

BODYWEIGHT EVOLUTION

*THREE PHASE
12 WEEK TRAINING PROGRAM
FOR MUSCLE GROWTH*

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Disclaimer:

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Be sure to thoroughly read the instructions for all exercises. If you experience acute or chronic pain consult a licensed health practitioner.

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Introduction:

Venturing into the unknown can be a daunting task, especially using exercises and training methods which are unfamiliar. In this section basic principles will be discussed explaining why bodyweight exercises work and how you can develop significant muscle mass using this style of training. The explanations are concise and will allow you to establish a basic understanding of key concepts.

At the end of the day results obtained will be proportional to effort. Given a continual increase in intensity coupled with adequate sleep and nutrition, progress will be optimised.

A problem which plagues the present generation is a concept called Paralysis by Analysis. This is a phenomenon where decisions are overanalysed, often resulting in underachievement. Due to training information being abundantly available online, it is very common for trainees to seek out the 'optimal' program and become so fearful of choosing an incorrect protocol that they simply never train with the consistency and intensity required to continually progress. By adhering to the principles discussed below and progressively increasing the difficulty of ones training, the body will in turn respond kindly.

Types of muscle contractions:

Before covering the exercises included in this eBook, we will begin with a basic summary of muscular contractions. This will be helpful when understanding the tempo scheme outline in the program.

Eccentric contraction: This is when the muscle length increases whilst it is developing tension.

Example: The descent portion of a pullup. The eccentric phase of an exercise is critical as it serves to control the speed; serving as a braking mechanism.

Concentric contraction: A concentric contraction is when the muscle length decreases whilst it is developing tension.

Example: The movement from a hanging position to the top of a pullup is a concentric contraction.

The above two can be thought of as either the low-

ering (eccentric) or rising (concentric) portion of a given exercise.

Isometric contraction: Occurs when the development of muscular tension yields no change in muscle length.

Example: Maintaining 90° of elbow flexion in a chin-up position.

Isometric contractions can be classified as pauses with no resulting movement.

Making bodyweight exercises harder: Manipulating leverage:

With conventional resistance training, overload is produced by progressively increasing the amount of weight used when performing an exercise. With bodyweight exercises a different approach is employed which serves the same purpose. Adjustments to body position are required to produce a more demanding stimulus as strength improves. This is done by decreasing leverage. This eBook will explain how to adjust the leverage to suit varying strength levels for each exercise in the training program. Continuing to perform high repetitions of basic bodyweight exercises will be less optimal if the goal is hypertrophy, as the intensity becomes increasingly inadequate.

An exercise can also be made more difficult by altering muscle length. Beginners often employ an abbreviated range of motion to accommodate for their lack of strength. This is the opposite of what should be done. Each exercise should be conducted in a manner which is challenging. Elongating a muscle to its lengthened state and performing exercises via a full range of motion is essential for bodyweight training. The muscle tension that can be generated from an elongated muscle is much lower, meaning the muscle is placed in a disadvantageous position purposefully to increase intensity and stimulation.

A full range of motion combined with changing body position to decrease leverage is the key to increasing difficulty with bodyweight exercises.

Time under tension (TUT):

This is another factor which coincides with progressive overload. An increase in TUT is beneficial in a training program aimed at increasing muscle mass.

Tempo:

With the principle of TUT in mind, bodyweight training is effective when an exercise is performed with a greater TUT.

The four digit tempo scheme created by Charles Poliquin is used in our program to indicate the speed at which each exercise should be executed. In the below example I will use the Chinup to explain how it works.

41X0

Four digit tempo scheme:

- The first number represents the eccentric phase of the exercise.
- The second number represents the isometric pause when the muscle has been stretched.
- The third number represents the concentric phase of the exercise.
- The fourth number represents the isometric pause when the muscle has been shortened.

The chin is above the bar, begin lowering down into full extension over 4 seconds.

When reaching full extension pause for 1 second. Pull from the dead hang as fast as possible.

Once the chin reaches bar height begin to descend immediately as indicated by the 0.

That would be an example of a successful repetition at the prescribed tempo above.

Progressive overload:

This is the most important principle regarding physical activity and must be followed for improvements to occur. Progressive overload is the increase in stress placed on the body over time. Those who continue to perform the same routine for many weeks, months or years will become frustrated with a lack of progress. This is due to the imposed training stress being inadequate to induce muscle growth. A more demanding stimulus is required via a progressively challenging training program.

A conscious effort should be made to try and improve in one of the following areas from session to session. This will be possible for several months when new to training, continually improving each session. A more experienced trainee will need to

increase difficulty from week to week as session to session improvements will not always be possible.

Examples of applying Progressive overload:

- Increased number of sets
- Increased number of reps
- Decreased leverage / Harder progression
- Increased range of motion (ROM)
- Increased time under tension.
- Decreased rest periods

The next section provides an example of how progressive overload can be applied to Phase 1 of the workout program.

On **Day 2** for Chinups the range is 2-3 sets of 3-8 reps at a tempo of 51X5.

Week 1: 3 sets of 3 reps with 2 minutes rest.

Week 2: 3 sets of 4 reps with 2 minutes rest.

Week 3: 3 sets of 6 reps with 2 minutes rest.

Week 4: 4 sets of 6 reps with 2 minutes rest.

Repetitions are increased each week, followed by an additional set. The individual executing the above changes is consistently working harder and placing the body under a greater stress to induce muscle growth.

If choosing a more difficult progression on a given exercise it is recommended to initially reduce the amount of repetitions performed to account for the increased difficulty. Move onward by manipulating one variable at a time as suggested earlier.

Example: Using an exercise which requires 3-5 sets of 8-12 repetitions:

The goal is to work up to the maximum 5 sets of 12 repetitions by week 4.

If 5x12 is easy on a given exercise it is acceptable to choose a more difficult variation which will be more challenging when completing the prescribed set/rep scheme.

Muscle soreness:

Muscle soreness will be at its worst 24-72 hours after a training session. Caused by an increase in training volume or frequency, performing a new exercise unfamiliar to the body or an eccentric focused exercise.

Soreness is not necessary for hypertrophy, nor is it an indication of a 'good workout'.

If new to training the body will become more resilient and muscle soreness will progressively lessen or become non-existent if training the same muscle groups multiple times per week.

Mind muscle connection / Mind body connection:

The following section will provide an invaluable insight into training effectively.

A common occurrence when people train is to 'go through the motions' and complete repetitions without truly committing to the task at hand. This is one way to deprive oneself of potential results and unfortunately is very common.

Often when 'going through the motions' the individual will not feel the targeted muscles being worked, which leads to poor stimulation and less than optimal results. A lack of mental focus and visualisation of the contracting muscle takes place when rushing exercises.

It is recommended to have a basic understanding of what muscles are contracting when performing certain movements. Let's do a basic experiment to try and better understand our body.

