



PRESENTS

THE
BODYWEIGHT
WORKOUT

A man and a woman are performing pull-ups on a set of blue parallel bars with red handgrips. They are outdoors, with a cloudy sky and a body of water in the background. The man is on the left, shirtless and wearing black athletic pants with an Adidas logo. The woman is on the right, wearing a patterned sports bra and black leggings. The word "INTRODUCTION" is overlaid in large, bold, black capital letters on the left side of the image.

INTRODUCTION

"Relentless consistency of the fundamentals is the pathway to mastery"

Welcome to your first beginner Bodyweight Gym work out. To get the most out of this workout be sure to:

- Read the entire document before beginning
- Bare feet are best
- Drink enough water
- Don't ignore pain, if it hurts - don't do it
- Discomfort is ok
- Maintain correct technique, make the exercise easier or shorter if your technique is deteriorating
- If you need instruction on correct form be sure to join our Facebook group: TBWG - The Workout Team, alternatively contact me for online coaching

Equipment needed

- Floor
- Wall
- Bar or rings to hang from
- Parallel bars



<https://www.thebodyweightgym.net/shop>

Workout Summary

If you know what you are doing this is all you need. If you are not confident in what you are doing be sure to study the entire workout document.

Warm up

5 x pushups
5 x ring rows
5 x squats

5 rounds

Beginner

Tuck shoulders stand - 10 seconds
Chin over bar hang - 10 seconds
Push up - Max reps
Pull up - Max reps

3 - 5 sets

Intermediate

L sit to shoulder stand - 3 reps
Bar pull over - 3 reps
Push up - Max reps
Pull up - Max reps

5 sets

Advanced

L sit to shoulderstand - 5 reps
Bar pull over - 5 reps
Push up - Max reps
Pull up - Max reps

5 sets

Workout

Chin over bar hang - accumulate 20 seconds
Wall walk - 3 reps

5 - 10 sets

Warm up

Pushups

Reps: x 5

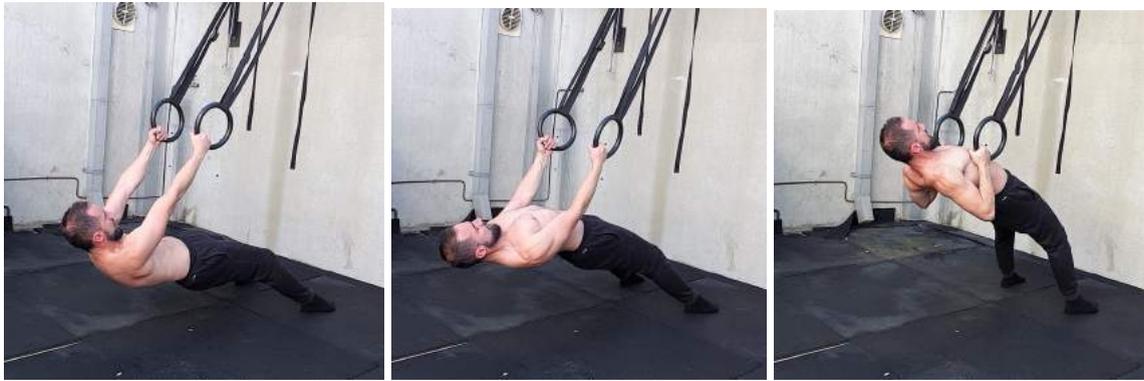
Hands at shoulder width, keep your elbows close to your ribs. Touch your chest to the floor before pushing back up to locked out elbows.



Ring rows

Reps: x 5

Complete strict ring rows. Ensure the shoulder blades are retracted and depressed before bending your elbow and pulling the ring to your chest. Change the difficulty and therefore the intensity of the movement by walking your feet forward to back to ensure technique and range of motion are maintained as you get tired.



