

THE
BODYWEIGHT
GYM

PRESENTS

THE
BODYWEIGHT
WORKOUT

A man and a woman are performing pull-ups on parallel bars outdoors. The man is on the left, shirtless, wearing black athletic pants with an Adidas logo. The woman is on the right, wearing a patterned sports bra and black leggings. They are both smiling and looking towards the camera. The background shows a cloudy sky and a body of water.

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

20 x leg swings
10 x cross legged squats
10 x lunges

3 rounds

Beginner

Squat - 10 reps
Squat hold - 1 minute
Reverse hyper - 10 reps

3 - 5 sets

Intermediate

Skater squat - 5 reps per leg
Pistol squat hold - 30 seconds per leg
Reverse hyper - 10 reps

5 sets

Advanced

Pistol squat - 5 reps per leg
Pistol squat hold - 1 min per leg
Reverse hyper - 10 reps

5 sets

Workout

Straddle up x 10
Arm extension sliders x 5

5 sets

Warm up

20 x leg swings
10 x cross legged squats
10 x lunges

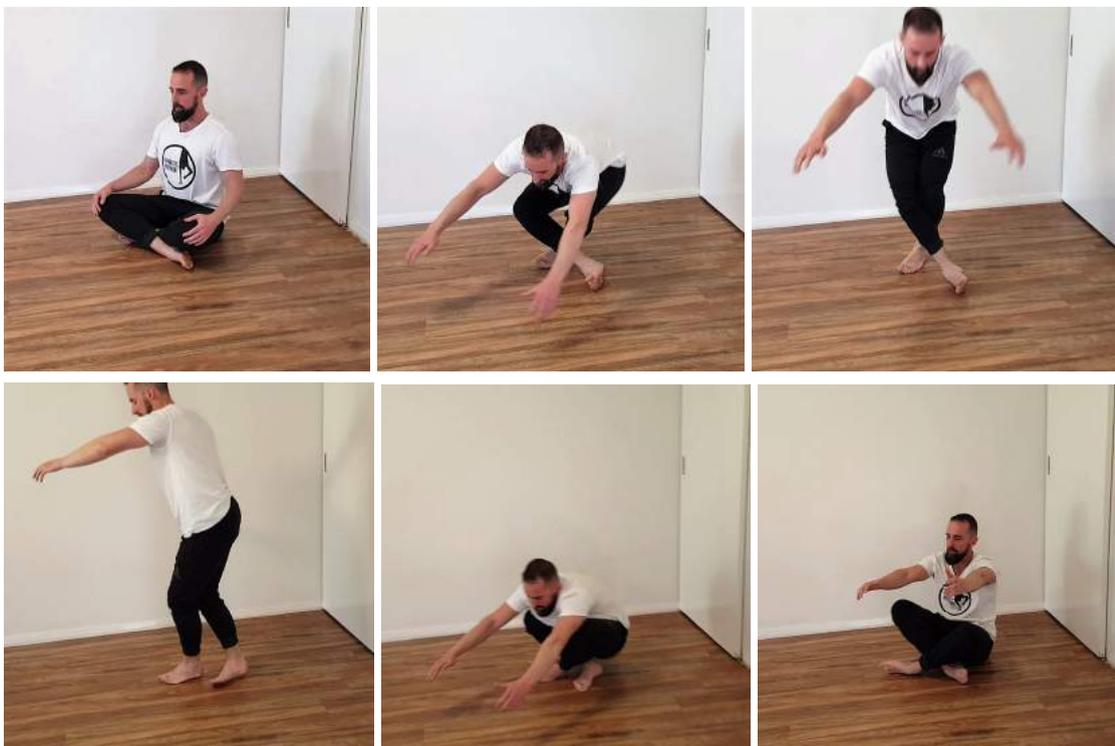
3 rounds

Leg swings

Complete 20 swings forward and back followed by 20 swings side to side.

Cross legged squats

Sit on the floor with legs crossed, lean forward and stand up rotating as you do so as to uncross your legs, then cross then the opposite way as you sit back down again.



Sliding lunges

Stand on one leg with the other leg on something that can slide (socks on a hard floor works). Slide one leg back as far as possible, once you reach the end of your flexibility straighten the back knee before sliding your feet back together.



Legs

Beginner

Squat

Reps: x 10

Complete as many quality squats as possible in 20 seconds, rest 10 seconds and repeat for 8 rounds.



