

BODYWEIGHT HELL WORKOUT REGIMEN

Warm-Up:

Before starting the routine, it's crucial to warm up your body. Perform 5-10 minutes of light cardio (such as jogging in place, jumping jacks, or dynamic stretching) to get your blood flowing and muscles ready.

Main Workout:

Each exercise consists of 4 sets, with 30 seconds of exercise followed by 30 seconds of rest. After completing a set of each exercise, rest for 2 minutes before moving on to the next exercise.

1. Frog Hop
 - 30 seconds of frog hops
 - Rest for 30 seconds
 - Repeat for 4 sets
2. Split Jump
 - 30 seconds of split jumps (alternating legs)
 - Rest for 30 seconds
 - Repeat for 4 sets
3. Burpee
 - 30 seconds of burpees
 - Rest for 30 seconds
 - Repeat for 4 sets
4. Pushup
 - 30 seconds of pushups
 - Rest for 30 seconds
 - Repeat for 4 sets
5. Hell Squat
 - 30 seconds of holding the bottom position of the squat
 - Rest for 30 seconds
 - Repeat for 4 sets

Cooldown:

After completing all exercises, take 5-10 minutes to cool down. Perform static stretching exercises focusing on the muscles you've worked on to help reduce muscle soreness and improve flexibility.

Schedule:

Perform this workout routine 3-4 times a week, allowing at least one day of rest between sessions to let your muscles recover and grow stronger. You can alternate this workout with other activities like cardio, yoga, or resistance training for a well-rounded fitness regimen.

Important Note:

Listen to your body and adjust the intensity or reps as needed. If you're a beginner, start with fewer sets or modify the exercises to suit your fitness level. Always prioritize proper form and technique to prevent injuries.

Remember, consistency is key for progress, so stick to the regimen and gradually challenge yourself as you become more comfortable with the routine.