



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

Skipping - 2 minutes
then
Wrists
then
5 x inchworms
5 x scapular pullups
3 sets

Straight arm

Beginner

Hanging knee raises x 10
Inchworm x 10
Glute bridge x 10

3 - 5 sets

Intermediate

Skin Cat x 5
Planche slider x 5
Arm extension sliders x 5

5 sets

Advanced

Inverted deadlift x 5, hold last repetition 10 seconds
Tuck planche pushup x 10
Arm extension sliders x 5

5 sets

Workout

Sliding inchworm x 5

Back extension hold x 30 seconds

5 rounds

Warm up

Skipping

Skip continuously for 2 minutes

Heel raises

Reps: 10



Video: <https://www.youtube.com/watch?v=Uo4qAzodPlM&t=14s>

Fin pushups

Reps: 10



Sets: Complete 3 rounds of heel raises and fin pushups

Video: <https://www.youtube.com/watch?v=Uo4qAzodPlM&t=14s>

Inchworm

Reps: x 5

Complete inchworms. Begin standing, folding such that your hands come to the ground in front of your feet. Walk your hands out until you are in a long plank position. Maintain core stability at all times ensuring your don't lose posterior pelvic tilt. Complete the

movement by walking your feet back towards your hands taking small steps keeping your ankles together.



Scapular pull ups

Reps: x 5

Hang on a bar with your with your shoulders relaxed. Firstly, pull your shoulder blades down and together (retract and depress your scapular). Then, pull with your lats while leaning back and looking at the roof. Be sure to keep your scapular depressed and retracted.



Straight arm

Beginner

Knee raises

Reps: x 10

Start from a dead hang on a bar or rings. Resisting the urge to swing or kip, bring your toes to the bar. If this is impossible, scale the movement by bringing your knees to your chest



Inchworm

Reps: x 10

Complete inchworms. Begin standing, folding such that your hands come to the ground in front of your feet. Walk your hands out until you are in a long plank position. Maintain core stability at all times ensuring you don't lose posterior pelvic tilt. Complete the movement by walking your feet back towards your hands taking small steps keeping your ankles together.



Arm extension sliders

Reps: x 10

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

Sets: Complete 5 sets of knee raises, inchworms and arm extension sliders

Intermediate

Skin the cat

Reps: x 5

Keeping arms perfectly straight. Begin in a hang position below the rings, retract and depress your shoulders pulling your body upside down in the ring. Rotate your hips past your arms and hang with your arms in extension. Contract through the chest to pull your body back through and return to the beginning position



Video: <https://youtu.be/80hsSMSfz0A>

Planche sliders

Reps: x 5

Start in a plank position, maintain posterior pelvic tilt. Retract your shoulder blades (squeeze them together) then protract your shoulders (push your chest up). Lean forward bearing the weight over your hands. Slide your knees up to your chest before sliding them back to the plank position. Complete 5 repetitions of planche sliders.



Video: <https://youtu.be/srB9E3vlp2U>

Reps: x 5

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.



Sets: Complete 5 sets of skin the cat, L sit and arm extension sliders

Advanced

Inverted deadlift

Reps: x 5 hold last rep 10 seconds

Hang on a bar with your feet pointing at the roof. Extend your hips (squeeze your butt and remove any flexion in your hips, retract and depress your shoulder blades. From this position, lower your hips until your feet touch the bar. Pull back to the starting position.



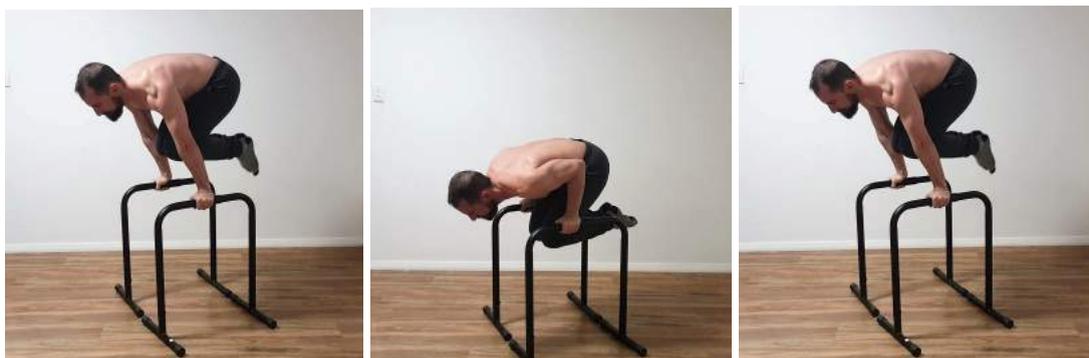
Sets: x 5 - 10 with 1 minute rest between sets

Tuck planche pushups

Reps: x 5

A tuck planche pushup is an appropriate exercise if you have mastered a tuck planche and find pushups and dips very easy.

Using parallettes, assume a tuck planche position. Bend at the elbow leaning forward as you move down through the pushups up. Stop descending once your elbows reach your side. Maintain protracted shoulders throughout the movement and keep your hips up.



Arm extension sliders

Reps: x 5

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.



Sets: Complete 5 sets of inverted deadlifts, Tuck planche pushups and arm extension sliders

Workout

Complete as many rounds as possible within a 10 minute time cap

Sliding inchworm x 10
Back extension hold x 30 seconds

Sliding Inchworm

Reps: x 10

Complete sliding inchworms using either socks on slippery floor or sliders on carpet. Begin standing, folding such that your hands come to the ground in front of your feet. Walk your hands out until you are in the plank position. Lean forward slightly, push hard into the ground and slide your feet back towards your hands. Focus on squeezing your legs towards your torso using your abs.



Back extension

Reps: 30 seconds

Lay on your front, lift your arms and legs off the ground. Hold.



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