Squats

Reps: x 5

Complete flat footed squats. Grip the ground with your feet, press your knees outward, squat down as low as possible while keeping the weight in your heels. If your knees are falling inward reduce the range of motion by squatting to a box or chair



Sets: Complete 5 sets of pushups, ring rows and squats

Bent arm

Beginner

Tuck shoulderstand

Reps: x 10 second balance

Using a set of parallets or a pair of boxes, balance with your hands and shoulders on the bar or box with your legs tucked into a tight ball and your hips above you. Make sure you have a soft place to fall or use another person to spot you to make sure you don't get hurt if you lose your balance



Chin over bar hang

Reps: x 10 seconds hang

Holding the rings (or bar) from below, using a normal grip complete a pull up or jump through a pull up. Hold your chin over the rings or bar for as long as possible or until you have accumulated the required time.



Pushups

Reps: Max repetitions until failure

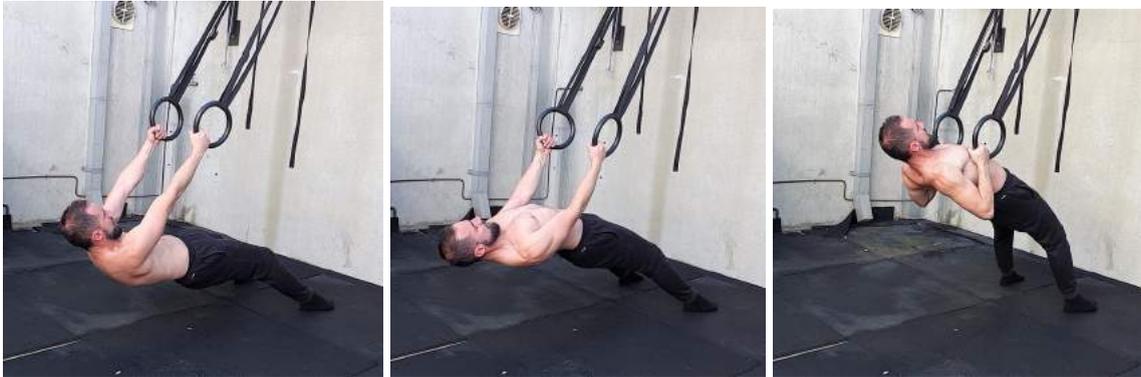
Hands at shoulder width, keep your elbows close to your ribs. Touch your chest to the floor before pushing back up to locked out elbows.



Ring rows

Reps: Max repetitions until failure

Complete strict ring rows. Ensure the shoulder blades are retracted and depressed before bending your elbow and pulling the ring to your chest. Change the difficulty and therefore the intensity of the movement by walking your feet forward to back to ensure technique and range of motion are maintained as you get tired.



