

# Psalm 119 Scripture Workout

## 4-Week Faith + Fitness Plan

### How It Works

- Play Psalm 119 using an audio Bible.
- Psalm 119 has 22 sections (8 verses each).
- Each exercise = 1 section.
- Choose your level before starting:

Sets	Sections	Guidance
1 Set	7 sections	Light day / beginner
2 Sets	14 sections	Moderate workout
3 Sets	21 sections	Challenging workout

- Move continuously through each section.
- Rotate through the 6 exercises in order.
- When you reach 'Rest,' recover for 1 section.
- After completing your set (7, 14, or 21 sections), finish with a plank for the final section (section 22).
- Focus your mind on the Word as you move—this is both physical and spiritual training.

# **Week 1 (Light / Foundation)**

## **Exercise 1: March in Place**

Perform for 1 section, rotating through exercises as you progress.

## **Exercise 2: Bodyweight Squats**

Perform for 1 section, rotating through exercises as you progress.

## **Exercise 3: Wall Push-Ups**

Perform for 1 section, rotating through exercises as you progress.

## **Exercise 4: Step Back Lunges**

Perform for 1 section, rotating through exercises as you progress.

## **Exercise 5: Slow High Knees**

Perform for 1 section, rotating through exercises as you progress.

## **Exercise 6: Glute Bridges**

Perform for 1 section, rotating through exercises as you progress.

## **Rest: Rest**

Perform for 1 section, rotating through exercises as you progress.

## **Finish: Plank (Section 22)**

Complete this during section 22 to finish the workout.

## **Week 2 (Moderate)**

### **Exercise 1: Jumping Jacks**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 2: Squats**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 3: Push-Ups**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 4: Lunges**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 5: Jog in Place**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 6: Mountain Climbers**

Perform for 1 section, rotating through exercises as you progress.

### **Rest: Rest**

Perform for 1 section, rotating through exercises as you progress.

### **Finish: Plank (Section 22)**

Complete this during section 22 to finish the workout.

## **Week 3 (Strength Focus)**

### **Exercise 1: Squat Pulses**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 2: Incline Push-Ups**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 3: Reverse Lunges**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 4: Wall Sit**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 5: Slow Mountain Climbers**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 6: Core Hold**

Perform for 1 section, rotating through exercises as you progress.

### **Rest: Rest**

Perform for 1 section, rotating through exercises as you progress.

### **Finish: Plank (Section 22)**

Complete this during section 22 to finish the workout.

## **Week 4 (High Energy)**

### **Exercise 1: Jump Squats**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 2: Burpees (or Step Burpees)**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 3: Fast High Knees**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 4: Walking Lunges**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 5: Push-Ups**

Perform for 1 section, rotating through exercises as you progress.

### **Exercise 6: Mountain Climbers**

Perform for 1 section, rotating through exercises as you progress.

### **Rest: Rest**

Perform for 1 section, rotating through exercises as you progress.

### **Finish: Plank (Section 22)**

Complete this during section 22 to finish the workout.