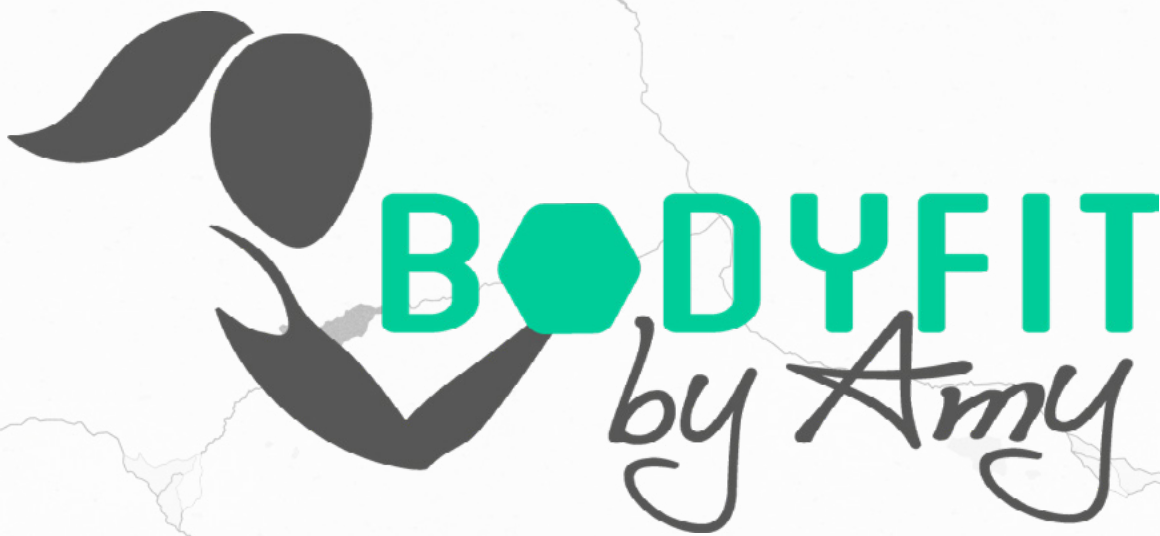


SCHEDULE



4 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.

4 WEEK NO EQUIPMENT PROGRAM

welcome!

In this 4-week Program, we'll alternate between strength workouts, cardio workouts, and combo workouts all using just bodyweight moves. All you need is a mat or soft space for floor work.

how to use this guide

This program features 5 workouts each week 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!

the calendar

bonus
burns

20 mins NO EQUIPMENT WORKOUT	20 mins CARDIO BLAST	20 mins BODYWEIGHT TABATA	20 mins 10 MINUTE LOW IMPACT CARDIO & 10 MINUTE PILATES	25 mins LOW IMPACT QUIET CARDIO	+10 mins 10 MINUTE BODYWEIGHT CARDIO BLAST
25 mins BODYWEIGHT HIIT	20 mins CARDIO HIIT	25 mins BEACH BODYWEIGHT	20 mins CARDIO & ABS	20 mins ANYTIME ANYWHERE AND 5 MINUTE LEGS	+10 mins 10 MIN BODYWEIGHT BURN
30 mins BODYWEIGHT BLAST	30 mins CARDIO TABATA	32 mins BOX AND BURN HIIT	20 mins CARDIO CORE	35 mins BODYWEIGHT BURNER	+10 mins 10 MINUTE CARDIO TABATA
30 mins WEDDING NO EQUIPMENT	34 mins CARDIO PYRAMID	30 mins 10 MINUTES ABS & CARDIO AND 20 MINUTE PILATES	35 mins CARDIO CHALLENGE	35 mins BOOT CAMP	+10 mins 10 MIN BOOT CAMP

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

Want to track your progress? Download the free measurements guide [HERE](#).

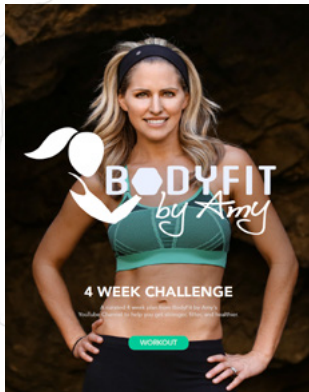
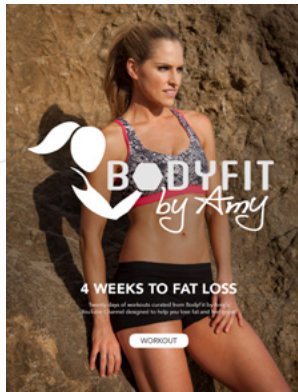
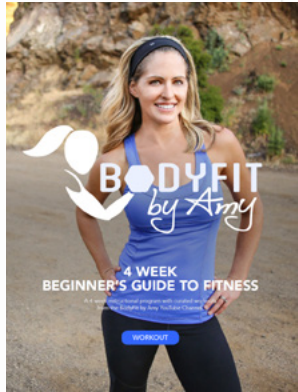


4 WEEK NO EQUIPMENT PROGRAM

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 on track 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 (4 WEEK 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 (4 WEEK NO EQUIPMENT PROGRAM), 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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