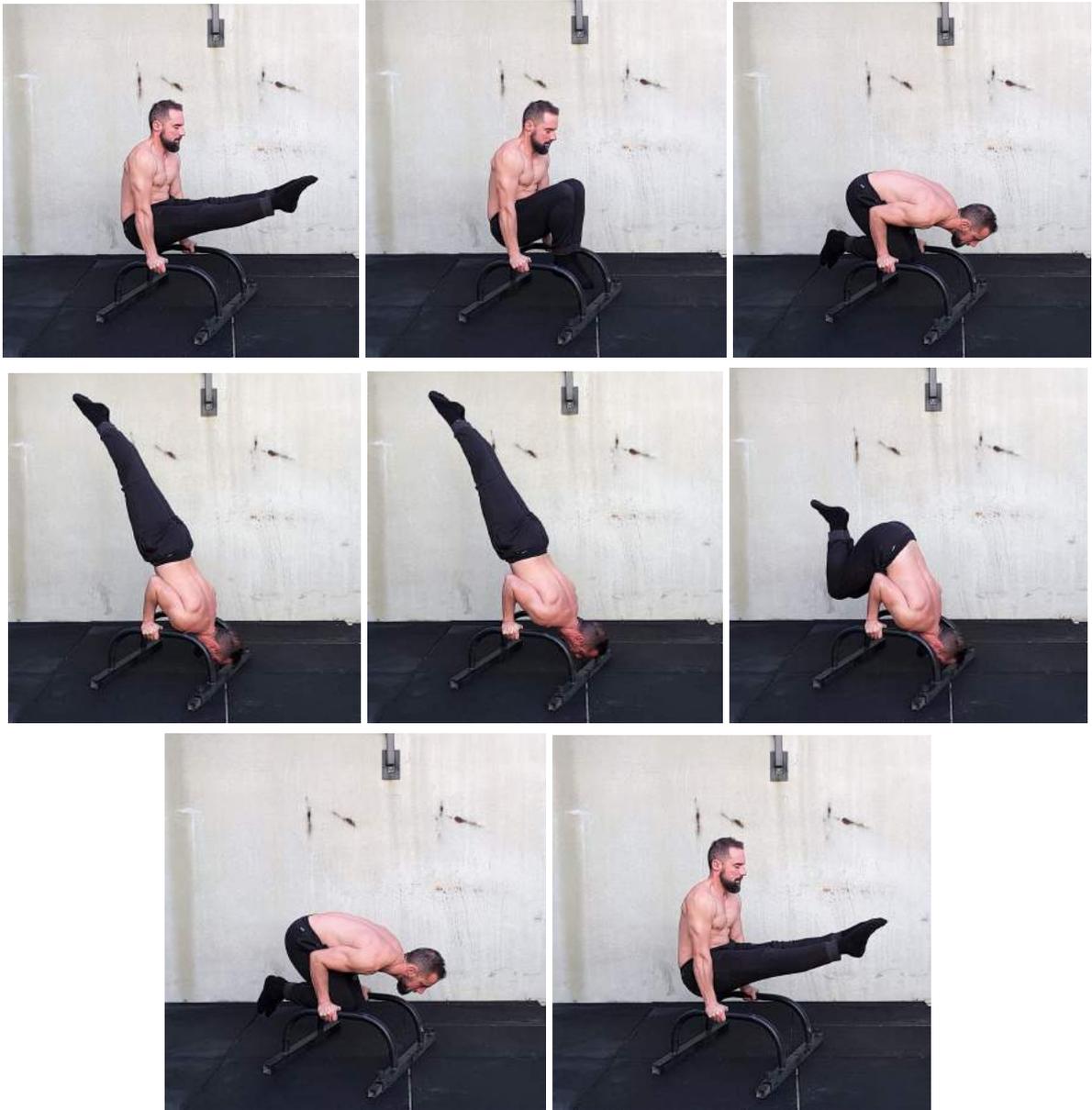
Sets: Complete a 10 seconds tuck shoulder stand, a 10 seconds chin over bar hang, a max set of pushups and a max set of ring row for 3 to 5 sets.

Intermediate

L sit to shoulder stand

Reps: x 3

Begin in L sit on a set of parallel bars or a pair of boxes. Rotate through and extend into a shoulder stand. Return to an L sit. Complete for reps.



Bar pull over

Reps: x 3

Hang below a bar, pull up, at the same time bringing your feet up. Pull your belly button to the bar as you make contact roll around the bar, finishing in support position on top of the bar. If you can't do this substitute with normal bar pull up



Pushups

Reps: Max repetitions until failure

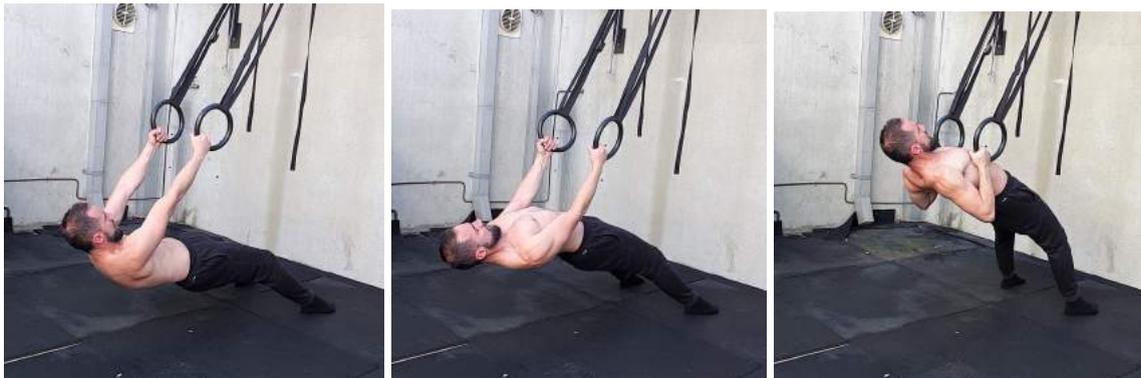
Hands at shoulder width, keep your elbows close to your ribs. Touch your chest to the floor before pushing back up to locked out elbows.



