



PRESENTS

THE
BODYWEIGHT
WORKOUT



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

Check out our Online Shop here:





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

Arm swings, Leg swings

Wrists

10 x Knee raises

10 x squats

3 rounds

Core workout - 15 minute cap

1 min hollow body

15 v ups

5 rounds

Circuit workout - EMOM 20 minutes

1. Muscle up / pull up / ring row
2. Handstand / chest to wall handstand / plank
3. Muscle up / dip / push up
4. Reverse plank slider / reverse plank lift
5. Pistol squat / skater squat / squat

Warm up

The warm up is very important, take about 10 mins to get a light sweat on before progressing

Arm swings

10 each direction each side

Leg swings

10 each direction each side

Complete 3 - 5 sets

Wrists

Heel raises

Complete 10 repetitions



Fin pushups

Complete 10 repetitions



THE BODYWEIGHT GYM

Complete 3 sets of heel raises and fin pushups

Squats

Complete 10 repetitions



Hanging knee raises

Complete 10 repetitions



Complete 3 sets of squats and hanging knee raises

Core workout - 15 minute cap

Superset a 1 minute hollow body position with 15 repetitions of a v up or regressed v up. Rest 1 min between sets, complete 5 sets

Hollow body

Beginner hollow body, ensure lower back is pressed into the ground and your shoulder blades are off the ground.



Advanced hollow body, ensure lower back is pressed into the ground and your shoulder blades are off the ground.



V up

Beginner v up



Advanced v up

THE
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GYM



Body Weight Circuit - EMOM 20 Minute

Set yourself up the 5 stations shown below (or familiarise yourself with the exercises). Set your timer for 20 minutes. You will work at each station for 1 minute, completing as many repetitions as you can within the one minute window. When the minute is complete move quickly to the next station. The clock does not stop. This will mean that, in reality, you will have about 45 seconds at each station to work.

For many stations I will suggest 3 different progressions (or levels). Choose a level that you can complete with good technique, smoothly with no jerky movements or swing. As you get tired regress to easier levels. Ensure the following attributes are maintained in this order of priority:

1. Technique
2. Range of motion
3. Consistency
4. Intensity

Notice that intensity is last. Many people will feel the urge to focus primarily on intensity. This is often due to the need to feel like they are working hard. This problem with this is for most people technique and range of motion will suffer, thereby reinforcing incorrect movement patterns.

Station 1 Bent arm pulling

Advanced - Strict ring muscle up

Complete strict ring muscle ups. Ensure both shoulders transition at the same time. Once multiple repetition are easy, focus on maintaining locked out hips (squeezing your butt).



Intermediate - Strict ring or bar pull up

Complete strict bar or ring pull ups. Ensure the shoulder blades are retracted and depressed before bending your elbow and pulling your chin over the bar or ring, working towards pulling higher as you get stronger



Beginner - Strict ring row

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.



Station 2 Straight arm pushing

Advanced - Freestanding handstand

Complete a freestanding handstand. If you fall over, kick up immediately to maintain a balanced position for the period of time. If you fall over constantly, regress to intermediate level



Intermediate - Chest to wall handstand

Complete a chest to wall handstand. Focus on pointing toes, heels together, maintaining posterior pelvic tilt, pull your ribs down, elevate your shoulders and grip the ground.



Beginner - Plank

Complete a plank on your hands. Focus on maintaining posterior pelvic tilt and shoulder protraction. Ensure your butt stays down lower than your shoulders. For beginners, regress to knees on ground.



Station 3 - Bent arm pushing

Advanced - Strict ring muscle up

Complete strict ring muscle ups. Ensure both shoulders transition at the same time. Once multiple repetition are easy, focus on maintaining locked out hips (squeezing your butt).



Intermediate - Ring or bar dip

Complete strict dips. Ensure your shoulders are depressed (shoulders away from ears). If you find your shoulders elevating or moving forward (hollow chest) regress to beginner level until you are stronger



Beginner - Push up or incline pushup

Complete push ups or incline pushups. Ensure you maintain posterior pelvic tilt, that your elbows are close to your ribs (not flared out) and that you touch your chest to ground or box on each repetition.



Station 4 - Arm extension strength

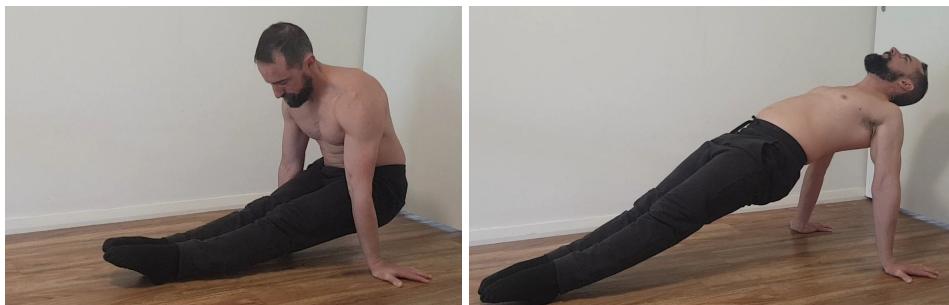
Advanced - Reverse plank slider

Complete reverse plank sliders. Ensure your hands are placed on the ground fingers facing backward such that the shoulder is externally rotated. Place the hands between the hips and knees. Lift your butt and while keeping your legs straight slide your feet forward until you hips and chest is elevated as much as possible.



Intermediate - Reverse plank slider

Complete reverse plank sliders. Ensure your hands are placed on the ground fingers facing backward such that the shoulder is externally rotated. Place the hands between the hips and knees. Lift your butt and while keeping your legs straight slide your feet forward until you hips and chest is elevated as much as possible.



Beginner - Reverse plank lift

Complete reverse plank lifts. Ensure your hands are placed on the ground fingers facing backward such that the shoulder is externally rotated. Place the hands between the hips and knees. Bent your knee and place your feet flat on

the ground. Using your legs and arms lift your butt up, rolling your shoulders back until your hips and chest are elevated as much as possible.



Station 5 - Squats

Advanced - Pistol squat

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



Intermediate - Skater Squat

Complete sets of 3 to 5 reps on each side of skater squats. 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



Beginner - Squat

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



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