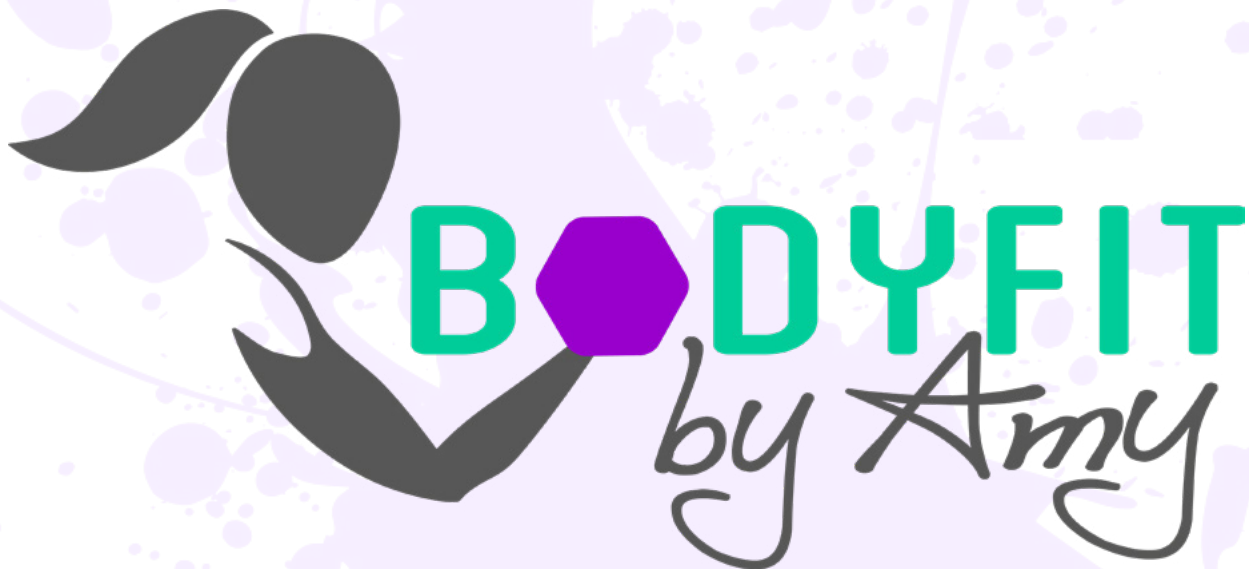


SCHEDULE



3 DAYS A WEEK NO EQUIPMENT PROGRAM

A **streamlined** four week schedule using no equipment workouts from the BodyFit by Amy YouTube channel to get you lean, strong, and sculpted.

3 DAYS A WEEK NO EQUIPMENT PROGRAM

welcome!

In this 4 Week Program, we'll train your entire body for both strength and cardio, in just 3 bodyweight workouts a week! All you need is a little space to move and a mat or soft space for floor work.

how to use this guide

This program features 3 full body bodyweight workouts each week, with the option of a fourth Bonus Workout, and a Weekly 10 Minute Bonus Burn Workout (an optional workout that can be added on to any or all days that week). Each workout features both low and high impact options, so work to your level and take breaks as needed. Workouts will increase in time and intensity as the weeks progress, but as the workouts get more challenging, you will be getting stronger and more fit! Let's do it!

day 1	day 2	day 3	bonus workout	bonus burns
21 mins NO EQUIPMENT ARMS & 5 MIN CARDIO	20 mins LOWER BODY BLAST	20 mins CARDIO AND ABS	20 mins CARDIO HIIT	10 mins 10 MIN CARDIO TABATA
25 mins BEACH BODYWEIGHT	25 mins CARDIO CORE & 5 MINUTE PILATES	26 mins BODYWEIGHT BURN	20 mins BODYWEIGHT TABATA	10 mins STANDING ABS
25 mins BODYWEIGHT HIIT	26 mins STANDING CARDIO CORE	30 mins NO EQUIPMENT, NO PROBLEM	23 mins STANDING PILATES CARDIO	10 mins 10 MINUTE BOOT CAMP
28 mins BODYWEIGHT PYRAMID	32 mins BOX AND BURN	30 mins BODYWEIGHT BLAST	34 mins CARDIO PYRAMID	10 mins 10 MINUTE BODYWEIGHT BURN

If you are newer to exercise, please check out my [Beginner's Guide to Fitness](#) and [Beginner/Low Impact Videos](#).

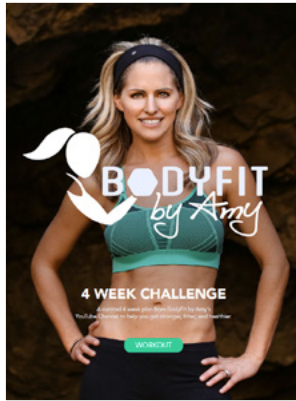
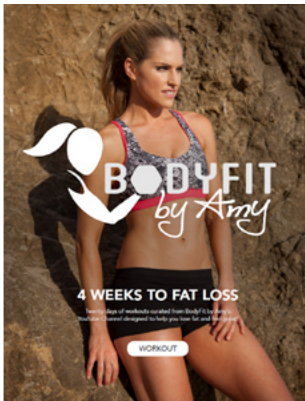


3 DAYS A WEEK NO EQUIPMENT PROGRAM

additional info

Need more structure?

Check out our full ebook programs, complete with four weeks of workouts, daily tips, form and function help, and more!



How's your nutrition?

You've heard it before. When it comes to weight loss or overall health, **you need both exercise AND diet.** Stay healthy with our comprehensive nutrition guide!



Share your success

Be sure to follow @BodyFitbyAmy on Facebook, Instagram and Twitter and share your success with others using the hashtags #bodyfitbyamy and #BBA4week.

Make sure to tag @BodyfitbyAmy, so I can connect with you and follow your transformation!



Join our private Facebook group

Take advantage of [BodyFit by Amy's Facebook group](#). Connect with me and friends for program support. Ask questions, share stories and tips. I can't wait to hear from you!

DISCLAIMER: THIS PROGRAM (3 DAYS NO EQUIPMENT) AND ITS ASSOCIATED CONTENT ARE FOR INFORMATIONAL PURPOSES. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, PLEASE MAKE SURE YOU HAVE BEEN CLEARED BY A DOCTOR FOR EXERCISE. IF YOU ARE UNSURE WHETHER YOU SHOULD FOLLOW THE GUIDELINES OR WORKOUTS IN THIS EBOOK, PLEASE CONTACT A QUALIFIED PROFESSIONAL.

YOUR RESULTS ARE COMPLETELY DEPENDENT ON HOW YOU USE THIS INFORMATION; WE DO NOT GUARANTEE ANY WEIGHT LOSS FROM READING THIS EBOOK. BY USING THIS EBOOK (3 DAYS NO EQUIPMENT), YOU AGREE TO HOLD HARMLESS BODYFIT BY AMY, AMY KISER SCHEMPER, WWW.BODYFITBYAMY.COM, FROM ANY LIABILITY OR PERSONAL INJURY ASSOCIATED WITH THIS CONTENT.

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