Ring rows

Reps: Max repetitions until failure

Complete strict ring rows. Ensure the shoulder blades are retracted and depressed before bending your elbow and pulling the ring to your chest. Change the difficulty and therefore the intensity of the movement by walking your feet forward to back to ensure technique and range of motion are maintained as you get tired.



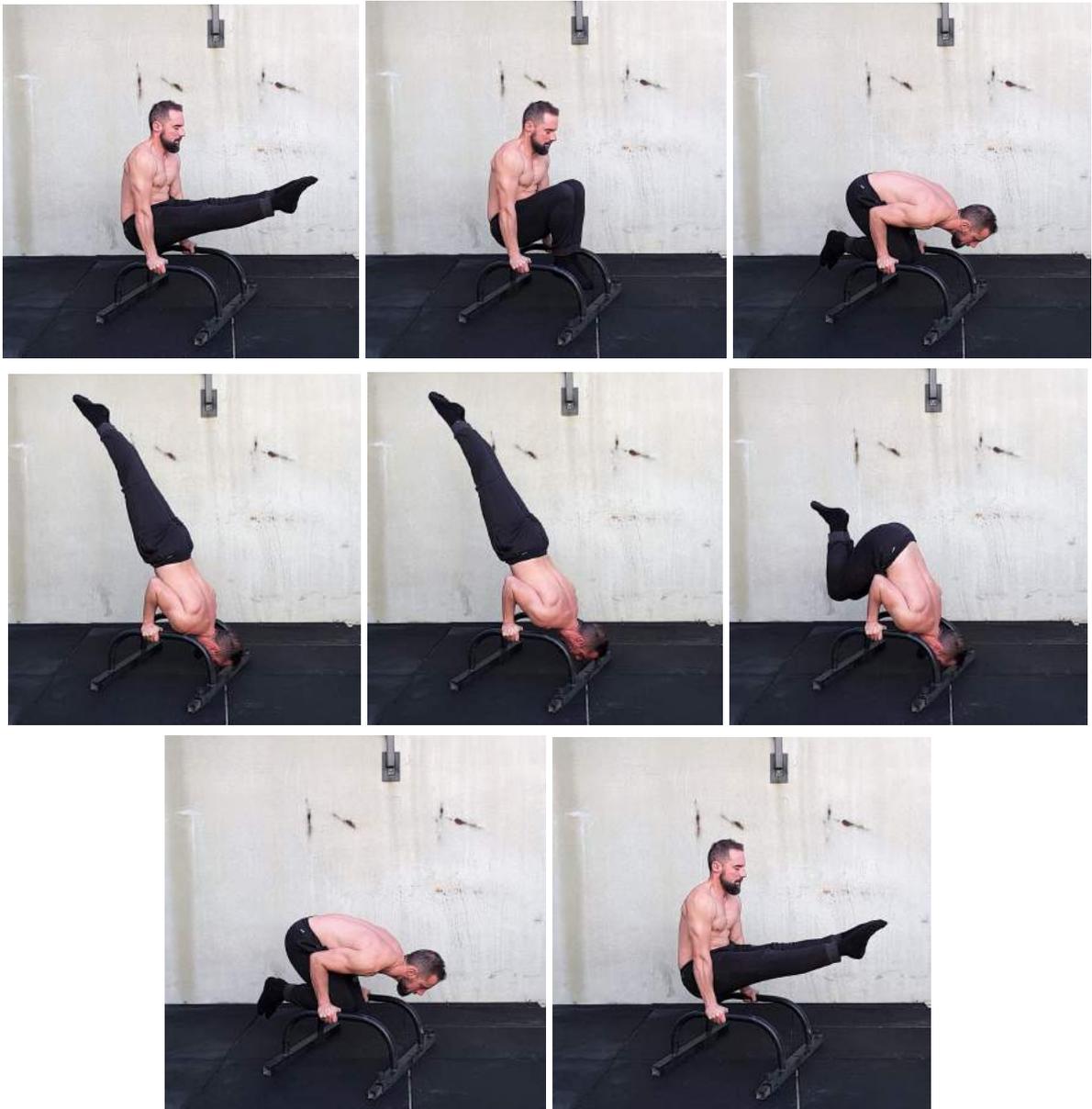
Sets: Complete a L sit to shoulder stand, bar pull over, a max set of pushups and a max set of ring row for 5 sets.

