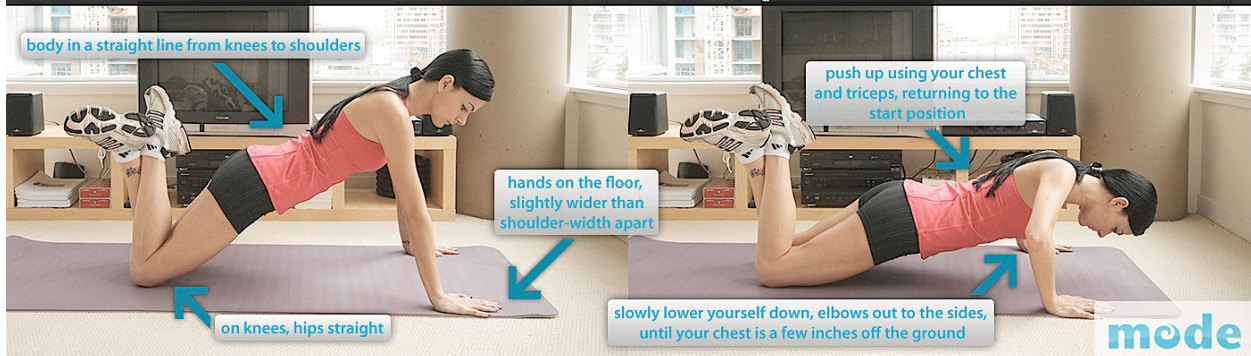
One-Leg Lying Hip Extension

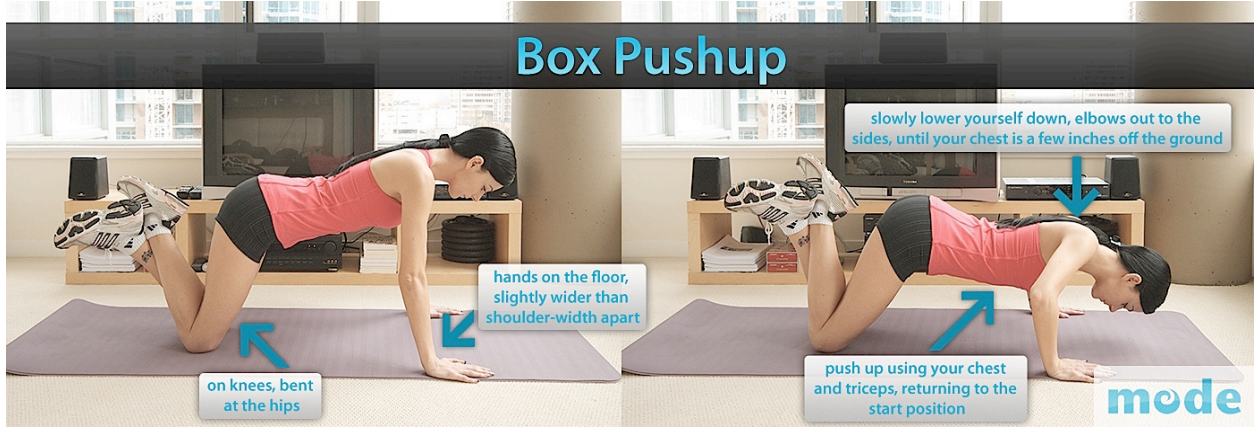


Pushup

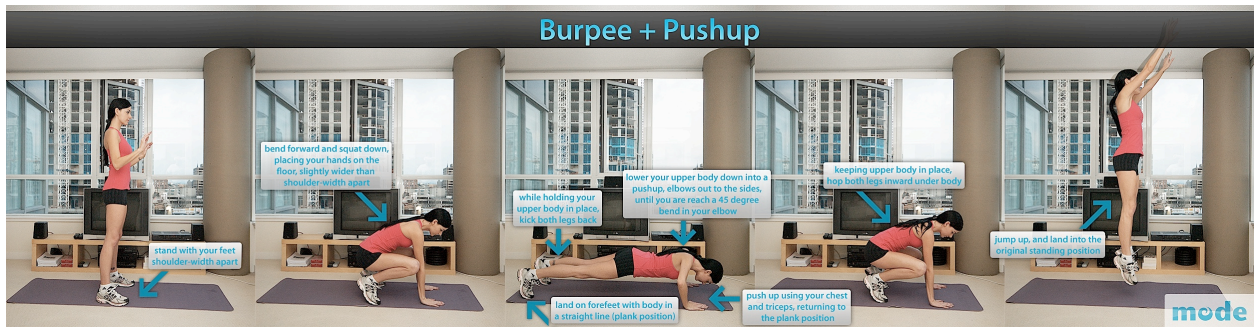
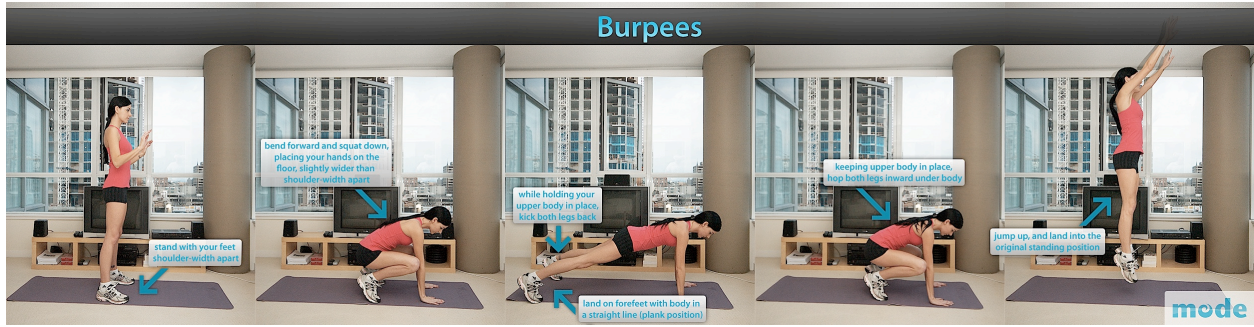


Knee Pushup





MODE BODYWEIGHT CHALLENGES



Chapter 7

About The Author

My name is Mike Roulston and I'm a certified personal trainer, author of Mode Workouts, and owner of Mode Boot Camp, the most popular and effective group exercise program in Vancouver, BC.

My cutting-edge group exercise program has been designed specifically for men and women who want maximum fat-loss results in minimum time, and do not want to have to go to the gym to achieve those results. You can now experience my popular boot camp workouts anywhere with Mode Workouts.



I have been involved with the fitness industry for over 15 years, and I have studied in painstaking detail what it takes to achieve aesthetic and functional results from exercise.

In the spring of 2008, I was chosen by Nike to run my successful exercise programs for hundreds of their clients at their Coal Harbour facility in downtown Vancouver

I am more passionate about fitness and exercise than likely anyone you've met or trained with in the past, and I am 100% committed to helping you achieve all of your fitness goals, and to making sure that you have as much fun as possible in the process.

Sincerely,

Mike Roulston

Mike Roulston, CPT
Author, [Mode Workouts](#)
Owner, [Mode Boot Camp](#)

Chapter 8

Resources

www.ModeWorkouts.com - Cutting-edge portable workout program designed to help men and women achieve maximum fat loss in minimum time. Workout program is based around exercises utilizing inexpensive by highly effective resistance bands.

blog.ModeWorkouts.com - Mike's blog dedicated to time-efficient fat-burning workouts that can be performed anywhere.

www.ModeBootCamp.com - Mike's outdoor exercise program run in Vancouver, BC. Launched in the spring of 2008, it is now the most popular and fastest growing group exercise program in Vancouver.

blog.ModeBootCamp.com - Mike's blog dedicated to his outdoor exercise program run in Vancouver, BC.