Feel the muscles surrounding the shoulder blades contract when retracted.

Feel the triceps contract as the elbow is extended.

Feel the latissimus dorsi contract as the scapula is depressed.

Feel the pectoralis major contract as the arm is shifted across the body.

It is imperative to 'feel' specific muscles working when performing basic positions with your upper and lower body. This is a skill that will take some time in order for one to become proficient. With practice a greater mind muscle connection during training will occur. This ensures greater tension on the muscles and, therefore, further development. This is in stark contrast to the development whilst 'going through the motions'. During exercise execution it is important to generate as much tension in the muscle groups involved as this will lead to increased stimulation.

Creating maximal tension is a valuable exercise mental cue when performing isometric exercises. Using a Chinup isometric as an example, one should assume a firm grip and contract the biceps whilst consciously retracting the shoulder blades (recruiting the rotator cuff muscles) instead of simply hanging in the position and using less effort.

Why bodyweight training is an effective way of increasing muscle mass:

This information is far from revolutionary, but it is worth mentioning. The majority of exercises outlined in Bodyweight Evolution are compound exercises. Compound exercises are very effective because multiple joints are involved and thus more muscle groups are engaged in performing the exercise. A few key isolation exercises are provided which place more emphasis on muscle groups that will enhance ones physique. An increase in intensity or TUT can be easily manipulated by altering the exercise. The resources in Bodyweight Evolution allow you to do so.

Leg training:

The leg training prescribed in the 12 week training program is at an introductory level. We strongly encourage our clients to progress towards barbell training for the lower body, as it provides the intensity required to stimulate growth. The lower body thrives on intensity and it is simply more effective and efficient to add load. The legs are utilised to a large extent when completing daily activities. Thus a significant volume or load is necessary for growth. We will give you the option of following our lower body training program or your own lower body weightlifting protocol if more advanced.

Training program explained:

The Bodyweight Evolution training program is divided into three sections. Phase 1, Phase 2 and Phase 3. It is recommended to spend a minimum of 4 weeks on each phase before moving onto the subsequent phase. Ensure the tempo and exercises are executed correctly to obtain optimal improvements in muscularity and strength. If progress is occurring slowly it is acceptable to remain on a phase until ready to move onward.

Day	Session
Monday	1
Tuesday	Rest
Wednesday	2
Thursday	Rest
Friday	3
Saturday	Rest
Sunday	4

Table headings:

Day: Indicates the session number and the exercises which are to be completed on the day. For example: in Phase 1 and 2 there are 4 training days to complete for the week. In Phase 3 here are 5 training days. You can allocate rest days in a way which suits your specific schedule, the only requirement is all sessions must be completed within a weekly time frame. The recommended training split is highlighted in **blue**.

Day	Session
Monday	1
Tuesday	Rest
Wednesday	2
Thursday	3
Friday	Rest
Saturday	4
Sunday	Rest

Example layouts for 4 training days:

Day	Session
Monday	1
Tuesday	2
Wednesday	3
Thursday	Rest
Friday	4
Saturday	Rest
Sunday	Rest

Day	Session
Monday	1
Tuesday	2
Wednesday	Rest
Thursday	3
Friday	Rest
Saturday	4
Sunday	Rest

Example layouts for 5 training days:

Day	Session
Monday	1
Tuesday	2
Wednesday	Rest
Thursday	3
Friday	4
Saturday	Rest
Sunday	5

Day	Session
Monday	1
Tuesday	2
Wednesday	Rest
Thursday	3
Friday	Rest
Saturday	4
Sunday	5

Day	Session
Monday	1
Tuesday	2
Wednesday	3
Thursday	Rest
Friday	4
Saturday	5
Sunday	Rest

Day	Session
Monday	1
Tuesday	2
Wednesday	3
Thursday	4
Friday	REST
Saturday	REST
Sunday	5

Letter heading explained:

The training program has a column with a letter and number allocated. This indicates the order exercises

are to be completed.

Example from Phase 1:

A1: Chinups 3 sets, 2 ½ minutes rest.

B1: Elevated Shoulder Pushups 3 sets, 1 ½ -2 minutes rest.

Perform a set of Chinups, rest for 2 ½ minutes and repeat for two more sets. After three total sets have been completed, move onto B1 and complete the sets in the same fashion.

Example from Phase 1:

E1: L-Sit 4 sets.

E2: Hollow Hold 4 sets.

1 ½ minutes rest.

Perform an L-Sit set. As soon as you complete the set move straight onto the Hollow Hold exercise.

Rest 1 ½ minutes and repeat for 3 more sets. This letter scheme indicates a superset. The training program clearly indicates this as only one rest period is provided.

Set and repetition range:

The Bodyweight Evolution training program provides a set and repetition range in order to cater to trainees with different strength levels and allow room for progression. The idea is to work in a set and repetition range whereby the exercise can be executed with good form, yet is challenging to complete. As mentioned in the progressive overload section, the goal is to increase either the repetitions or sets each time you return to a 'day' which has been previously completed.

Rest:

This section is self explanatory. Rest is indicated in minutes. Progressive overload can be applied by decreasing rest.

Unilateral exercises:

Unilateral exercises involve movements which isolate one limb more than the other through independent action. Examples include Lunges, Archer Pushups/ Chinups/Rows, Plank 1 Leg Hip Extension and Single Leg Calf Raises. If the set and repetition range outlines 4 sets of a unilateral exercise to be completed, do one set on the left side and another on

the right side. That counts for one set. This must be repeated another three times. In total 8 sets will be completed, 4 on each side. Do not alternate between sides unless specified. For example when doing 3x8 Archer Pushups, complete 8 repetitions with the right arm then switch to the left and do 8 repetitions.

Isometric holds:

Phase 2, Day 3 Chinups has a tempo of 5s T- 5s M- 5s B.

T = Top

M = Middle

B = Bottom

This means keep the chin above the bar for 5 seconds, lower down to 90° arm flexion for 5 seconds and then down to the arms fully extended position for 5 seconds. Repeat for the prescribed sets and repetitions.

DOWN!:

Phase 3, Day 3 Elevated Regular Pushups has a repetition range of 6-10 DOWN!. This repetition scheme is simply descending from the chosen number down to 1. The idea is to take minimal rest, just enough to complete the repetitions.

The program has a 1-3 set range with 5 minutes rest before the next DOWN set. Choose a repetition range which is challenging but manageable.

Example: 6 Repetitions, stand up rest for 10 seconds, 5 Repetitions, stand up rest for 10 seconds etc...

- **6 DOWN!** = 6,5,4,3,2,1. = 21
- **7 DOWN!** = 7,6,5,4,3,2,1. = 28
- **8 DOWN!** = 8,7,6,5,4,3,2,1. = 36
- **9 DOWN!** = 9,8,7,6,5,4,3,2,1. = 45
- **10 DOWN!** = 10,9,8,7,6,5,4,3,2,1. = 55

Accumulation:

Phase 3, Day 5 Shoulder Width Pullups and Straight Bar Dips has a 'set' range of 25 minutes. The goal here is to accumulate as many repetitions with correct form and tempo in a 25 minute period of time. The objective for the following week is to beat the previous number of total repetitions. Daniel recommends you select 30-40% of your single set repetition maximum as the working set repetition choice.

Working at a higher % will result in fatigue too early into the 25 minute period of time, meaning less total repetitions accumulated. For example if 12 Shoulder Width Pullups is your 1 set maximum effort sets of 4-5 will be an appropriate choice. Rest periods are self-determined.

Exercise is too easy:

If an exercise is too easy for the upper range of the prescribed set and repetition range, choose a more challenging progression. Do this by consulting the progressions depicted in the picture section of the book. The other option is to add weight to the exercise. Before doing so make sure correct tempo and form is being utilised, no cheating.

Weighted Exercises:

Phase 3 has Pullups and Dips to be completed by adding weight to the body. This can be achieved by using a weight vest, a backpack loaded with books or a dip belt with weight plates attached. We recommend adding 15-20% of your total bodyweight (BW) as a start.

Examples:

70kg person +15-20%BW = 11kg-14kg
90kg person +15-20%BW = 14kg-18kg

If the above percentages are too easy whilst using correct tempo and form adding a higher % of ones BW is necessary.

Basic warm up protocol:

Below is a basic protocol to be followed prior to every upper body training day. Individualised mobility and flexibility drills can be implemented here.

- Wrist Flexion: 10 repetitions + 10s hold.
- Wrist Extension: 10 repetitions + 10s hold.
- Shoulder Dislocate: 20 repetitions.

Wrist Flexion



Place the hands shoulder width apart with the fingers facing directly forward.

Keep the heel of the palm on the ground.

When leaning forward ensure the whole hand remains flat on the floor.

Stretch until reaching mild discomfort, oscillating forward and back.

Wrist Extension



Place the hands shoulder width apart with the fingers facing towards the knees.

Press the heel of the palm firmly into the ground before leaning backwards.

As you lean backwards ensure that the whole hand remains flat on the floor.

Stretch until reaching mild discomfort, oscillating back and forward.

Shoulder Dislocate



Kneel on the floor sitting on the heels. (This is to prevent lumbar overextension)

Grip the bar with a wider than shoulder width grip.

Extend the arms overhead.

Keep the arms straight throughout the whole movement, it will be tempting to bend the arms.

Bring the bar to the glutes.

Reverse the motion returning the bar overhead.

Repeat for repetitions.

Shoulder Dislocate Difficulty Adjustment



Shoulder flexibility will dictate the distance apart the hands are on the stick.

The hand placement in picture one is an example for someone who is not flexible.

The hand placement in the second picture is needed for a more flexible individual.

As flexibility improves progressively perform shoulder dislocates with the hands closer together.

Chinups



Assume a shoulder width grip.

Ensure the elbows are fully extended; each repetition should begin from this position.

Retract and depress the shoulder blades and rise until the chin clears bar level.

Keep the neck in neutral alignment; avoid reaching forward with the chin.

To get the most activation from the back muscles, the chest should be raised.

A slight arch in the back is acceptable with the chest raised posture.

Shoulder blades should remain depressed and retracted, do not reset into a 'loose dead hang' after performing a repetition.

Tuck-L Chinups



Form required for the Tuck-L Chinup is the same as the regular Chinup.

Retract and depress the shoulder blades with the arms fully extended.

Flex the hips to a 90° bend and maintain the position for the duration of the set.

This variation will require a more forceful contraction from the starting position due to increased demands placed on the latissimus dorsi.

Archer Chinups



Assume a wider than shoulder width grip, one hand in a chinup grip and the other in a pullup grip.

The 'working arm' is in a chinup grip.

The 'assisting arm' is in a pullup grip.

Retract and depress the 'working arm' and rise until the chin clears bar level.

Use the 'assisting arm' minimally.

Return to the straight arm engaged hanging position and repeat for repetitions.

Alternate grip position and complete another set on the opposite arm.

Elevated Shoulder Pushups



Elevate the feet onto an object approximately knee height.

The hands are to be placed shoulder width apart.

Edge the hands towards the feet.

The legs should be kept straight; if hamstring flexibility is an issue a slight knee bend is allowed as a temporary compromise.

Begin by elevating the shoulders with arms extended straight.

Keeping the elbows pinned close towards the body lean forward descending to the floor.

The head and hands should form a tripod shape at the bottom of the pushup.

Push backwards towards the feet and elevate the shoulders.

End position will be the same as the start position.

Bodyweight Rows 90°



Assume a shoulder width grip and position the hips at 90°.

Keep the glutes and abdominals contracted.

The shoulders should be positioned slightly behind the hands.

Retract the shoulder blades with arms extended straight.

Keeping the elbows positioned close to the body rise until the chest makes contact with the bar.

Bodyweight Rows Legs Extended



Form requirement for the Legs Extended version is the same as the 90° Bodyweight Row.

Extend the legs, maintaining glute and abdominal contraction.

A conscious effort should be made to shift the weight emphasis from the legs to the arms.

Alter difficulty:

Increase by elevating the feet onto a box which is lower than bar height.

Diamond Pushups



Place the hands together forming a 'diamond shape'

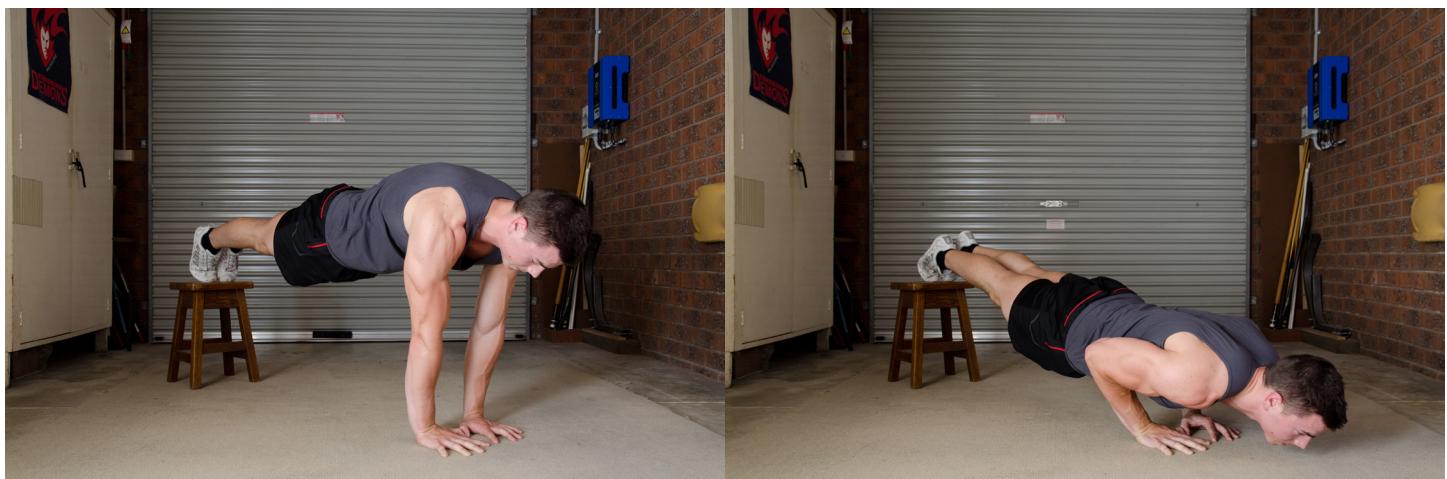
Keep the feet together with the glutes and abdominals engaged.

Maintain a neutral alignment of the neck by directing gaze slightly forward of the hands.

With the elbows pinned by the sides, descend until the chest makes contact with the floor.

Push up squeezing the triceps hard at the top of each repetition ensuring full lockout.

Elevated Diamond Pushups



Form requirement for the Elevated version is the same as the Regular Diamond Pushup.

In this version trainees will have a tendency to overextend their lumbar spine.

To prevent this from occurring consciously maintain glute and abdominal engagement for the whole set.

L-Sit Low



Fully extend the arms and raise the feet off the floor.

Keep the chest elevated and back upright.

Aim to have the hips in line with the arms.

The optimal position where the hips are slightly forward of the arms is preferred.

Point the toes: This is not for aesthetics, it will ensure the legs remain locked straight.

If you do not have access to parallel bars, this movement can be done between two sturdy chairs.

Decrease difficulty:

Place hands on an object which is elevated higher off the ground.

L-Sit



Form requirement for the regular L-Sit is the same as the Low L-Sit.

The feet are now held at hip level.

Increase difficulty:

Perform this movement on the floor.

Hollow Body Hold



Lay on the floor with arms extended overhead.

Extend the legs and point the toes.

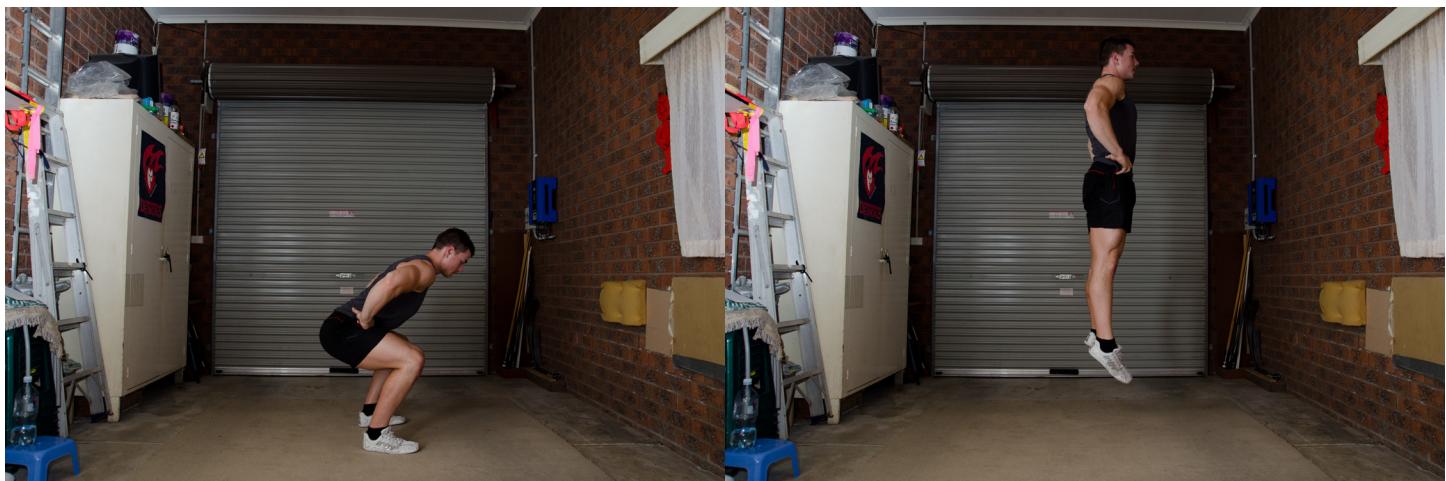
Hollow the body by contracting the glutes and abdominals.

No gap should exist between the lower back and the floor at any point.

Increase difficulty:

Add a forward/back rocking motion.

Jumping Squats



Place hands on hips to eliminate arm swing contribution.

Feet shoulder width apart and angled slightly outward.

Squat down to approximately 90 degrees.

Push through the midfoot jumping as high as possible.

Land by absorbing the impact through the forefoot followed by the heels.

Single Leg Box Squats



When performing a single leg squat the entire foot should remain flat on the floor.

Do not allow the heel to raise off the floor.

Keep the chest elevated and back straight.

Extending the arms in front of the body will aid in maintaining balance.

Hinge first at the hips and proceed to descend towards the box.

When the glutes make contact with the box, immediately begin to extend the leg straight by standing up.

Avoid bouncing off the box.

Alter difficulty:

Increase by using a box that is shorter and pausing at the bottom.

Decrease by using a box that is taller and rising immediately after contacting the box.

Assisted Single Leg Squats



Whilst holding a dowel between waist-chest height, perform the single leg squat as described above.

Maintain proper posture: chest elevated and back straight.

This exercise can also be performed between a doorway.

Alter difficulty:

Increase by minimally using the hands to assist the movement.

Decrease by pulling on the dowel/doorway.

Single Leg Squats



Form requirement and cues for the single leg squat are the same as outlined above.

If achieving full depth is difficult, place a small weight plate underneath the heel.

The weight plate will artificially increase ankle dorsiflexion.

Alter difficulty:

Increase by performing the movement slowly with a pause at the bottom.

Weighted Single Leg Squats



The weighted single leg squat is a great exercise for those looking for an increased challenge when the unweighted variation becomes too easy.

Load up the movement and aim to perform the sets and repetitions prescribed in the program.

Alter difficulty:

Increase or decrease the weight.

Calf Raises



Stand with a close stance on a surface with ample clearance for the heels to lower.
Maximal range of motion is encouraged for calf raises by allowing the heels to drop below toe level.
Extend the ankle and contract the calves forcefully.
Keep the knees locked out straight to emphasise recruitment of the gastrocnemius.

Alter difficulty:

Increase by adding a weight vest/loaded backpack or moving onto the single leg calf raise

Single Leg Calf Raises



Form requirement for the single leg variation is the same as above.
The non-working foot can be left dangling to the side (as pictured above)
Or rested on the achilles tendon of the working foot.

Alter difficulty:

Add a weight vest or loaded backpack.

Glute Ham Raise Hinge (Less Intense)



Fix the ankles under a stable object.

Having a training partner hold down the ankles is another option.

Lean forward slightly, this angle will be maintained for the whole set.

Hinge at the hips keeping the chest raised to ensure a neutral posture.

Lower down until the face is close to the floor.

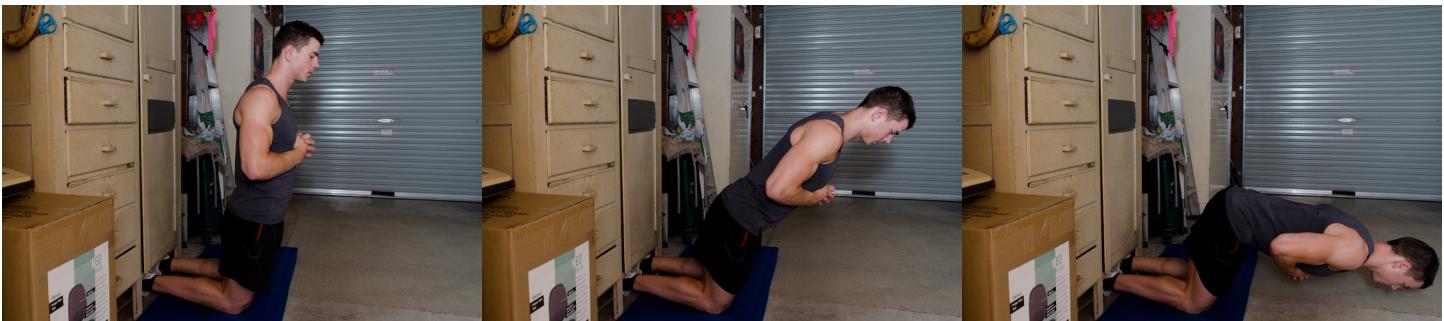
Having the hands by the chest is useful to prevent face planting the floor.

Alter difficulty:

Decrease by hinging from the hips closer to the ankles.

Increase by hinging at the hips further away from the ankles or by holding weight at the chest.

Glute Ham Raise Hinge (More Intense)



The same exercise has been included again to display the difference when making the exercise more difficult.

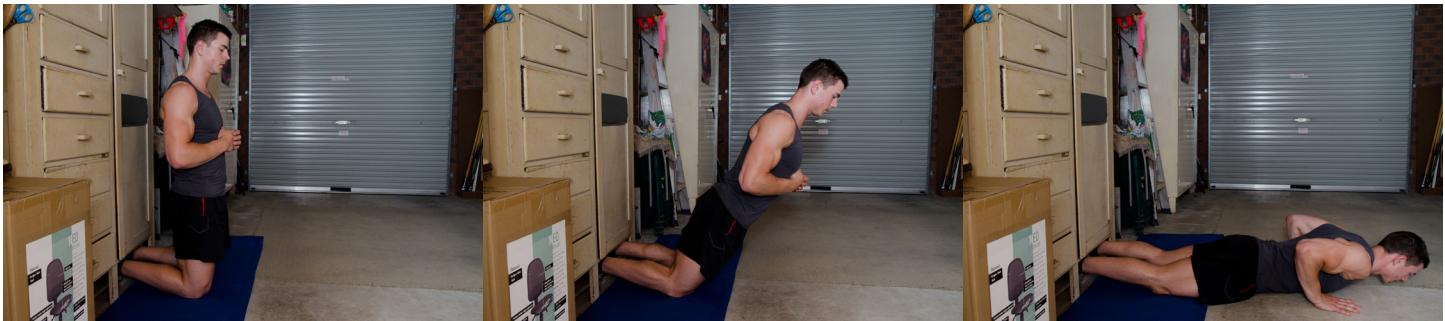
The more intense version will have the hips fixed at an angle of 110-120°, working towards performing repetitions with the posture pictured on the following page.

The less intense version will have the hips fixed at an angle of 90-100°

Alter difficulty:

Increase by having the hips fixed at a larger angle.

Glute Ham Raise Eccentric



Contract the glutes and abdominals hard and have the chest held upright.

Begin to descend towards the floor as slowly as possible.

There is no hinging at the hips in this variation.

Strongly resist the urge to descend quickly towards the floor.

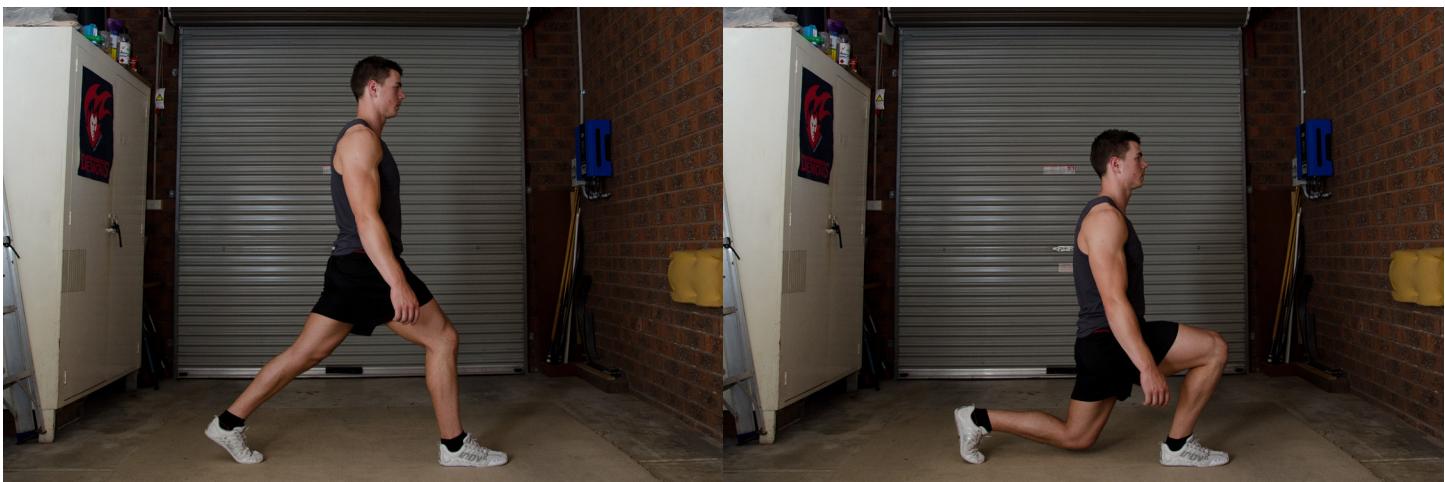
The goal is to descend as close to the floor as possible before losing control.

The hands should be held at the chest ready to catch the floor in a pushup position.

Explosively push up and return to the initial position.

This exercise is focusing on eccentric loading of the posterior chain.

Lunges



Stand with feet together and take a moderate step forward.

Stance distance will differ depending on an individual's anthropometrics.

The front knee should be relatively vertical when squatting down.

Modify stance distance if knee travels excessively forward of the toes.

Squat down by bending the back knee straight down.

Weight emphasis should be on the front foot's heel.

During the exercise push through the front heel.

Maintain a slight knee bend when at the top of the exercise to maintain balance.

Alter difficulty:

Increase by wearing a weight vest, backpack or holding dumbbells in each hand.

Plank 1 Leg Hip Extension

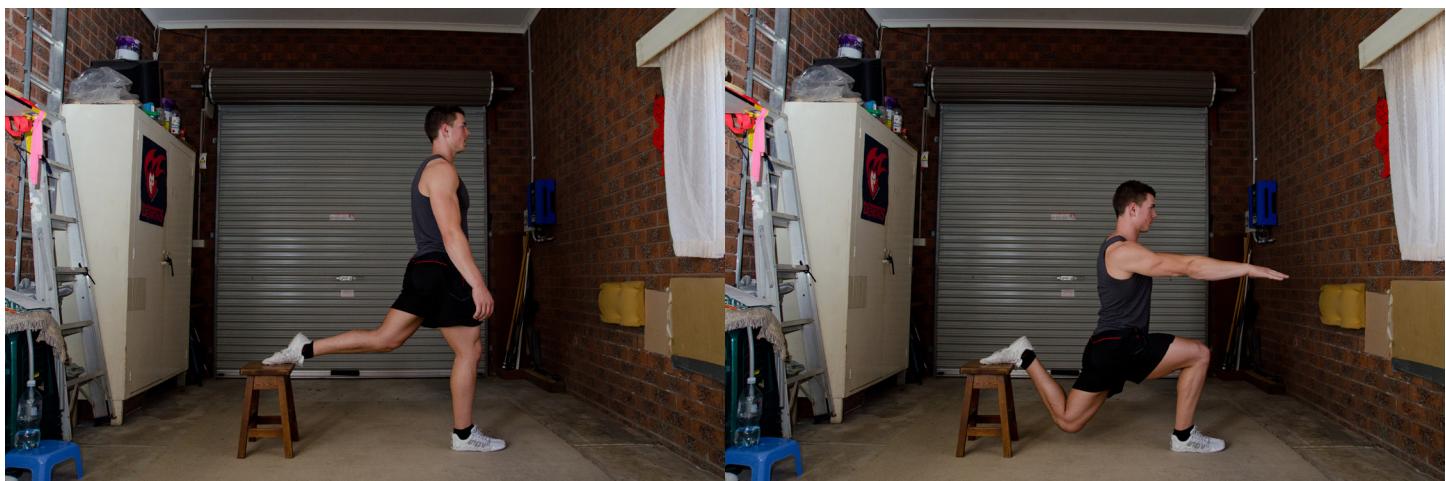


Assume a regular plank position with abdominals and glutes engaged.
The elbows should be in line with the hands pointing straight ahead.
Raise one leg above hip level keeping the leg straight and pointing the toe.
Hold for the required duration and switch legs each set.

Alter difficulty:

Increase by raising the opposite arm off the ground.

Bulgarian Split Squats



Form requirement for Bulgarian split squat is the same as the lunge.
Use a box that is approximately knee height.

Alter difficulty:

Increase by wearing a weight vest, backpack or holding dumbbells in each hand.

Alternate Lunge Jump



From a lunge position explosively jump straight up pushing through the front heel.

Alternate legs midair and land with the opposite foot forward.

Land silently to minimise impact forces.

Dips



Begin the movement with the elbows extended straight.

Lower down to 90°. As flexibility increases, work towards a deeper range of motion.

Rise until the arms are extended, forcefully contracting the triceps at the top position.

Keeping the legs straight will increase total body tension aiding in a more fluid movement.

Straight Bar Dips



Assume a shoulder width grip.
Begin with the arms extended straight.

Lower down until the chest touches the bar.

Fully lock out the arms and repeat.

Shoulder Width Pullups



Assume a shoulder width grip.

Ensure your elbows are fully extended; each repetition should begin from this position.

Retract and depress the shoulder blades and rise until the chin clears bar level.

Keep the neck in neutral alignment; avoid reaching forward with the chin.

Keep the chest elevated in order to engage the back muscles as much as possible.

A slight arch in the lower back is encouraged.

Shoulder blades should remain depressed and retracted, do not reset into a 'loose dead hang' after performing a repetition.

Close Grip Pullups



Form requirement for the Close Grip Pullup is the same as the Shoulder Width Pullup.

It may be difficult to get the chin to bar level due to biceps limiting the achievable range of motion.

Pull to the extent possible whilst maintaining correct form and tempo.

Explosive Switch Grip Chinups



Assume a shoulder width grip, one hand pronated (pullup grip) the other hand supinated (chinup grip)
Pull up forcefully without assistance from the lower body.

When the chin clears bar level switch hand grip.

The pullup grip will become a chinup grip and vice versa for the opposite arm.

Repeat the Chinups in this fashion for the prescribed repetitions.

Pushups



Asssume a shoulder width hand placement with the fingers facing directly forward.

In the pushup position maintain tension in the glutes and abdominals to create midline stability.

During the descent keep the elbows close to the sides.

When the chest reaches the floor push up whilst maintaining the elbows close to the sides.

Forcefully contract the triceps at the top position by locking out the elbows before continuing.

Plyometric Pushups



Form principles for the Plyometric Pushup is the same as the Regular Pushup.

The difference is during the descent and ascent.

The descent is performed quickly maximising use of the stretch shortening cycle.

As soon as the chest reaches the floor push up explosively allowing the hands to leave the floor.

Immediately descend into the bottom of the pushup and repeat for repetitions.

Archer Pushups



Assume a wider than shoulder width hand placement.

Shift the bodyweight to the 'working arm' which is the right arm in the above picture.

The left arm is the 'assisting arm' which provides minimal contribution.

Descend and perform a pushup as described earlier.

The difference with the Archer Pushups is the bodyweight remains shifted towards the 'working arm' for the duration of the set.

Repeat all repetitions on the same side before switching to the opposite side.

Alter difficulty:

Decrease by pushing with the 'assisting arm' more.

Increase by using only the finger tips on the 'assisting arm'

Tricep Extensions



The Tricep Extension is a phenomenal exercise for developing the triceps.

Assume a close grip hand placement.

Keep the elbows in close to the body, do NOT flare the elbows out at any point during the exercise.

As with all exercises ensure the glutes and abdominals remain engaged.

Allow the head to translate slightly forward of the hands at the deepest position.

Extend the arms straight contracting the triceps forcefully at the top position.

Alter difficulty:

Increase by placing hands on an object closer to the floor. Example: Knee height.

Decrease by placing hands on an object further from the floor. Example: Chest height.

Hanging Knee Raises



Arms extended straight and a shoulder width hand placement.

With control lift the knees up as high as possible.

Do not swing or compensate by bending the arms during this movement.

Alter difficulty:

Increase by bringing the knees up to the chest.

Increase by using a chinup grip.

Decrease by coming up to 90°

Hanging Leg Raises



Arms extended straight and a shoulder width hand placement.
Straighten the legs and lift up until the feet clear bar level.
Reverse the motion until the legs hang relaxed below the hips.

Alter difficulty:

Increase by continually transitioning from positions 1 to 2 pictured above. (Lowering to L-sit).
Decrease by returning to a regular hang position between repetitions.

Handstand Shoulder Taps



Stand facing away from the wall.
Walk up the wall and extend into a handstand position.
Have the hands no further than 15cm (6 inches) from the wall.
Simply lift one hand off the floor and tap the shoulder, return to a regular handstand position.
Alternate between sides maintaining control and making the movement smooth.

Alter difficulty:

Increase by taking longer for the hand to tap the shoulder.

Increase by having the hands closer to the wall.

Decrease by tapping the shoulder quickly.

Decrease by spreading the legs apart (More contact with the wall).

PB L-Sit to V-Sit raises



Having the arms extended straight lift the feet to a regular L-Sit.

Keep the chest elevated and back upright.

Aim to have the hips in line with the arms, slightly forward is preferred.

Point the toes: This is not for aesthetics, it will ensure the legs remain locked straight.

From the position in the initial picture aim to lift the feet to head height.

The hips will move slightly forward which requires a strong activation of the abdominals, legs, and triceps.

Return back to the Regular L-sit and repeat for repetitions.

Archer Bodyweight Rows



The principle for the Archer Bodyweight Rows is the same as previously described for the other 'Archer' exercises.

Assume a wider than shoulder width grip

Shift the bodyweight to the 'working arm'

The left arm is the 'assisting arm' which provides minimal assistance.

Retract and depress the shoulder blades.

Keep the chest elevated.

A natural arch in the lower back is encouraged.

Repeat all repetitions on the same side before switching to the opposite side.

Alter difficulty:

Increase by extending the legs straight.

Increase by elevating straight legs onto an object which is knee height.



Chest to wall Handstand



Stand facing away from the wall.

Walk up the wall and extend into a handstand position.

Keep the glutes and abdominals engaged for the duration of the set.

Hands should be no further than 15cm (6 inches) from the wall.

A helpful cue is reaching the shoulders behind the ears.

Chest to wall Handstand Pushups



Enter the Chest to wall Handstand as described earlier.

Descend towards the floor creating a tripod shape with the head and hands.

Forcefully extend the arms bringing the shoulders behind the ears.

Alter difficulty:

Decrease by limiting the range of motion or having a training partner gently pull the ankles vertically.

Increase by using pushup handles to increase the range of motion.



Korean Dips



Assume a shoulder width grip with the hands in a chinup grip.

Retract the shoulder blades and lean forward with the chest.

Allow the legs to extend behind the bar.

Once depth has been reached extend the arms straight and drive the hips forward.

This exercise can be done in either a pullup or chinup grip.

Handstand Wall Walks



Begin with the feet pressed against a wall and body in a pushup position.

Begin walking the feet up the wall.

The arms are to remain straight at all times.

As the left leg steps up the wall the right arm should move closer towards the wall.

As the right leg steps up the wall the left arm should move closer towards the wall.

Repeat this process until the hands are within 15cm (6 inches) distance from the wall.

A full Chest to wall Handstand position is needed before continuing.

Reverse the process walking down the wall in opposite synchronisation with the hands.

Avoid the temptation to slide the feet down the wall towards the bottom of the movement.

Alter difficulty:

Increase by wearing socks and walking up a smooth wall (Less friction).

Decrease by wearing shoes and walking up a brick wall (More friction).

Chinup Hanging Leg Raises



Form requirement for the chinup variation of the Hanging Leg Raise is the same as the pullup grip version. Hands placed in a chinup grip will decrease back recruitment and increase abdominal recruitment.

Alter difficulty:

Increase by continually transitioning from positions 1 to 2 pictured above - (Lowering to L-sit).

Decrease by returning to a regular hang position between repetitions.

Side to Side L-Sit



Begin the exercise in a regular L-sit following the form requirement previously outlined.

Keep the legs extended straight at hip level.

Transition to the left - return to the middle - transition to the right.

This movement is to be completed at a controlled speed.

Alter difficulty:

Increase by performing the movement with the feet raised higher.

Decrease by performing the movement with the feet below hip level.

Assisted Sissy Squat



Assume a shoulder width stance with the feet straight ahead.

Initiate the movement by keeping tension in the glutes and abdominals.

Translate forward with the knees and hips shifting onto the balls of the feet.

Continue descending until the knees are a few inches from the floor.

Reverse the motion returning to a standing position.

Use a dowel/broom to provide assistance if necessary.

When strength improves lessen the amount of assistance utilised.

Full Sissy Squat



The form for the Full Sissy Squat is the same as described for the Assisted variation.

Alter difficulty:

Increase by maintaining a constant bend in the knees which forces the quadriceps to remain on tension.

Lunge Isometric



Elevate one foot on an object approximately knee height.
The front knee should be relatively vertical.
Modify stance distance if knee travels excessively forward of the toes.
Squat straight down by bending the back knee.
Keep the chest elevated.
Weight emphasis should be on the front foot's heel.
Maintain this position for the prescribed duration.

Single Leg Balance



Simply stand on one leg with the foot remaining flat on the floor.
The balancing leg is to be lifted from the floor.
Hold for the prescribed duration without losing balance.

Alter difficulty:
Increase by closing the eyes.

Phase 1

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
1	A1	Chinups	2 - 3	5 - 8	30X1	2 ½
1	B1	Elevated Shoulder Pushups	2 - 3	6 - 8	4021	1 ½ - 2
1	C1	Bodyweight Rows - Feet on floor	2 - 3	10 - 12	3121	1 ½ - 2
1	D1	Diamond Pushups	2 - 3	10 - 18	31X1	1 ½ - 2
1	E1	L-Sit	3 - 4	10 - 30s	-	1 ½
1	E2	Hollow Body Hold	2 - 4	45 - 60s	-	

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
2	A1	Jumping Squats	3 - 4	6	FAST	1 ½ - 3
2	B1	L-Sit	2 - 3	10 - 30s	-	1 ½
2	C1	Single Leg Box Squat	3 - 5	5 - 8	31X1	1 ½
2	D1	Standing Calf Raises	3 - 5	12 - 15	41X4	2
2	D2	Glute Ham Raise Hinge	3 - 4	6 - 8	40X1	
2	E1	Lunge	3	8 - 12	3331	2
2	F1	Plank (1 Leg Hip Extension)	4	30 - 60s	-	2

Phase 1

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
3	A1	Dips	3 - 4	8 - 15	3021	2 - 3
3	B1	Pullups	2 - 3	4 - 8	30X1	2 - 3
3	C1	Plyometric Pushups	4 - 5	5 - 8	FAST	3
3	D1	Chinups	2 - 3	3 - 8	51X5	2
3	E1	Chest to wall Hand-stand	3	45 - 60s	-	2
3	F1	PB L-Sit to V-Sit raises	2 - 3	6 - 10	20X0	1 - 1 ½

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
4	A1	Pullups	2 - 3	4 - 8	30X1	2 - 3
4	B1	Dips	3 - 4	8 - 10	51X1	2 - 3
4	C1	Bodyweight Rows - Feet on floor	3 - 4	8 - 12	3121	2 - 3
4	D1	Regular Pushups	2 - 3	12 - 20	32X1	2
4	E1	Chinups	2 - 3	4 - 8	51X2	2
4	F1	Tricep Extensions	3 - 4	8 - 12	4021	2
4	G1	Hanging Tucked Knee Raises	3 - 4	6 - 12	3031	1 ½

Phase 2

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
1	A1	Close Grip Pullups	3 - 4	4 - 8	51X2	1 ½ - 2
1	B1	Weighted Dips + 10-15% BW	3 - 4	5 - 10	30X1	3 - 4
1	C1	Tucked L Chinups	3 - 4	5 - 8	31X2	1 ½ - 2
1	D1	Handstand Shoulder Taps	3 - 4	20 - 35s	-	1 ½
1	E1	Elevated Diamond Pushups	3 - 5	8 - 12	3121	1 ½ - 2
1	F1	Hanging Leg Raises	2 - 3	6 - 12	3130	2 ½

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
2	A1	Jumping Squats	4 - 5	6	-3X-	2
2	B1	Assisted Pistol Squat	3 - 4	4 - 6	40X1	1 ½ - 2
2	C1	PB L-Sit to ½ V-sit raises	3	5 - 8	Control	2
2	D1	Glute Ham Raise Hinge	4	8 - 12	41X1	2
2	E1	Assisted Sissy Squat	3 - 4	6 - 8	4031	2 - 3
2	F1	2 Leg Jump Rope	3	60 jumps	-	2 - 3
2	F2	Single Leg Calf Raise L	3	10 - 15	31X1	
2	F3	Single Leg Balance L	3	45 - 60s	-	
2	F4	Single Leg Calf Raise R	3	10 - 15	31X1	
2	F5	Single Leg Balance R	3	45 - 60s	-	

Phase 2

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
3	A1	Explosive Dips	3 - 4	6 - 12	40X2	3
3	A2	Explosive Switch Grip Chinups	3 - 4	5 - 8	20X2	
3	B1	Plyometric Pushups	3 - 4	6 - 12	--X-	2 - 3
3	C1	Chinups	3 - 4	3 - 6	5s T + 5s M + 5s B	3
3	D1	Feet Elevated Diamond Pushups	3 - 4	6 - 8	5121	3
3	D2	Archer Bodyweight Rows	3 - 4	6 - 8	3011	
3	E1	Chest to wall Handstand	3 - 5	60 - 120s	-	2

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
4	A1	Chest to wall HSPU	Self directed	12 - 20	-	2
4	B1	Pullups	3 - 4	6 - 15	30X2	2 - 3
4	C1	Archer Pushups	3 - 4	4 - 8	3031	2 - 3
4	D1	Chinups	2 - 3	3 - 6	100X0	3
4	D2	Straight Bar Dips	3 - 4	6 - 10	2122	
4	E1	Hanging Leg Raises	2 - 3	5 - 8	3132	1 1/2

Phase 3

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
1	A1	Weighted Chinups + 15-20% BW	3 - 4	6 - 10	20X0	3 - 4
1	B1	Weighted Dips + 15-20% BW	3 - 4	8 - 12	20X0	3 - 4
1	C1	Archer Chinups	3 - 4	4 - 6	31X1	2
1	D1	Korean Dips	3 - 4	4 - 6	3021	2
1	E1	Handstand Wall Walks	3 - 4	3 - 6	Controlled	2
1	F1	Chinup Hanging Leg Raises	3 - 4	4 - 6	4131	1 ½

Phase 3

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
2	A1	Jumping Squats Weighted	3 - 4	4 - 6	-3X-	1 ½ - 2
2	B1	Pistol Squat	3 - 4	5- 8	40X1	3 - 4
2	C1	Side to side L-Sit	3 - 4	4 - 8	Controlled	2
2	D1	Minimal assist or Full Sissy Squat	4 - 5	5 - 6	5031	2 - 3
2	E1	Alternating Lunge Jump	4	8 - 10	--X-	2 - 3
2	E2	Lunge Isometric	4	20 - 30s	-	
2	F1	Glute Ham Raise Eccentric	5	3	Slow as possible	2
2	G1	Glute Ham Raise Hinge	3	6 - 10	31X1	2
2	H1	Single Leg Calf Raise	3	30 - 40	XXXX	1
2	H2	Single Leg Calf Raise Isometric (T)	3	MAX	-	

Phase 3

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
3	A1	Archer Pull-ups	3 - 4	4 - 6	31X1	3
3	A2	Chest to Wall HSPU	3 - 4	3 - 6	20X3	
3	B1	Dips	3 - 4	5 - 10	3333	3
3	B2	Archer Bodyweight Rows	3 - 4	8 - 10	3011	
3	C1	Elevated Regular Pushups	1 - 3	6 - 10 DOWN!	21X1	3 - 5

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
4	A1	Handstand Shoulder Taps	3 - 4	20 - 60s	-	2 - 3
4	B1	Weighted Pullups + 15-20% BW	3 - 4	5 - 8	20X1	2 - 3
4	C1	Weighted Dips + 10-15% BW	3 - 4	4 - 8	30X1	2 - 3
4	D1	Wide Grip Pullups	6	3 - 5	30X1	2 - 3
4	E1	Archer Pushups	3 - 4	8 - 12	3131	2 - 3

Phase 3

Day	Letter	Exercise	Sets	Reps	Tempo	Rest (Mins)
5	A1	Shoulder Width Pull-ups	25 Minutes	Self Directed	31X2	3
5	B1	Straight Bar Dips	25 Minutes	Self Directed	31X2	3
5	C1	Bodyweight Rows	3	8 - 10	3122	2
5	D1	Diamond Pushups	3	10 - 15	21X2	2
5	D2	Tricep Extensions	3	8 - 12	4021	

Conclusion:

We hope you have found this guide insightful and useful. What we have provided is a blueprint capable of being adapted to suit varying skill levels. A wide array of variations and progressions will keep you challenged for many months, train hard!

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For more information and updates don't forget to visit our websites and YouTube channels.

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Good luck and enjoy!