Advanced

L sit to shoulder stand

Reps: x 5

Begin in L sit on a set of parrallel bars or a pair of boxes. Rotate through and extend into a shoulder stand. Return to an L sit. Complete for reps.



Bar pull over

Reps: x 5

Hang below a bar, pull up, at the same time bringing your feet up. Pull your belly button to the bar as you make contact roll around the bar, finishing in support position on top of the bar. If you can't do this substitute with normal bar pull up



Pushups

Reps: Max repetitions until failure

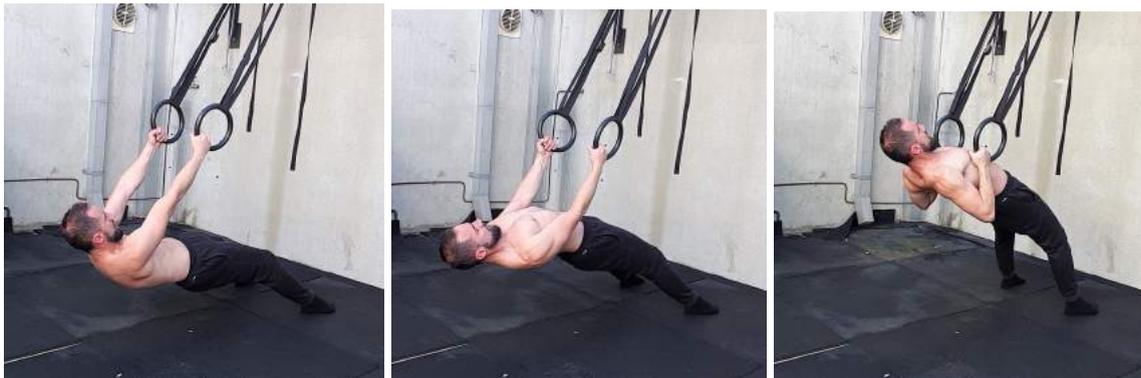
Hands at shoulder width, keep your elbows close to your ribs. Touch your chest to the floor before pushing back up to locked out elbows.



Ring rows

Reps: Max repetitions until failure

Complete strict ring rows. Ensure the shoulder blades are retracted and depressed before bending your elbow and pulling the ring to your chest. Change the difficulty and therefore the intensity of the movement by walking your feet forward to back to ensure technique and range of motion are maintained as you get tired.



Sets: Complete a L sit to shoulder stand, bar pull over, a max set of pushups and a max set of ring row for 5 sets.

Workout

Complete 5 (beginner) to 10 (advanced) sets of

Chin over bar hang x 20 seconds

Wall walk x 3

5 - 10 sets

Chin over bar hang

Holding the rings (or bar) from below, using a normal grip complete a pull up or jump through a pull up. Hold your chin over the rings or bar for as long as possible or until you have accumulated the required time.



Wall walks

Begin in a plank position with your feet against a wall. Taking small steps walk your feet up the wall and your hands in towards the wall. Continue until you are in a chest to wall handstand position. If you feel this is too heavy or hard for you walk in only as far as you feel comfortable and safe. Once you are in the top position walk back to a plank position. Complete for the required number of repetitions.



END



"The Process is easy, it is the consistent long term application of the process that challenges us"

Go have a drink of water and relax, you've just completed your bodyweight workout. If you enjoyed this check out what else we have on offer in our online coaching and shop.

www.thebodyweightgym.net

Well done,

Mat

Master Calisthenics Trainer

Bachelor Science