

**DF DRIVE
FITNESS**

3 WEEK

**BODY JUMP
WEIGHT START**

5 workouts each week including
circuit training & high intensity
interval training

3 levels of intensity to suit your fitness
level & training experience

Complete exercise instruction manual
including photos & options to make
exercises easier

Record sheet to record results &
monitor your progress every session

What is the 3 Week Body Weight Jump Start?

The Drive Fitness 3 Week Body Weight Jump Start is a body weight only training program focusing on the 5 basic body weight movements; push ups, squats, body rows, lunges & sit ups. Each week of the program includes 5 training sessions which are to be completed for 3 weeks minimum. Following completion of the 3 weeks you can repeat the program on the same level of intensity or increase to the next level if you feel capable of doing so. The program can be repeated as many times as you like to form a program of 6, 9, 12 or more weeks. Each training week includes circuit training, high intensity interval training & continuous training sessions to achieve great fitness, strength & weight control results.

What level of fitness do I need to have before starting?

The Drive Fitness 3 Week Body Weight Jump Start has 3 levels of intensity making it easily scalable to your level of fitness, strength & training experience. It's great for getting started with exercise (level 1), stepping up the intensity of your training (level 2) and for a real challenge if you're ready (level 3). Each exercise instruction page includes details on how you can scale down the exercise to make the movements more manageable if required.

Why does the program only use body weight exercises?

The 3 Week Body Weight Jump Start program uses body weight training only for the following reasons.

- Body weight training is great for building strength, fitness, core strength & joint stability.
- You can complete the program anywhere and you don't need any equipment.
- You can easily scale up or down the program to suit your level of fitness, strength & training experience.
- You can complete the exercises safely without a spotter.

When should I use it?

The 3 Week Body Weight Jump Start is;

- The perfect companion workout for use in combination with 1-3 personal training, group training or boot camp sessions each week.
- A handy travel workout to take with you on holidays or works trips where equipment may not be available.
- A great program for someone getting started with exercise for the first time or after a break from training.

How do I implement the program?

Choose the most appropriate level of intensity based on your level of fitness, strength and training experience. Complete all 5 sessions of the training week in order within a 7 day period choosing any 2 days of the week as rest days – a full training week will include 5 training days and 2 rest days. Follow the program for 3 weeks recording your progress as you go on the results sheet. After you've completed the 3 weeks you can repeat at the same level of intensity or progress to the next level if you feel capable.

What do I need to do before getting started?

- Seek medical clearance from your doctor to ensure the 3 Week Body Weight Jump Start is suitable for you.
- Always check your training area and any training equipment to ensure that it's safe to use.
- Before and after every training session complete the dynamic warm up & cool down as a minimum and seek advice from a personal trainer to ensure your warm up and cool down is appropriate and adequate for you.

Level 1: I'm ready to get started with exercise

Session 1

20 seconds work alternating with 30 seconds recovery repeated for 4 sets of each exercise before moving on to the next exercise. Rest for 1 minute between exercises.

- Push Ups
- Squats
- Body Row
- Lunges
- Sit Ups

Session 2

20 minutes continuous activity working at a consistent intensity.

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 3

9 reps of each exercise completed in order for as many reps and sets as possible in 9 minutes.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Session 4

1 minute working at a high intensity alternating with 1 minute recovery at an easy-moderate intensity repeated for 5 sets (10min).

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 5

25 reps of each exercise completed in full and in order before moving on to the next exercise.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Level 2: I'm ready to step up the intensity of my training

Session 1

20 seconds work alternating with 20 seconds recovery repeated for 6 sets of each exercise before moving on to the next exercise. Rest for 1 minute between exercises.

- Push Ups
- Squats
- Body Row
- Lunges
- Sit Ups

Session 2

40 minutes continuous activity working at a consistent intensity.

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 3

12 reps of each exercise completed in order for as many reps and sets as possible in 12 minutes.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Session 4

1 minute working at a high intensity alternating with 1 minute recovery at an easy-moderate intensity repeated for 10 sets (20min).

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 5

50 reps of each exercise completed in full and in order before moving on to the next exercise.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Level 3: I'm ready for a challenge

Session 1

20 seconds work alternating with 10 seconds recovery repeated for 8 sets of each exercise before moving on to the next exercise. Rest for 1 minute between exercises.

- Push Ups
- Squats
- Body Row
- Lunges
- Sit Ups

Session 2

60 minutes continuous activity working at a consistent intensity.

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 3

15 reps of each exercise completed in order for as many reps and sets as possible in 15 minutes.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Session 4

1 minute working at a high intensity alternating with 1 minute recovery at an easy-moderate intensity repeated for 15 sets (30min).

- Walk, run, ride, row, swim or other cardio based activity.
- Start & finish with 3 minutes easy to moderate intensity.

Session 5

100 reps of each exercise completed in full and in order before moving on to the next exercise.

- Push Ups
- Lunges
- Body Row
- Squats
- Sit Ups

Dynamic Warm Up & Cool Down

Arms Across

- Complete for 30 seconds.
1. Stand up straight with your hips and knees slightly bent, keep your arms slightly bent & maintain a neutral spine.
 2. Swing both your arms across the body crossing over at chest height as far as you can go comfortably.
 3. Swing your arms back out to the side at chest height as far as you can go comfortably.