Squat hold

Reps: x 1 minute

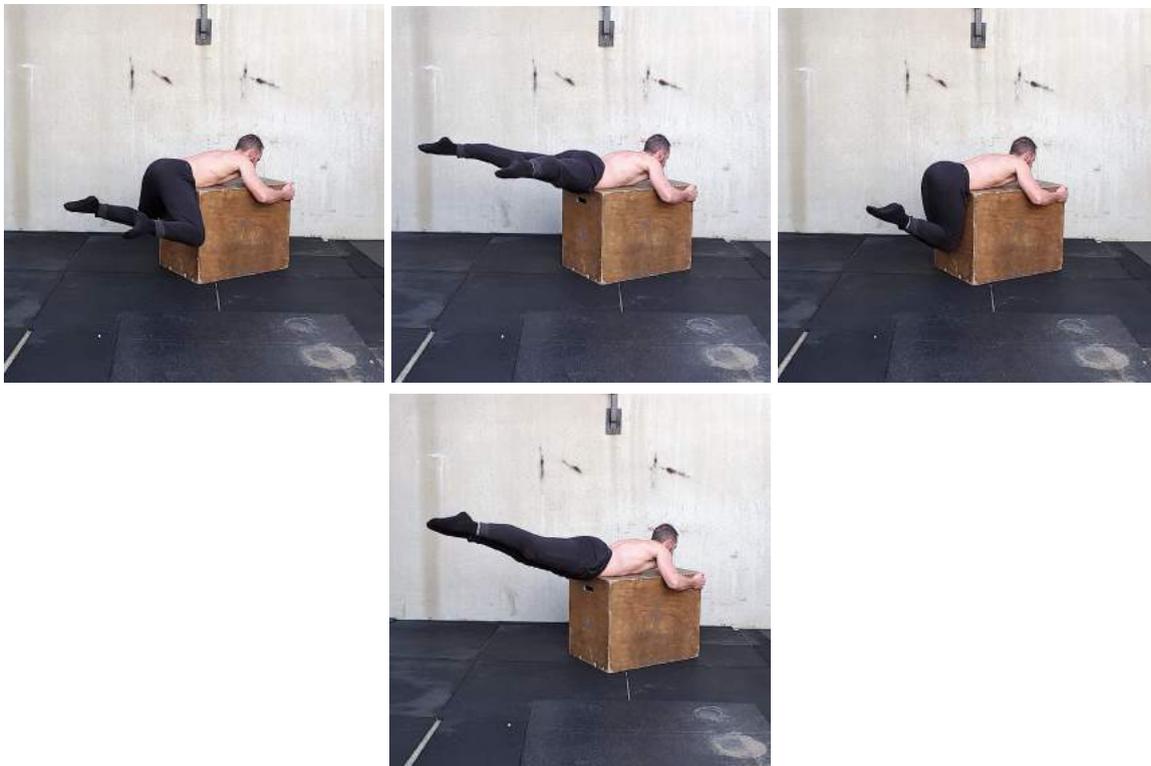
Squat down into a flat footed squat, hold onto something if needed. Straighten your back as much as possible. Press your knees out as far as you can.



Reverse hyper

Reps: x 10

Lay on a box, bench or table. Move your hips off the end of the box such that your belly button is on the edge. Start with your knees bent against the box, extend your legs firstly then with straight legs lift your heels up. To make the exercises easier - straddle your legs.



Intermediate

Skater Squat

Reps: x 5 / side

Maintain balance on one leg, tuck the free leg up such that the heel is close to your butt. Slowly, with control squat down until the knee touches the ground before returning to standing on single leg



Pistol squat hold

Reps: 30 seconds per side

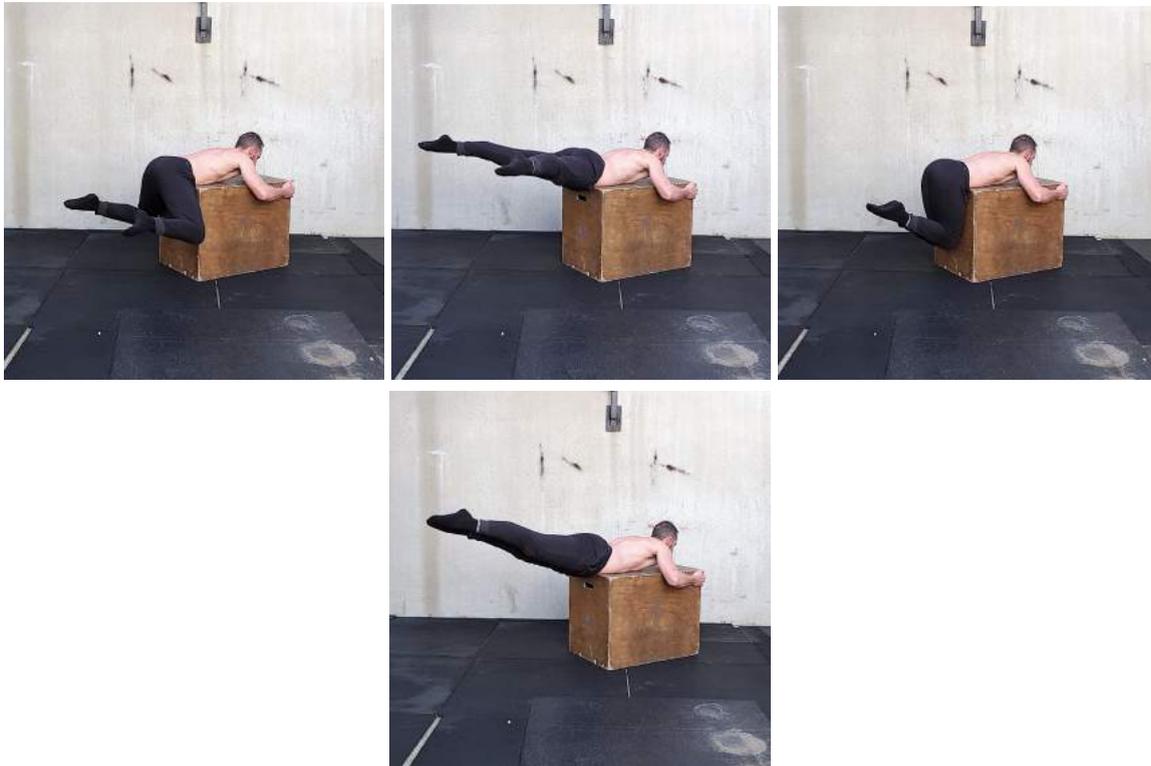
Hold the bottom position of a pistol squat, aim for 20 seconds per leg. Maintain balance on one leg, extend the free leg hold the bottom position and balance.



Reverse hyper

Reps: x 10

Lay on a box, bench or table. Move your hips off the end of the box such that your belly button is on the edge. Start with your knees bent against the box, extend your legs firstly then with straight legs lift your heels up. To make the exercises easier - straddle your legs.



Advanced

Pistol squat

Reps: x 5 per side

Complete alternating leg pistol squats. Maintain balance on one leg, extend the free leg and slowly, with control squat as deep as possible before returning to standing on a single leg



Pistol squat hold

Reps: x 1 min per side

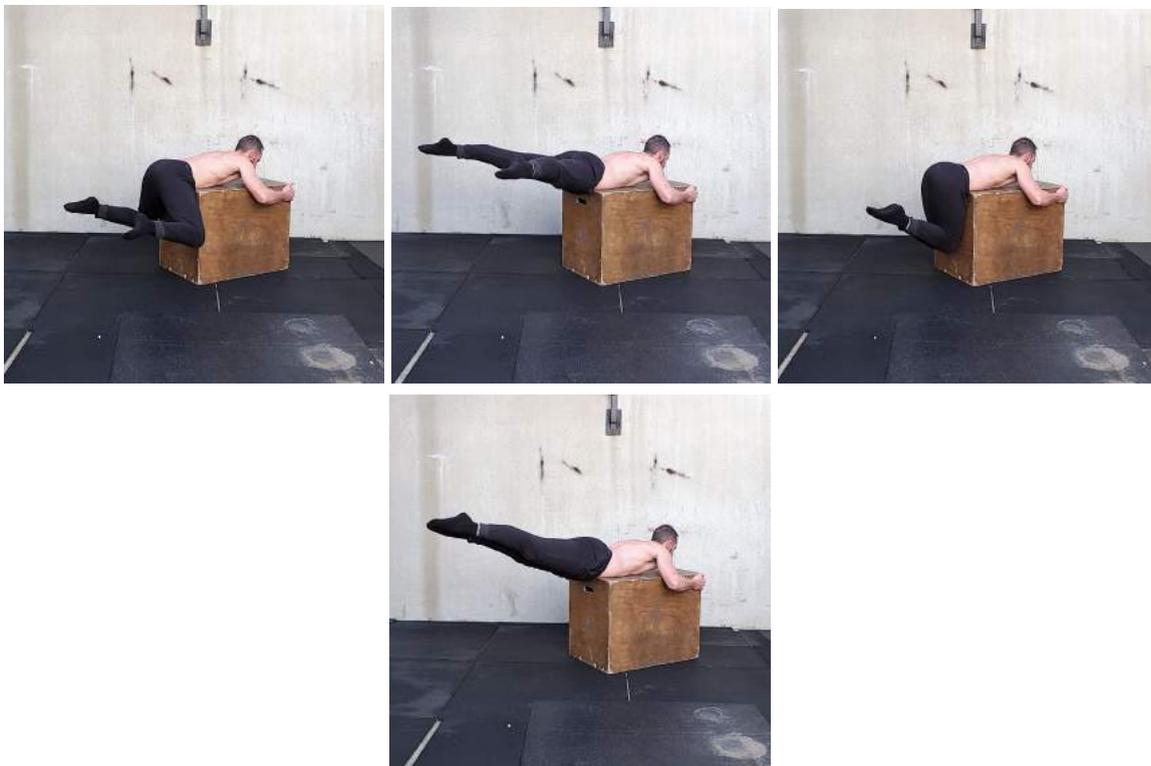
Hold the bottom position of a pistol squat, aim for 20 seconds per leg. Maintain balance on one leg, extend the free leg hold the bottom position and balance.



Reverse hyper

Reps: x 10

Lay on a box, bench or table. Move your hips off the end of the box such that your belly button is on the edge. Start with your knees bent against the box, extend your legs firstly then with straight legs lift your heels up. To make the exercises easier - straddle your legs.



Workout

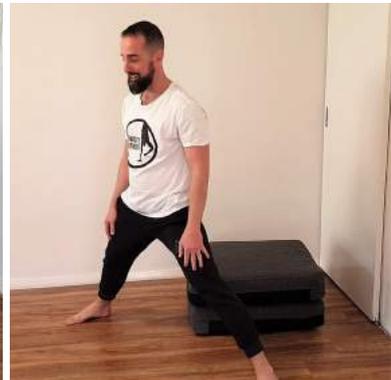
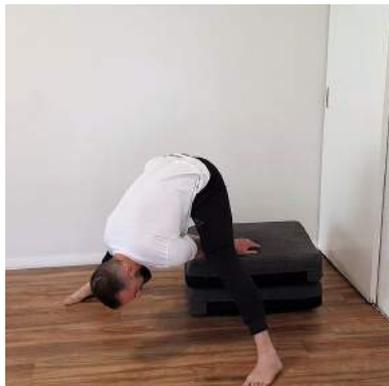
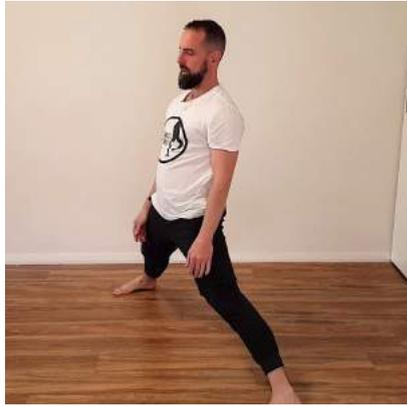
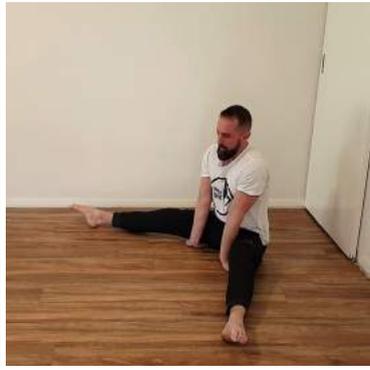
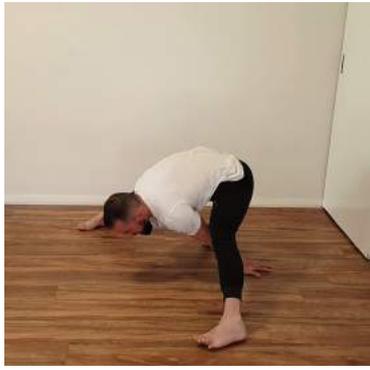
Straddle up x 10

Arm extension sliders x 5

5 sets

Straddle up

Begin standing with legs straddled as wide as possible. Fold in half, reaching your hands between your legs and back. Place your hands on the ground walking them backward and slowly transferring weight into your arms, continue until you are sitting down. If this is impossible lower down onto a raised surface such as a cushion or small box.



Arm extension sliders

Sit with your hands on the ground and your fingers facing backward. Your arms should be externally rotated. Place your hands beside your hips with your knees straight and your feet extended out in front of you. Lift your butt, slide your feet and lift your hips and chest up.



Video: https://youtu.be/fBiYbkG_Uqk

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