Arms Through

- Complete for 30 seconds.
1. Stand up straight with your hips and knees slightly bent, keep your arms slightly bent & maintain a neutral spine.
 2. Swing one arm up keeping it as close to your head as possible until it's pointing straight up.
 3. Swing the other arm down keeping it as close to your hips as possible until it's pointing straight down and continue to alternate arms.



Dynamic Warm Up & Cool Down

Legs Across

- Complete for 30 seconds.
1. Stand up straight with your hips and knees slightly bent while holding something front on for balance.
 2. Swing one leg across the body then back out to the side as far as you can go comfortably while keeping the other leg firmly planted on the ground.
 3. Keep the swinging leg slightly bent throughout the movement.



Legs Through

- Complete for 30 seconds.
1. Stand up straight with your hips and knees slightly bent while holding something side on for balance.
 2. Swing one leg forward in front of the body then back behind the body as far as you can go comfortably while keeping the other leg firmly planted on the ground.
 3. Keep the swinging leg slightly bent throughout the movement.



Push Up



Setting

1. Position your hands flat on the ground just wider than shoulder width with your wrists angled in a way that's comfortable for you.
2. Position your feet side by side no greater than shoulder width apart with balls of feet on the floor.
3. Lock out your knees and elbows so your legs and arms are straight.
4. Brace your abs & maintain a neutral spine.

Performing

1. Lower your body by bending your elbows until your chest and hips (but not your knees or face) touch the floor.
2. Push your body up to the starting position by extending your elbows to lock out.
3. Keep your elbows in near the side of the body, maintain fully extended knees, braced abs and neutral spine throughout the movement.

Scaling Down

1. Drop your knees the floor and position them side by side no wider than hip width.
2. Lower only as low as you can go comfortably rather than down to the floor.

Squat



Setting

1. Position your feet on the ground just wider than hip width with your toes pointing slightly out.
2. Stand up straight with your hips and knees fully extended chest up and shoulders back.
3. Brace your abs & maintain a neutral spine.

Performing

1. Bend your knees and hips until your hip crease is level with or lower than your knee crease.
2. Keep your chest up tall, shoulders back and heels firmly planted on the ground throughout the movement.
3. Stand back up to the starting position with fully extended knees and hips.
4. Ensure the knees track in line with the toes, not inside or outside.

Scaling Down

1. Position a bench or a seat behind you and sit down before standing back up.
2. Squat only as low as you can go comfortably rather than down to hip crease level with knee crease.

Body Row



Setting

1. Hang under a bar (or something similar) that allows your shoulders to be just off the ground.
2. Firmly grip the bar just outside shoulder width with your hands directly above your shoulders.
3. Position your feet side by side no greater than shoulder width apart with heels on the floor.
4. Lock out your knees and elbows so your legs and arms are straight.
5. Brace your abs & maintain a neutral spine.

Performing

1. Pull your body up by bending your elbows until your chest touches the bar.
2. Lower your body down to the starting position by extending your elbows to lock out.
3. Keep your elbows in near the side of the body, maintain extended knees, braced abs and neutral spine throughout the movement.

Scaling Down

1. Move your feet in closer to your body but no further than 90 degrees at the knees.
2. Pull up only as far as you can go comfortably rather than chest to the bar.

Lunge



Setting

1. Position your feet on the ground side by side no wider than hip width with toes pointing straight ahead.
2. Stand up straight with your hips and knees fully extended, chest up and shoulders back.
3. Brace your abs & maintain a neutral spine.

Performing

1. Step back behind the body and plant the ball of the foot firmly on the ground.
2. Lower your back knee until it lightly touches the ground.
3. Stand back up to the starting position with fully extended knees and hips and feet side by side.
4. Repeat the movement with the other leg.
5. Keep your chest up tall, shoulders back and front heel firmly planted on the ground throughout the movement.
6. Ensure the back knee tracks in line with the toes.

Scaling Down

1. Hold onto something to help balance.
2. Lower your back knee only as low as you can go comfortably rather than down to the floor.

Sit Up



Setting

1. Lay on your back with your shoulders resting on the floor, knees bent and feet flat on the ground.
2. Position your feet side by side no wider than hip width with toes pointing straight ahead.
3. Position your fingertips behind your ears but don't grab your neck.
4. Brace your abs & maintain a neutral spine.



Performing

1. Sit up until your chest reaches your thighs.
2. Keep your feet flat on the ground and your fingertips resting behind your ears throughout the movement.
3. Lower back to your starting position until shoulders touch the ground.
4. Maintain braced abs and neutral spine throughout the movement.



Scaling Down

1. Anchor your feet to the ground by positioning them under something.
2. Sit up only as far as you can go comfortably rather than up to thighs.

Results Sheet

	Week 1	Week 2	Week 3
Session 1 Record your total reps for each exercise individually and the total reps for the session.	Date: Result:	Date: Result:	Date: Result:
Session 2 Record total time & distance.	Date: Result:	Date: Result:	Date: Result:
Session 3 Record your total number of completed rounds and total reps for the session.	Date: Result:	Date: Result:	Date: Result:
Session 4 Record total time & distance.	Date: Result:	Date: Result:	Date: Result:
Session 5 Record total time taken to complete all reps.	Date: Result:	Date: Result:	Date: Result: