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INTERMEDIATE

MALE

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HOME

BODYWEIGHT WORKOUT



TABLE OF CONTENTS

BODYWEIGHT INTERMEDIATE ROUTINE OVERVIEW:

1. Upper Workout
2. Lower Workout
3. Push Workout
4. Pull Workout
5. Legs Workout
6. Additional Comments
7. Disclaimer



WORKOUT ROUTINE OVERVIEW

This bodyweight workout routine is designed to train all of your upper and lower body musculature in a proportionate manner. It's designed to be performed 5 times a week in order to meet the volume requirements to maximize growth. See below for an example schedule:

Day	Workout
Monday	Upper
Tuesday	Lower
Wednesday	Rest
Thursday	Push
Friday	Pull
Saturday	Legs
Sunday	Rest

The exact days don't matter for your workouts, but the key is to get at least one rest day in between the "upper/lower" and "push/pull/legs" workouts (or between 2-3 consecutive workouts). This ensures that you're fully rested and recovered before starting your next set of workouts.

This PDF will provide you with bodyweight only exercises, but feel free to mix and match with other exercises from your main BWS program, as well as the dumbbell and resistance band programs you've been provided in order to best suit your needs and your equipment availability.

Lastly, please ensure that you always do your standard warm-up routine before performing this workout, which you can find in your main BWS program.



INTERMEDIATE WORKOUTS: BODYWEIGHT

UPPER BODY WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Close Grip Push-Ups	3	8-15	2	Use diamond or narrow grip, perform push-up, use weighted backpack or band for additional resistance.
Bed Sheet Inverted Row	3	8-15	2	Lean back, pull with elbows, squeeze shoulder-blades together. Move closer to door for increased difficulty. Perform table inverted row instead if needed.
Pike Push Ups	3	8-15	2	Push-up position, move arms towards legs, press nose downwards towards floor in front of hands.
Bed Sheet Lat Pulldown	3	8-15	2	Grab each end of sheets, lay on ground with knees bent (straight legs is more difficult), perform lat pulldown to raise body up.
Dip Push Ups	3	8-15	2	Lay on floor, place hands on two stacks of books or two upright dumbbells, press arms downwards to raise chest up while letting lower body slide forward. Elevate platforms higher to progress movement.
Bed Sheet High Row	3	8-15	2	Grab sheets, lean back, perform row with elbows kept high at shoulder height and palms facing downward. Move closer to door for increased difficulty.

** If you have access to a pull-up bar, perform pull-ups instead.*

INTERMEDIATE WORKOUTS: BODYWEIGHT

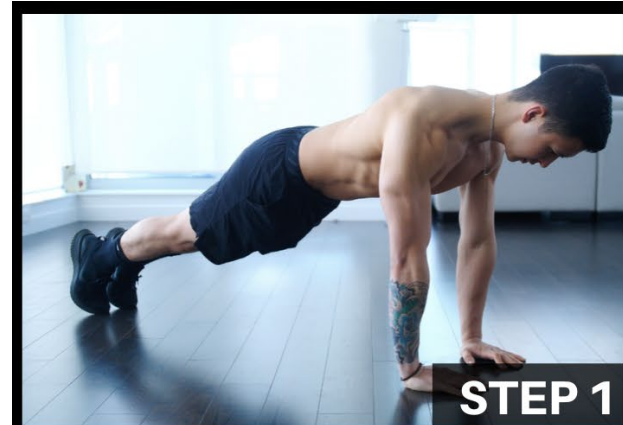
EXERCISE 1: Close Grip Push-Ups

Step 1: Get into a normal push-up position and pull your hands into a diamond or narrow grip ensuring your body is in a straight line.

Step 2: Descend until your chest nearly touches the floor, maintaining a straight body, ensuring you are not shrugging your shoulders.

Step 3: Push through the floor as if you were trying to push it away from you and return to the starting position. Ensure you are not flaring your elbows out at any point during the movement, instead keep them tucked in.

Regression: This can be modified as well by performing this exact setup but on your knees rather than your feet in order to work your way up.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 2: Bed Sheet Inverted Row

Step 1 (Setup): Tie a simple knot at the ends of two bed sheets. Throw them over the door, spread them over the top of the frame and close the door. But set it up such that the door is resting in against the door frame as you pull the sheets rather than the other way around.

Step 2 (Setup): Grab onto the sheets to use as your “handles”, then lean back so that your arms are fully extended, and body is in a straight line. The more horizontal your body is, the harder the movement will be.

Step 3 (Row): Row by squeezing your shoulder blades together and driving your elbows back. Descend by slowly controlling your body back down to the start position then repeat.

Progression: To progress the movement, wear a weighted bag and/or make your body more horizontal by moving your feet closer towards the door and getting your body more parallel to the ground.

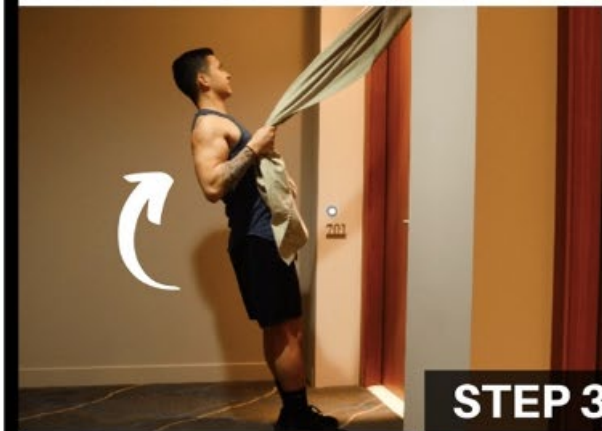
Alternative: If you don't have a bed sheet, you can simply perform inverted rows like so under a sturdy table instead.



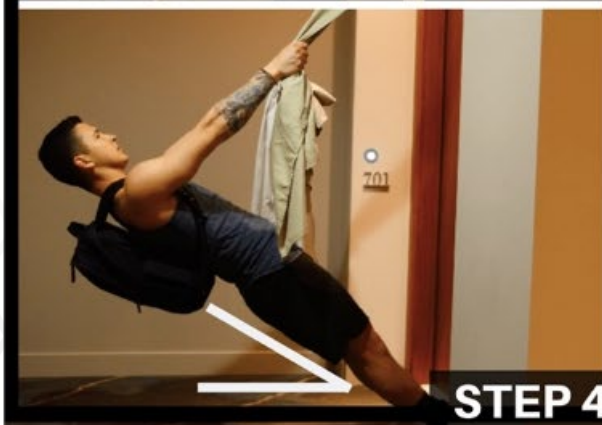
STEP 1



STEP 2



STEP 3



STEP 4

INTERMEDIATE WORKOUTS: BODYWEIGHT

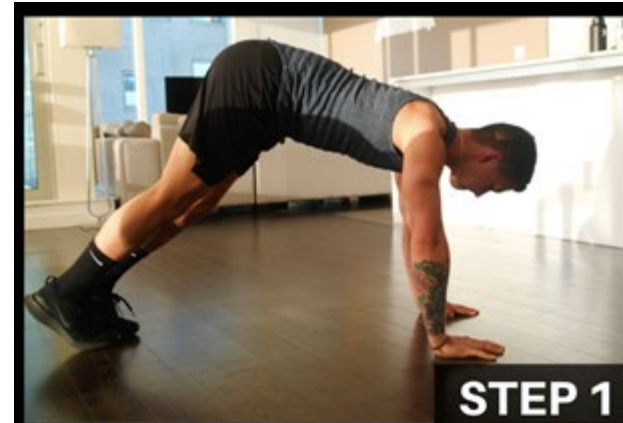
EXERCISE 3: Pike Push-Ups

Step 1 (Setup): Assume a push-up position on the floor, then move your hands closer to your feet while keeping your legs straight until your body makes an “upside down V shape.”

Step 2 (Descent): Bend your elbows to lower your upper body towards the ground until the top of your nose nearly touches the floor. As you do so, your head should move forward past your hands. Avoid flaring your elbows out to the side, instead keep them tucked with your forearms vertical over your wrists.

Step 3 (Ascent): Push back up to the starting position by extending your arms.

Progression: To make this movement easier, you can start by performing these on your knees. Then you can progress to doing the standard version, and then progress further by first elevating your feet onto an elevated platform like a chair, and then progress from here by moving your hands in closer towards your feet. Then, once ready, you can continue elevating your feet to an even higher platform and repeating the process.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 4: Bed Sheet Lat Pull Down

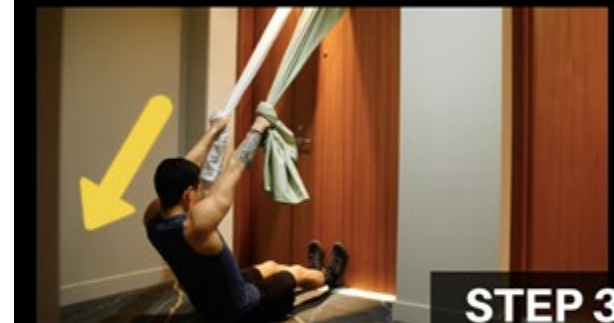
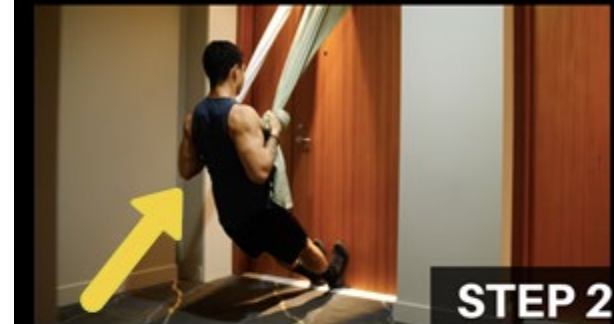
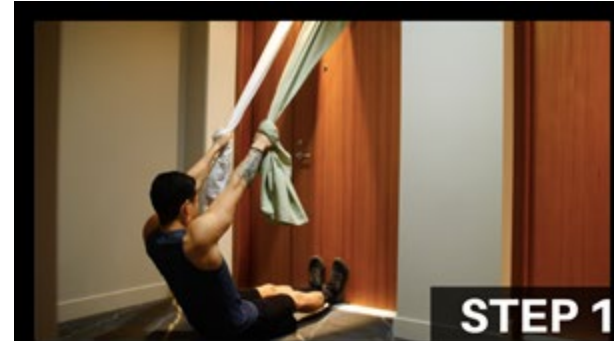
Step 1 (Setup): Using the bed sheet set up, wrap the bed sheet in each hand and lay on the floor with your legs straight. If needed, you can start with your knees bent to make the movement easier. Hold your arms extended straight out and up in front of you. There should be tension in the sheets as you do so.

Step 2 (Pull): Pull your elbows down and back to lift your body off of the ground. This is just as you would in a pull-up or lat pulldown.

Step 3 (Descend): Use your lats to control your body back down to the starting position and repeat.

Progression: I would suggest first starting the movement with your knees bent and using your legs for assistance as you pull up. Then, progress it overtime by straightening your legs more and more and using less assistance from your legs as you pull up.

Alternative: If you're unable to perform the bed sheet lat pulldown, perform sliding straight arm pulldowns with your forearms on a yoga mat and use your lats to slide your body up on the floor.



INTERMEDIATE WORKOUTS: BODYWEIGHT

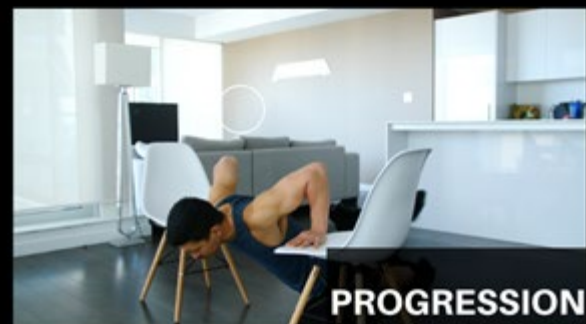
EXERCISE 5: Dip Push Ups

Step 1 (Setup): Get into a push-up position on the floor and elevate your hands on a stack of books or any elevated platform.

Step 2 (Push): While keeping your elbows slightly tucked rather than flared out to your sides, push your arms downward to raise your upper body into an upward position until your arms straighten, while just letting your lower body slide along for the ride.

Step 3 (Return): Return back to the starting position by bending your arms and letting your lower body slide back.

Progression: These can be progressed by either elevating the platform used (e.g. use chairs) and/or wearing a weighted bag or looping a band around your neck and hands to provide more resistance as you push up.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 6: Bed Sheet High Row

Step 1 (Setup): Using the bed sheet set up, wrap the bed sheet in each hand. Take a few steps back from the door and lean back until your arms are extended straight and there's tension in the sheets.

Step 2 (Row): With your palms facing downwards, perform a row by pulling your elbows back as far as possible to raise your body up. As you row you want to keep your elbows up high at shoulder height to best engage the rear delts.

Step 3 (Return): Control your body back down to the starting position until your arms are fully extended, and then repeat for more reps.

Progression: To make the movement easier, you can start out with a split stance to use your back leg for assistance. Then, move your feet together to make it harder, and then gradually move your feet closer to the door to get your body more horizontal to the ground to continue increasing the difficulty of the movement.

Alternative: If a bed sheet isn't available, you can perform the same high row movement in between a hallway or doorway instead by gripping onto the edges of the wall/door.





INTERMEDIATE WORKOUTS: BODYWEIGHT

LOWER BODY WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Heel Elevated Slow Eccentric Goblet Squat	4	8-15	2	Hold weighted backpack or any weighted object at chest, elevate heels on books, slow down descent to 3-5 seconds to reach bottom position, squat back up.
Lying Reverse Hyperextensions*	4	8-15	2	Lay upper body on flat bench or table or side of couch, contract glutes and hamstrings to lift legs up until parallel with upper body.
Assisted Single Leg Lunge	3	8-15	1 min between legs	Hold onto the edge of a table or any elevated platform, squat down into a lunge position by bending your front leg while keeping your back leg elevated, squat back up by using your front leg. Use the table for assistance and use your back leg for assistance on the ground if needed.
Single Leg Weighted Calf Raise	4	8-15	1-1.5	Stand on elevated platform, hold weighted backpack/object in one hand and other hand on a fixture for support.

*Perform prone arm circles with hip extension if you're unable to perform these.

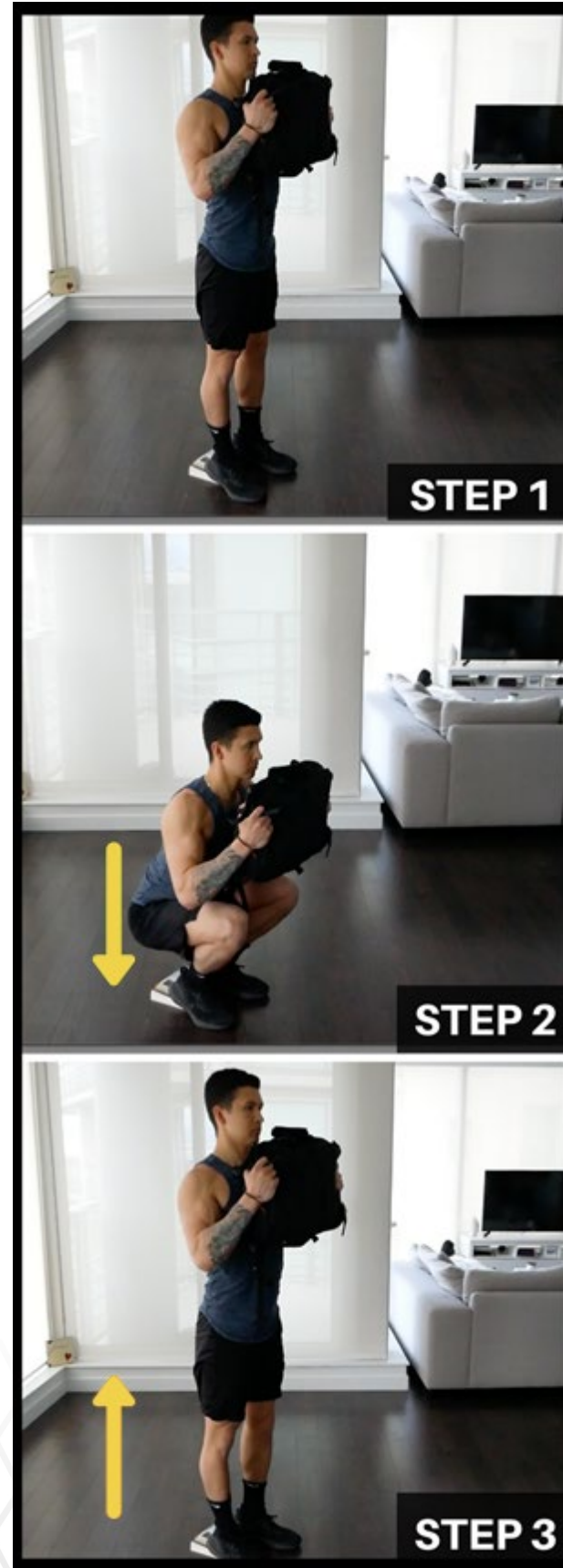
INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 1: Heel Elevated Slow Eccentric Goblet Squat

Step 1 (Setup): Grab a backpack stuffed with books or any weighted object and hold it at chest height. Stand with a narrow stance with your heels on a book or any slightly elevated platform. This will help place more emphasis on the quads.

Step 2 (Descent): Engage your core and squat down slowly by simultaneously bending your knees and pushing your hips backwards until your thighs become at least parallel to the ground. It should take you roughly 3-5 seconds to descend to the bottom position.

Step 3 (Ascent): Push back up by using your quads and glutes to fully extend your legs back to the starting position, and then repeat for more reps. You can make the movement harder by pausing at the bottom position and slowing down the movement more.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 2: Lying Reverse Hyperextensions

Step 1 (Setup): Lie face down on a bench or table. While your upper body and stomach should be on the bench, your hips should not. This will allow them to move freely. Let your legs hang straight down toward the floor. Hold the sides of the table or grip underneath the bench to keep your upper body in position.

Step 2 (Raise): Brace your abs to keep your spine stable and supported. Lift your legs by contracting your hamstrings, glutes, and lower back. Keep them straight or just slightly bent. Raise them until they are roughly parallel to the floor or just above parallel to your body. Keep the movement smooth and controlled.

Step 3 (Descend): Lower your legs in a controlled fashion and then repeat for more reps. Avoid kicking your legs up with momentum as you perform the movement, as this will take tension away from the target muscles and potentially cause injury. Avoid excessively arching the lower back, you should feel tension in the lower back but should mainly feel the glutes and hamstrings working.

Progression: To progress this movement over time, you can slow down each rep and incorporate a brief pause at the top position of each rep.



INTERMEDIATE WORKOUTS: BODYWEIGHT

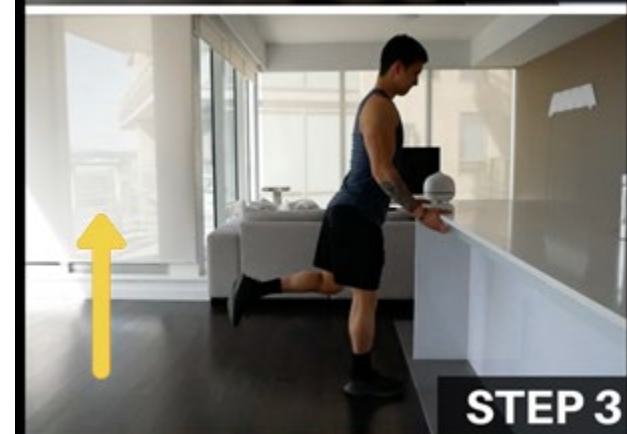
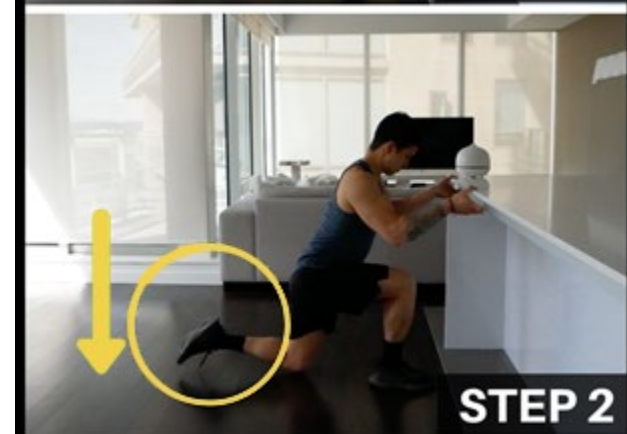
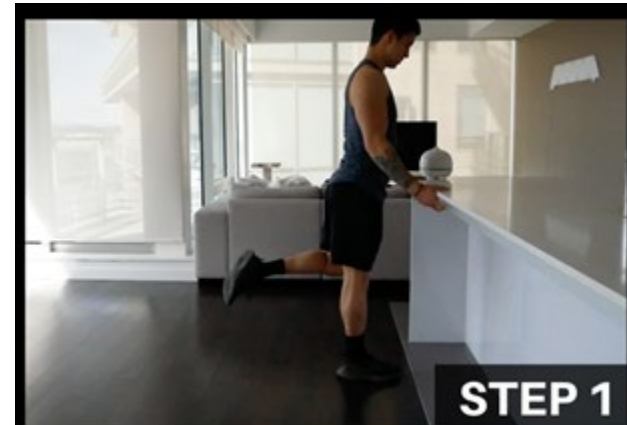
EXERCISE 3: Assisted Single Leg Lunge

Step 1 (Setup): Grip onto the edge of a table or any elevated platform and get into a lunge position with your rear foot positioned behind you.

Step 2 (Descend): While using the table for assistance, lift your back foot off the ground slightly and squat down into a lunge position by bending your front leg while keeping your back leg elevated in the air. At the bottom position, your front shin should be vertical over your front foot.

Step 3 (Ascent): Push back up into the starting position by extending your front leg using your quadriceps and glutes. Your front foot should not leave the ground, and your back foot should remain elevated in the air.

Regression: To make the movement easier, you can initially use your back foot for assistance by having it touch the ground at the bottom position of each rep and by using the table more for assistance during the way up.



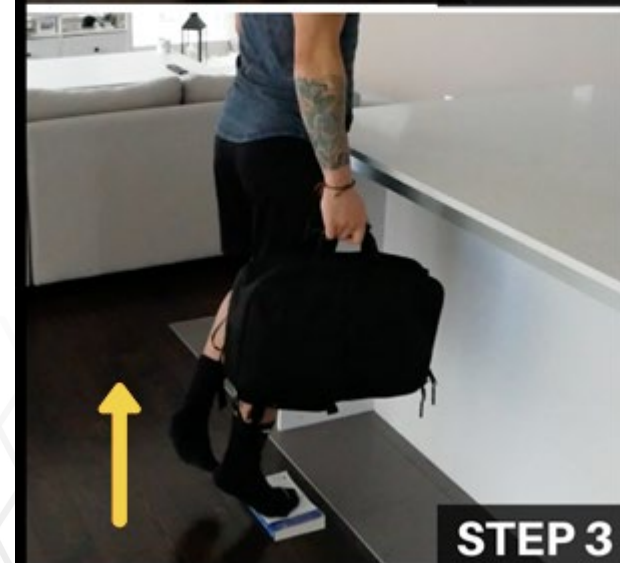
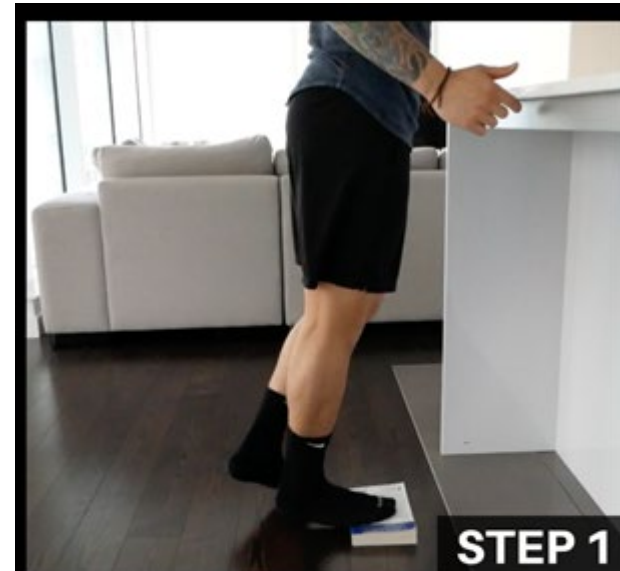
INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 4: Single Leg Weighted Calf Raise

Step 1 (Setup): Place the front half of your foot on an elevated platform such as stairs or stacked books. Hold a weighted bag or object in one hand and place your other hand on a fixture or structure for support, such as a table or wall.

Step 2 (Descent): Drop your heel down to the floor, creating a stretch through your calf muscle. Pause here briefly.

Step 3 (Ascend): Push up through your calf all the way onto the ball of your foot as if you were standing on your toes and squeeze at the top for a few seconds. Drop back down to the bottom until your heel touches the floor, pause again, and then repeat for more reps. Finish your reps on one side before transitioning to the other leg.



INTERMEDIATE WORKOUTS: BODYWEIGHT

PUSH WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Decline Close Grip Push-Ups	3	8-15	2	Use diamond or narrow grip, perform push-up, use weighted backpack or band for additional resistance.
Close Grip Push Ups	3	8-15	2	Use diamond or narrow grip, perform push-up, use weighted backpack or band for additional resistance.
Sliding Lateral Raises	4 per side	8-15	~45sec between arms	Place cloth on doorframe or smooth wall, place forearm on cloth, lean body in, raise forearm up and down.
Inner Chest Push Ups	2	8-15 per side	2	Place one hand on elevated platform (e.g. stack of books), perform push-up and twist body towards elevated arm.
Bodyweight Tricep Extensions	3	8-15	1.5-2	Get into pushup position with hands further out in front of head, bend elbows to flatten forearms on ground, press up to straighten arms. Perform on knees to make it easier.
Bed Sheet Overhead Tricep Extensions*	3	8-15	1.5-2	Grab sheets, lean forward, extend arms overhead to raise body up.

***Alternative = Perform with hands against edge of table or against wall.**

INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 1: Decline Close Grip Push-Ups

Step 1: Get into a normal push-up position then place your feet on an elevated platform such as a chair or bed. Pull your hands into a diamond or narrow grip ensuring your body is in a straight line.

Step 2: Engage your core and descend until your chest nearly touches the floor, maintaining a straight body, ensuring you are not shrugging your shoulders.

Step 3: Push through the floor as if you were trying to push it away from you and return to the starting position. Ensure you are not flaring your elbows out at any point during the movement, instead keep them tucked in.

Regression: This can be modified as well by performing this exact setup but on your knees rather than on your feet by elevating your knees onto cushions.



INTERMEDIATE WORKOUTS: BODYWEIGHT

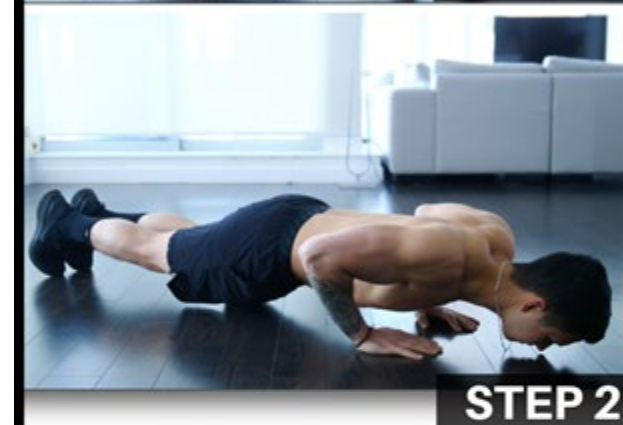
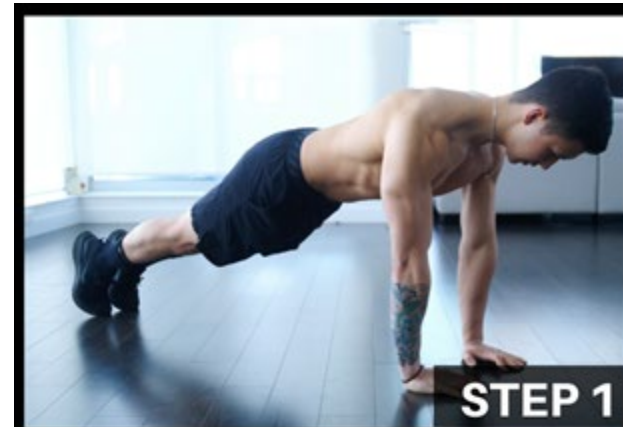
EXERCISE 2: Close Grip Push Ups

Step 1: Get into a normal push-up position and pull your hands into a diamond or narrow grip ensuring your body is in a straight line.

Step 2: Descend until your chest nearly touches the floor, maintaining a straight body, ensuring you are not shrugging your shoulders.

Step 3: Push through the floor as if you were trying to push it away from you and return to the starting position. Ensure you are not flaring your elbows out at any point during the movement, instead keep them tucked in.

Regression: This can be modified as well by performing this exact setup but on your knees rather than your feet in order to work your way up.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 3: Sliding Lateral Raises

Step 1 (Setup): Lay your forearm against a cloth or towel placed on a smooth wall or the edge of a door frame. Take a small step to the side of the wall, and then lean your body against it.

Step 2 (Raise): Slide your forearm up mimicking a side lateral raise in order to raise your body back up by using your side delt.

Step 3 (Return): Let your body drop back down while sliding your forearms back to the starting position and then repeat. Finish your reps on one side before transitioning to the other side.

Progression: Progress the movement by moving further away from the wall during the starting position so that your body leans over more as you drop your forearm. You can also try extending your arm straight rather than keeping it bent as this will make the movement considerably harder.



INTERMEDIATE WORKOUTS: BODYWEIGHT

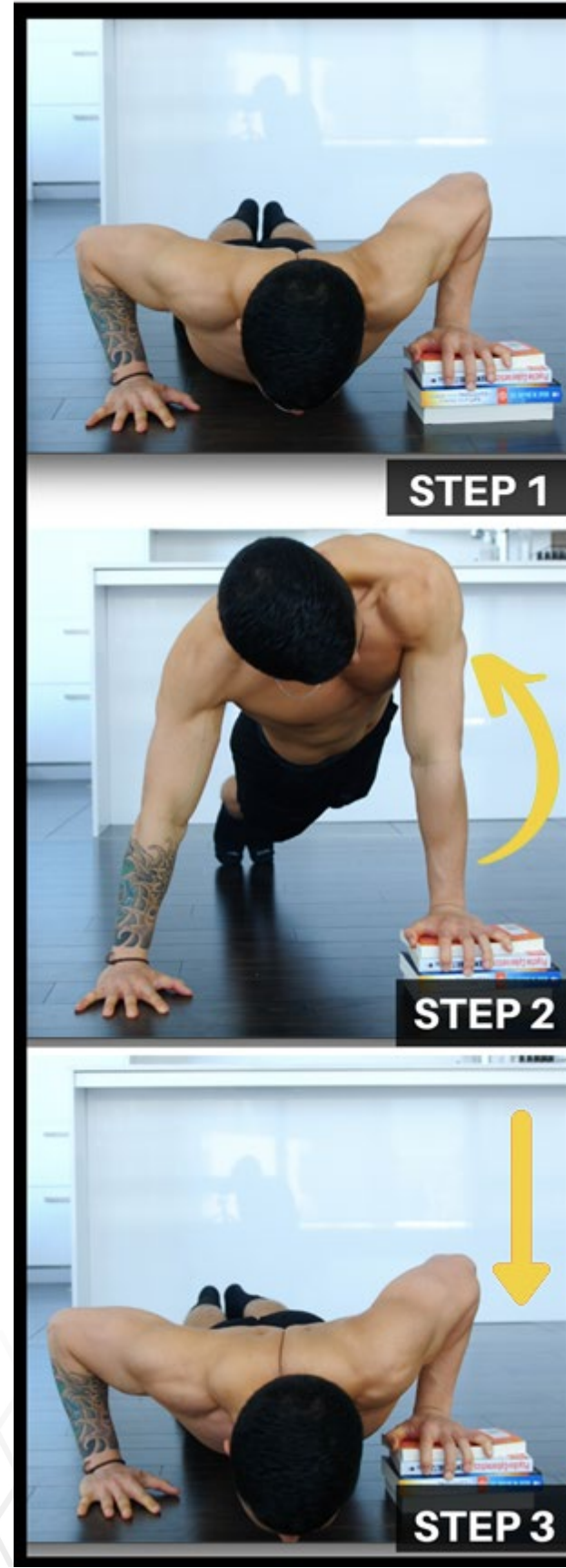
EXERCISE 4: Inner Chest Push Ups

Step 1 (Setup): Get into a push-up position with one of your arms elevated on a stack of books or any elevated platform.

Step 2 (Push): Perform a push-up, but as you press up, rotate your body towards the elevated arm so that your arm moves across your body more as you push-up.

Step 3 (Return): Return back down to the bottom position of the push-up with your body straight. Repeat for the rest of your reps on that arm, and then switch to the other arm.

Progression: You can start by doing these on your knees and then progress them by wearing a weighted bag.



INTERMEDIATE WORKOUTS: BODYWEIGHT

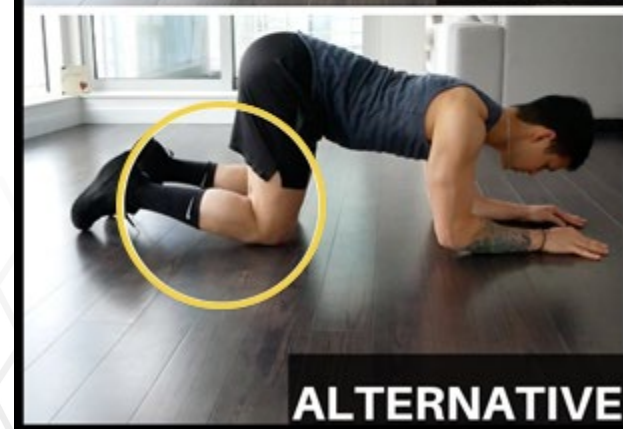
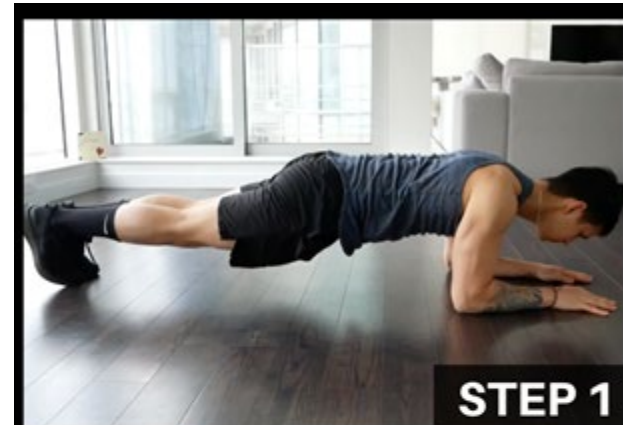
EXERCISE 5: Bodyweight Tricep Extensions

Step 1 (Setup): Get into a push-up position. Drop onto your forearms such that they are flat on the ground and roughly under the level of your shoulders and head.

Step 2 (Raise): Use your triceps to press your hands against the floor such that your arms straighten up to move you into a full push-up position. Keep your core engaged and body in a straight line as you press up.

Step 3 (Descend): Return back to the starting position by dropping back down to your forearms, and then repeat for more reps.

Alternatives & Progression: To make the movement easier, you can perform these on your knees and/or move your forearms forward more in the starting position such that they are positioned in front of your head. Then, overtime you can move your forearms back towards your shoulder more.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 6: Bed Sheet Overhead Tricep Extensions

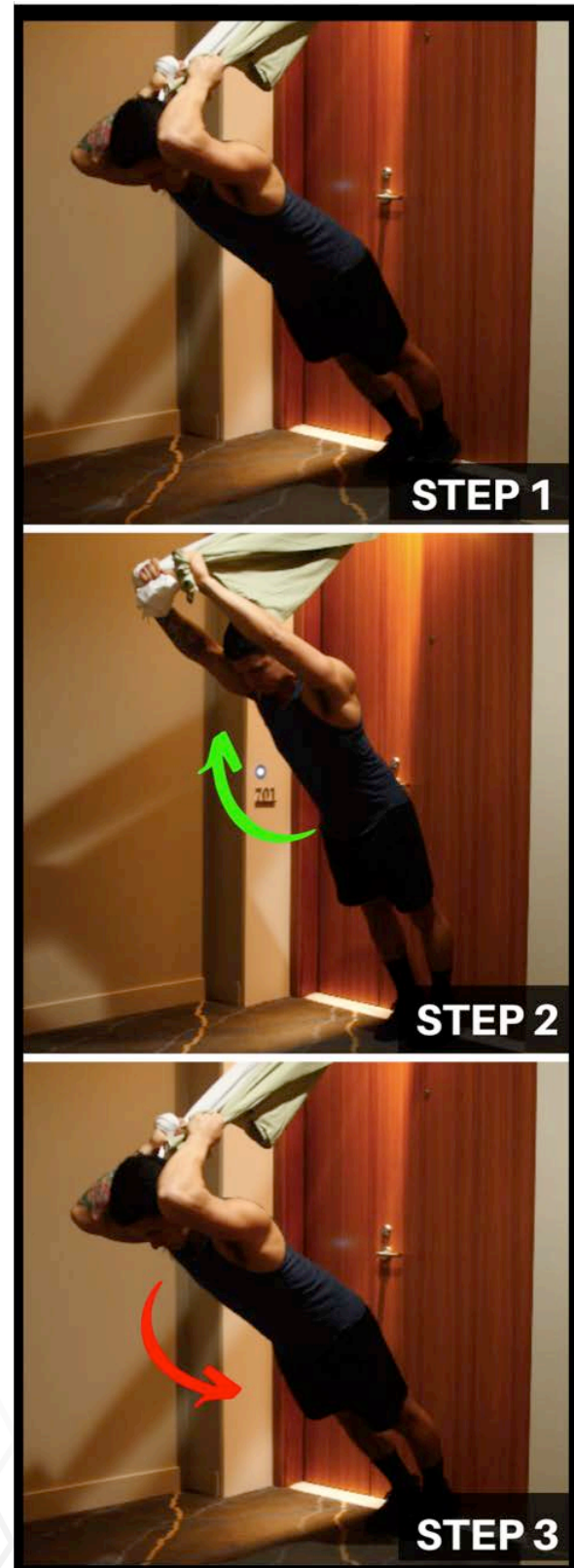
Step 1 (Setup): Using the bed sheet setup, lean forward with your arms overhead and elbows bent. Your body and upper arms should be in one straight line. The closer you position yourself to the door, the harder the movement will be.

Step 2 (Descent): Keeping your body in a straight line and elbows locked in place, extend your arms by using your triceps to raise your body up.

Step 3 (Ascent): Keeping your elbows locked, bend your arms to return back to the starting position and repeat for more reps.

Progression: Stand closer to the door, wear a weighted bag, and/or use just one arm to perform the movement.

Alternative: If the bed sheet setup is unavailable, you can perform a similar movement by resting your hands onto an elevated platform or table and perform your extensions off of that.



INTERMEDIATE WORKOUTS: BODYWEIGHT

PULL WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Straight Arm Bed Sheet Pulldowns*	3	8-15	2	Use bed sheet setup, straighten arms in front of body, let body fall forward and arms move overhead, use lats to pull body back up.
Bed Sheet Inverted Row	3	8-15	2	Lean back, pull with elbows, squeeze shoulder-blades together. Move closer to door for increased difficulty. Perform table inverted row instead if needed.
Bed Sheet Reverse Flyes**	3	8-15	2	Grab sheet in each hand, straighten arms out in front of body, lean back, palms face inward, spread straight arms out to side to raise body up.
Bed Sheet Face Pulls***	4	8-15	1-1.5	Tie knot at end of band, throw over top of door, close door, grab each end of band, perform face pulls by making a "W" with your arms.
Bed Sheet Curls OR Standing Towel Bicep Curls	3	8-15	2	Hold sheet in each hand, extend arms in front, lock elbows, curl hands towards face. Perform standing towel biceps curls if bed sheet setup unavailable.
Bed Sheet Hammer Curls OR Standing Towel Hammer Curls	3	8-15	1.5-2	Hold sheet in each hand with neutral grip, extend arms in front, lock elbows, curl hands towards face. Perform standing towel hammer curls with neutral grip if bed sheet setup unavailable.
Wall Slides	2	5-10+	1	Lean against wall, flatten lower back, place arms on wall, slide arms up and down.

* If you have access to a pull-up bar, perform chin-ups instead. Otherwise, an alternative is the "straight arm sliding lat pulldown" on the floor.

** Perform lying rear delt pulses with external rotation if bed sheet setup unavailable

*** Perform lying prone arm circles if bed sheet setup unavailable.

INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 1: Straight Arm Bed Sheet Pulldowns

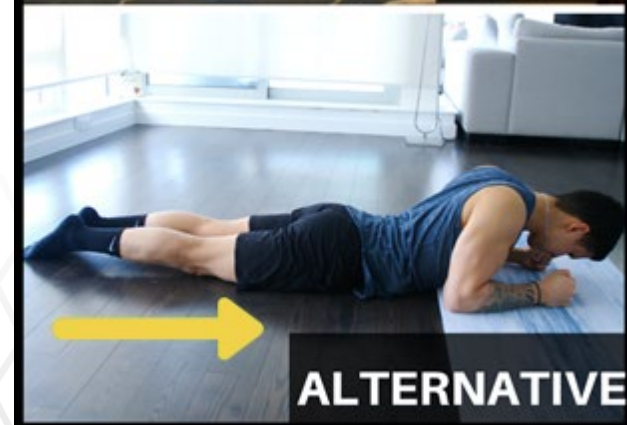
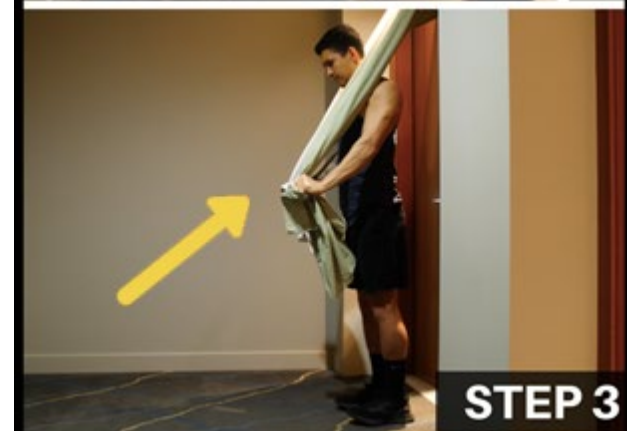
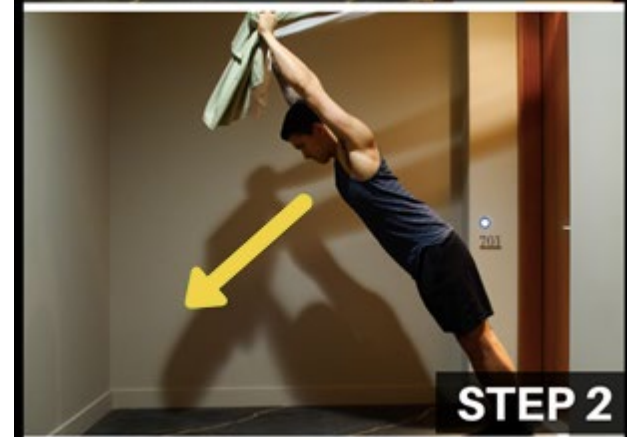
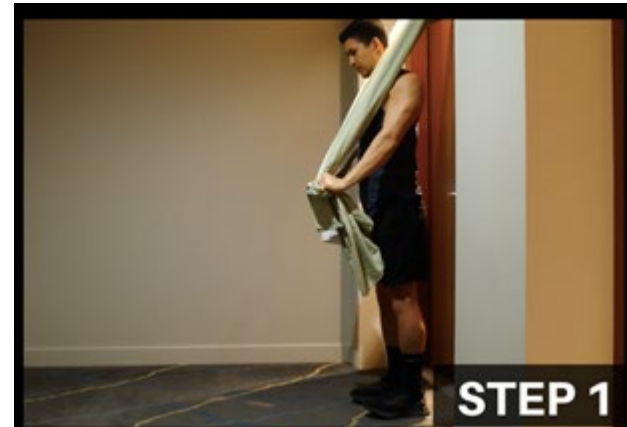
Step 1 (Setup): Using the bed sheet setup, wrap the sheets around your hands and then straighten your arms out in front of your body.

Step 2 (Descend): While keeping your arms straight, let them move overhead while letting your body fall forward. Ensure that your head, back, hips, and feet are still in one straight line.

Step 3 (Pull): Engage your core, and while keeping your arms straight, pull them straight down to your sides by engaging your lats. Think about driving your elbows backwards as you do so. Then, return back to the starting position by reversing the movement.

Progression: To make the movement harder, move closer to the door to make your body more horizontal as you descend.

Alternative: If you're unable to use the bed sheet setup, perform sliding straight arm pulldowns with your forearms on a yoga mat and use your lats to slide your body up on the floor.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 2: Bed Sheet Inverted Row

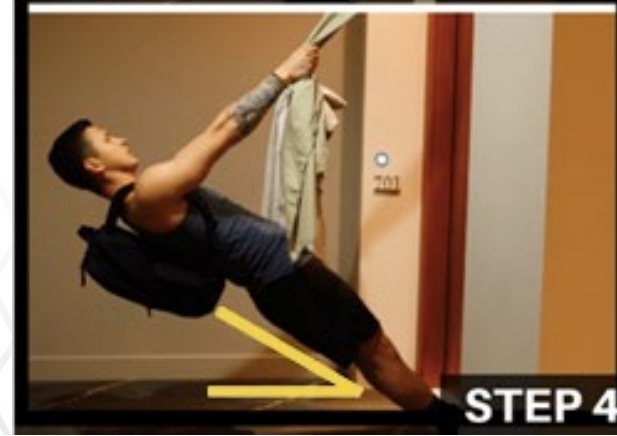
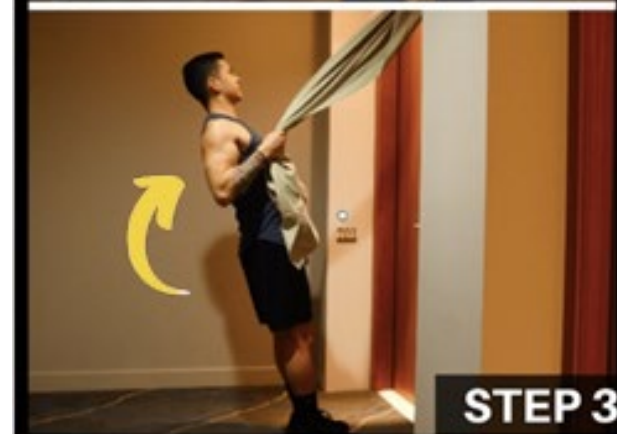
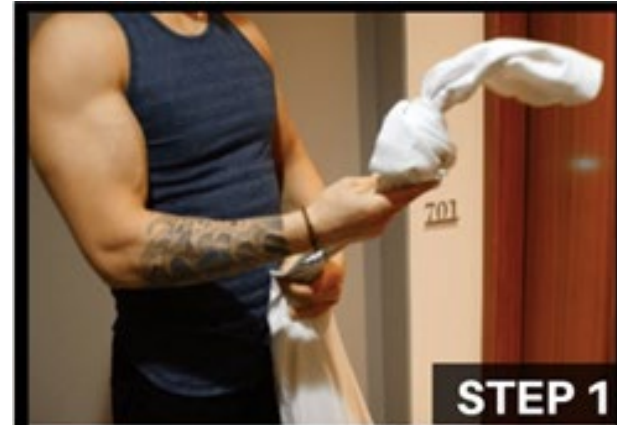
Step 1 (Setup): Tie a simple knot at the ends of two bed sheets. Throw them over the door, spread them over the top of the frame and close the door. But set it up such that the door is resting in against the door frame as you pull the sheets rather than the other way around.

Step 2 (Setup): Grab onto the sheets to use as your “handles”, then lean back so that your arms are fully extended and body is in a straight line. The more horizontal your body is, the harder the movement will be.

Step 3 (Row): Row by squeezing your shoulder blades together and driving your elbows back. Descend by slowly controlling your body back down to the start position then repeat.

Progression: To progress the movement, wear a weighted bag and/or make your body more horizontal by moving your feet closer towards the door and getting your body more parallel to the ground.

Alternative: If you don't have a bed sheet, you can simply perform inverted rows like so under a sturdy table instead.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 3: Bed Sheet Reverse Flyes

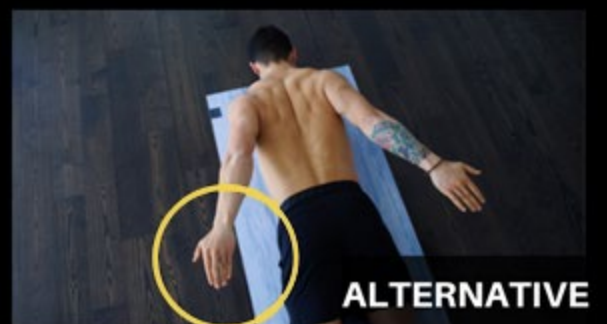
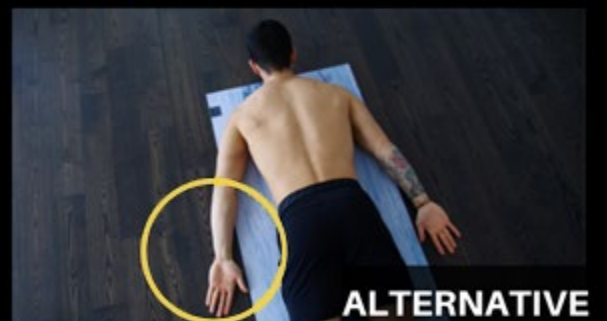
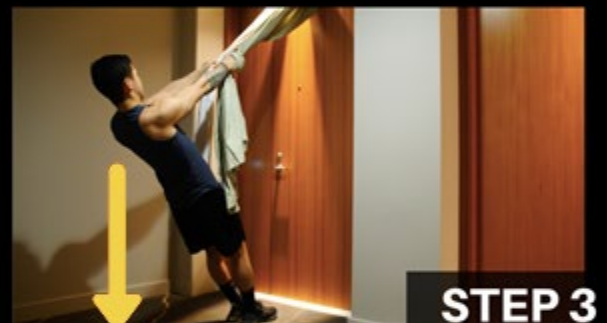
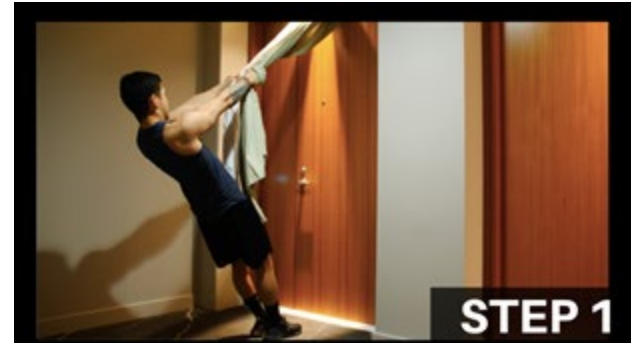
Step 1 (Setup): Using the bed sheet setup, wrap the sheets around your hands, take a few steps back from your door, lean back, and straighten your arms in front of you with your palms facing inwards towards each other. Engage your core and avoid arching your lower back.

Step 2 (Pull): Raise your body up by pulling your arms out to your sides until they are straight out by your sides. Hold this end position for a second or two while contracting your rear delts.

Step 3 (Return): Return back to the starting position by bringing your arms back together, and then repeat.

Progression: To make the movement easier, move further away from the door. To make it harder, move closer to the door.

Alternative: If the bed sheet set up is unavailable, you can perform lying rear delt holds. Lay on your stomach with your arms by your sides, then while keeping your arms straight, lift them back behind your body while twisting your thumbs up towards the ceiling. Hold the top position for 3-5 seconds before returning to the floor for the next rep.



INTERMEDIATE WORKOUTS: BODYWEIGHT

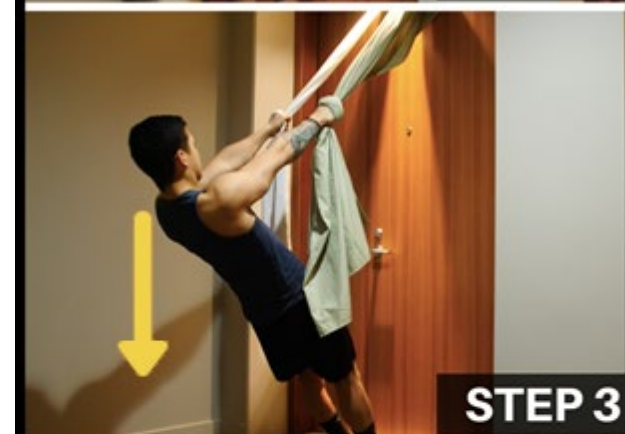
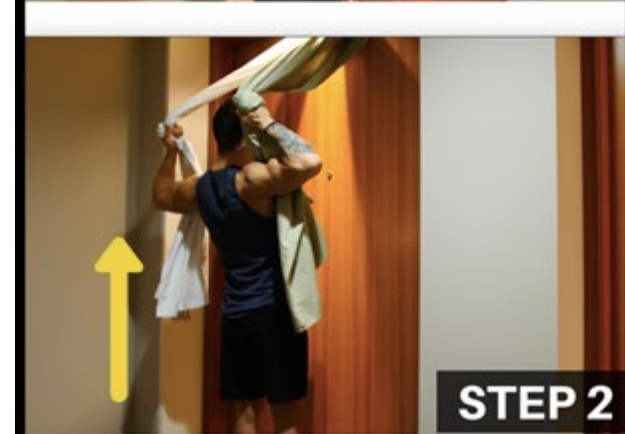
EXERCISE 4: Bed Sheet Face Pulls

Step 1 (Setup): Using the bed sheet set up, wrap the bed sheet in each hand. Take a few steps back from the door and lean back until your arms are extended straight and there's tension in the sheets.

Step 2 (Pull): With your palms facing inwards towards each other, perform a face pull by pulling your hands towards your face and turning your hands outwards such that your palms face forward at the end position. At the end position, your arms should make a “W” shape as if you were holding a biceps flexing pose.

Step 3 (Return): Return back to the starting position by straightening your arms while keeping your core engaged and head, back, hips, and feet all aligned. You can progress this exercise by moving closer to the door overtime.

Alternative: If the bed sheet set up is unavailable, you can perform wall slides instead as an alternative.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 5: Bed Sheet Curls

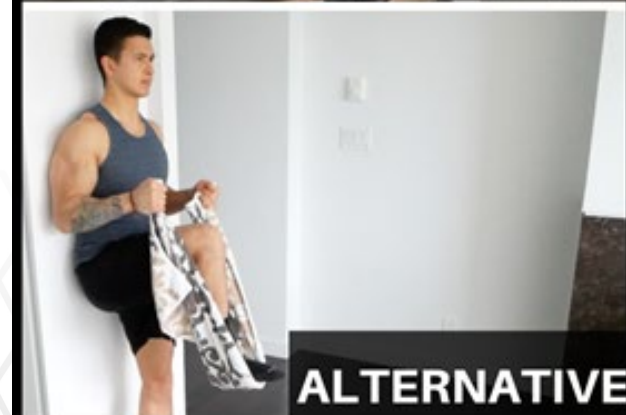
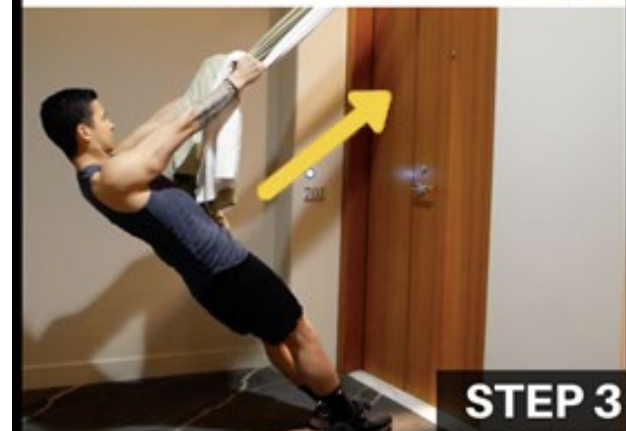
Step 1 (Setup): Using the bed sheet setup, grab each bed sheet and lean back with your arms straight. Your palms should face upwards towards the ceiling.

Step 2 (Curl): Keep your body straight and lock your elbows in position, then curl your hands towards your face by using your biceps. Your body should move as one unit as you curl your body up.

Step 3 (Descend): Descend back to the starting position by reversing the movement, and then repeat.

Progression: To progress the movement, you can stand closer to the door, wear a weighted bag, and/or use just one arm when performing the curl.

Alternative: If no bed sheet setup is available, you can perform bicep towel curls instead by curling a towel up against the resistance of your leg.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 6: Bed Sheet Hammer Curls

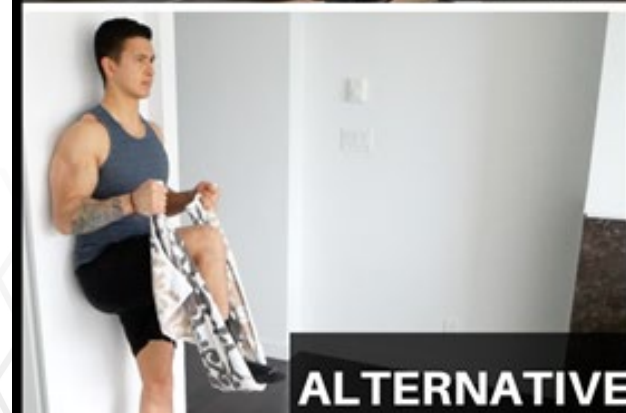
Step 1 (Setup): Using the bed sheet setup, grab each bed sheet with a neutral grip and lean back with your arms straight. Your palms should face inwards as if you were holding a hammer in each hand.

Step 2 (Curl): Keep your body straight and lock your elbows in position, then curl your hands towards your face. Your body should move as one unit as you curl your body up.

Step 3 (Descend): Descend back to the starting position by reversing the movement, and then repeat.

Progression: To progress the movement, you can stand closer to the door, wear a weighted bag, and/or use just use one arm when performing the curl.

Alternative: If no bed sheet setup is available, you can perform bicep towel hammer curls instead by curling a towel up against the resistance of your leg and again still using the neutral grip as you curl.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 7: Wall Slides

Step 1: Stand with your back against a wall and feet together. Flatten your back against the wall by contracting your abs. Raise your arms up against the wall such that your elbows are at 90 degrees – your butt, back, elbows, shoulders, and head should all be making contact with the wall.

Step 2: Next, slowly slide your arms up along the wall as you would in a “shoulder press” while keeping everything in contact with the wall. You should feel a strong contraction in the middle of your back along both sides your spine as you do so. Raise as far as you can go without excessively arching your lower back.

Step 3: Slowly return to the starting position and then repeat.

Regression: To make it easier, you can move your feet further away from the wall such that your butt does not touch the wall OR perform them on the ground if needed.



INTERMEDIATE WORKOUTS: BODYWEIGHT

LEGS WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Paused Goblet Squat	4	8-15	2	Hold weighted backpack or any weighted object at chest, squat down to at least parallel, pause at bottom position for 2-3 seconds.
Weighted Deficit Bulgarian Split Squat	4 per side	8-15	~45-60s rest between each leg	Hold weighted backpack or any weighted object at chest, elevate back foot on chair or bench, elevate front foot on stack of books or small platform, bend back knee towards floor.
Weighted Single Leg Hip Thrust	4	8-15	2	Rest back on floor, raise other leg in air to 90 degrees, thrust hips towards ceiling by using glute. Progress by adding weight and/or raising planted foot on elevated platform or chair.
Sliding Hamstring Curls	3	8-15 each side	1.5-2	Place feet on two cloths or paper plates on smooth surface, curl heels towards butt while raising hips up, keep back straight throughout.
Seated Bodyweight Calf Raises	4	8-15	1-1.5	Hold onto fixture for support, squat down, perform calf raise using bodyweight. Add weighted bag for additional resistance.

INTERMEDIATE WORKOUTS: BODYWEIGHT

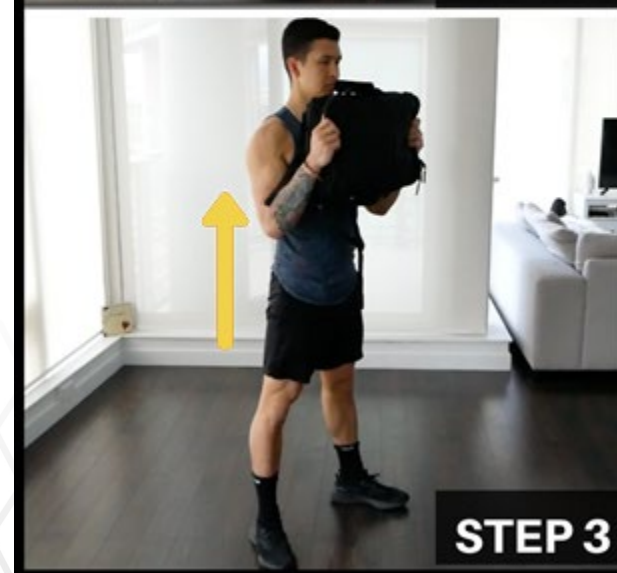
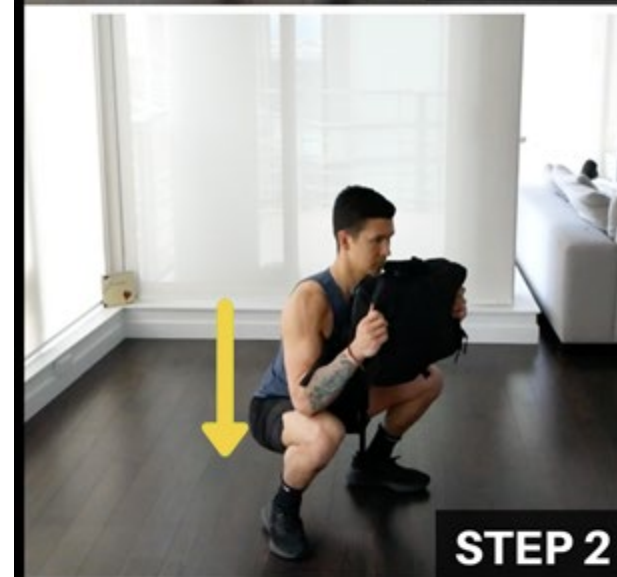
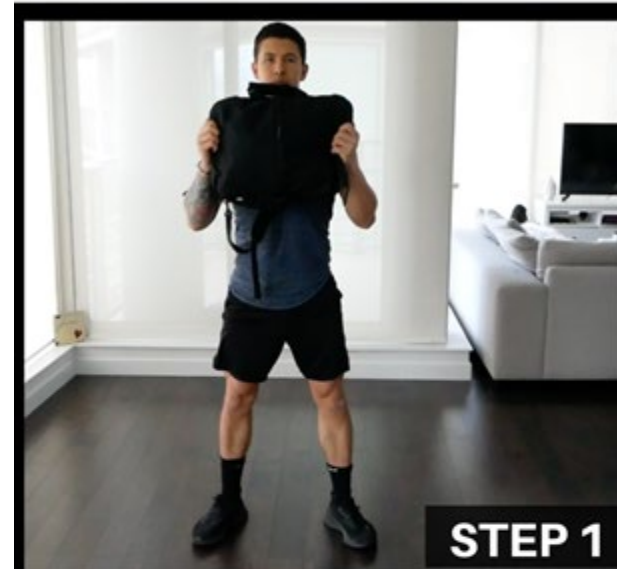
EXERCISE 1: Paused Goblet Squats

Step 1 (Setup): Fill a backpack with weights, books, or any heavy objects and hold it at chest height. Use a foot stance that you'd typically use for squats, but experiment with what stance is most comfortable for you. Typically just outside shoulder width with the toes pointed out slightly is comfortable for most.

Step 2 (Descent): Engage your core and squat down by simultaneously bending your knees and pushing your hips backwards until your thighs become at least parallel to the ground. Pause at the bottom position for 2-3 seconds while maintaining the tension in your core and legs.

Step 3 (Ascent): Push back up by using your quads and glutes to fully extend your legs back to the starting position.

Progress: To progress this exercise, you can add more weight to what you're holding and/or slow down the descent of each rep.



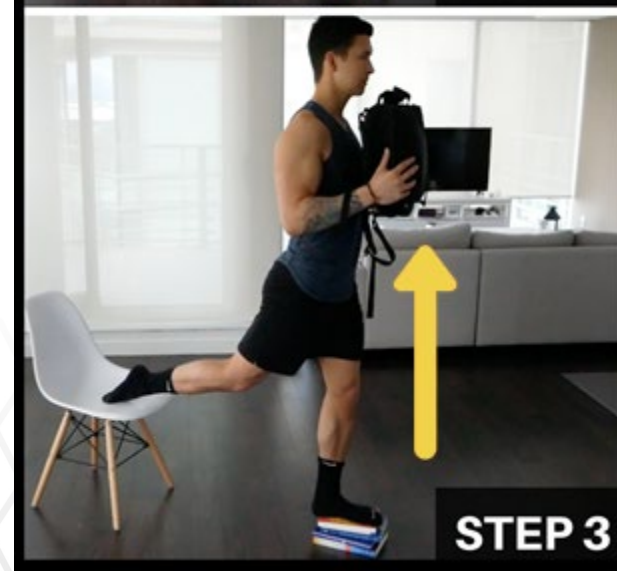
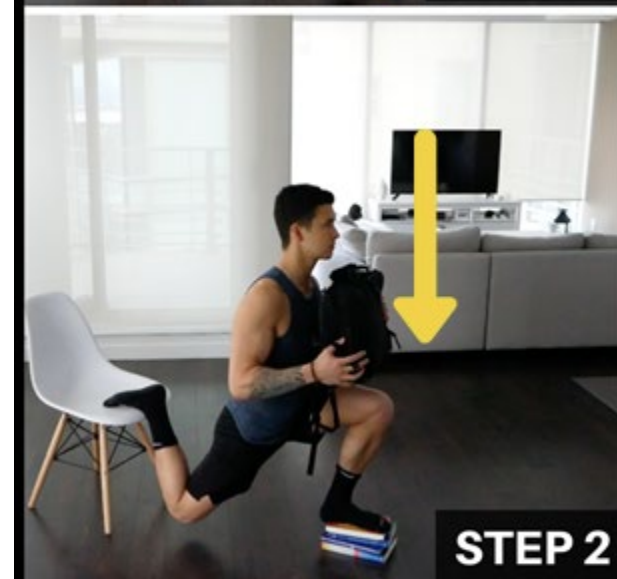
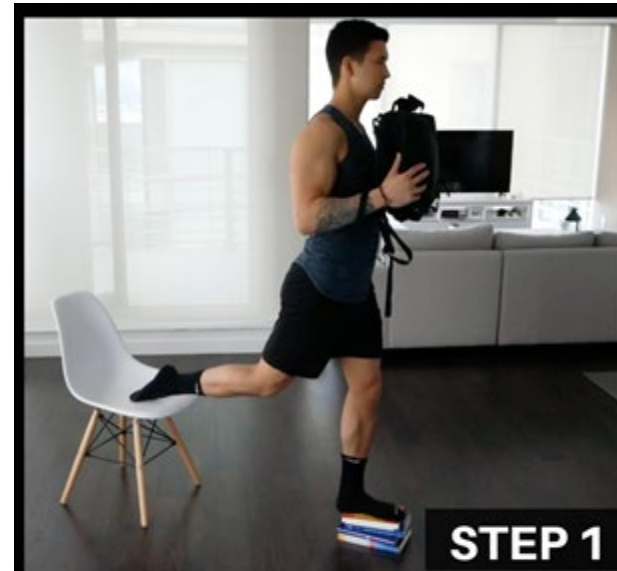
INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 2: Weighted Deficit Bulgarian Split Squat

Step 1 (Setup): Grab a backpack stuffed with books/weight or any weighted object and hold it at your chest. Place your front foot on an elevated platform such as a stack of books. Place your back foot on the top of a bench or any elevated platform. Your front foot can then be positioned based on what you want to target. Take a shorter step forward if you want to target the quads more, or a longer step forward if you want to target the glutes more.

Step 2 (Descent): After you get your set up right, lower your back knee towards the ground until your front thigh is at least parallel with the ground.

Step 3 (Ascent): Push back up through your front foot. Your heel shouldn't raise off the floor and you want to keep your head, back, and hips aligned throughout each rep. Your upper body can lean forward slightly. Repeat for more reps.



INTERMEDIATE WORKOUTS: BODYWEIGHT

EXERCISE 3: Weighted Single Leg Hip Thrust

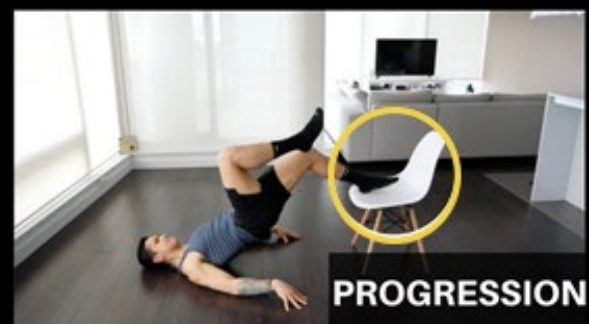
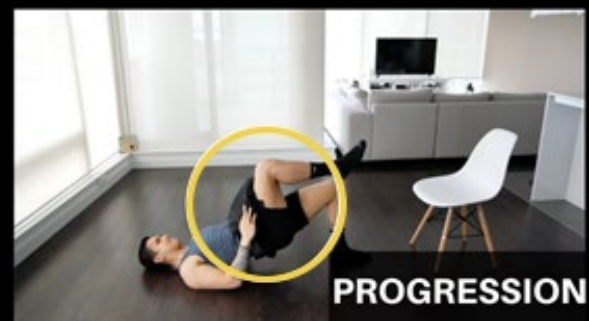
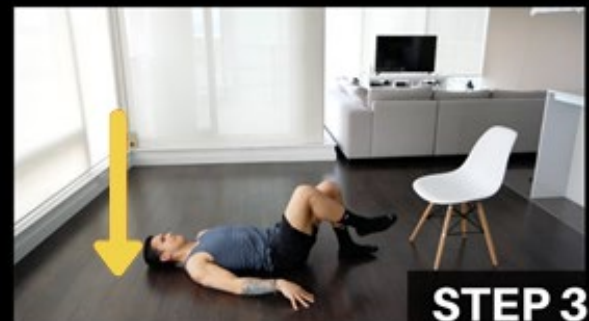
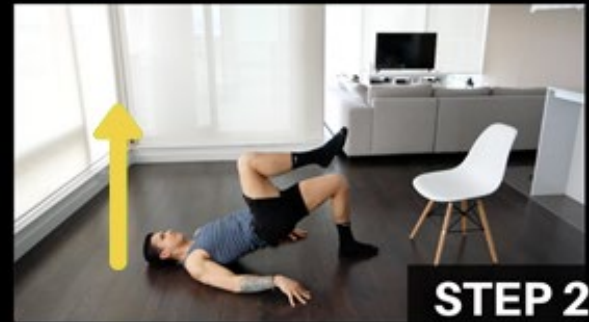
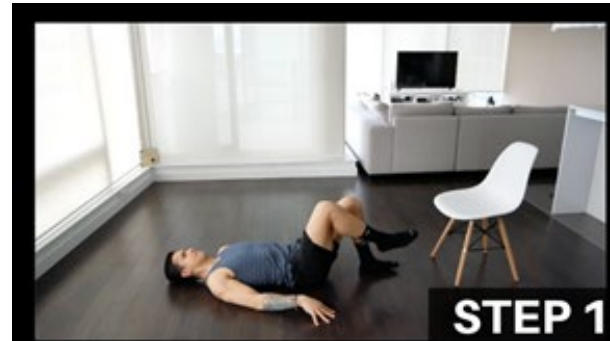
Step 1 (Setup): Get into the starting position by laying on your back with your knees bent at 90-degree angles in front of you. Then, bring your arms down to your sides with your palms gripping the floor, and raise one of your legs into the air at a 90-degree angle.

Step 2 (Thrust): Drive your planted foot into the floor to bridge your hips up while squeezing your glutes of that leg. Raise until your torso is parallel with your upper thigh and keep your other leg in the air at that 90-degree angle. At the top position, your lower back should be straight rather than arched. You want to focus on posteriorly tilting your pelvis as you thrust upwards into the top position.

Step 3 (Return): Lower your hips back to the starting position and then repeat for the desired number of repetitions before switching to the other leg. You should feel tension in your glutes and hamstrings of your planted leg as you perform each rep.

Progression: To progress this exercise, you can add weight to the movement by holding a weighted backpack or any object at your hips or on the thigh of your planted leg as you perform each rep. Then, you can progress this further by elevating your planted leg onto a chair or any elevated platform.

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INTERMEDIATE WORKOUTS: BODYWEIGHT

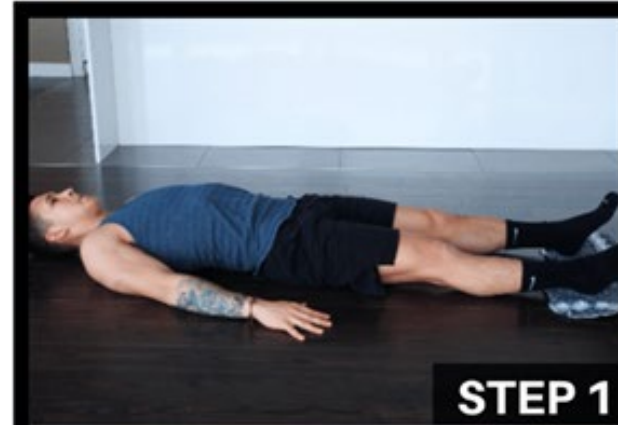
EXERCISE 4: Sliding Hamstring Curls

Step 1 (Setup): Lay on your back on a smooth surface with your arms by your sides and legs fully extended in front of you. Wear socks and/or place your feet on two cloths or something that will enable them to slide easily.

Step 2 (Curl): Using your hamstrings, curl your heels in towards you while raising your hips up into the air. Your back should remain straight as you do so.

Step 3 (Return): Straighten your legs by reversing the movement in a controlled fashion, again keeping your back straight as you do so. Straighten your legs just before they fully straighten, and then repeat for another rep to maintain constant tension on the hamstrings.

Progression: Slow down the tempo and/or perform them with one leg at a time.



STEP 1



STEP 2



STEP 3



STEP 4

INTERMEDIATE WORKOUTS: BODYWEIGHT

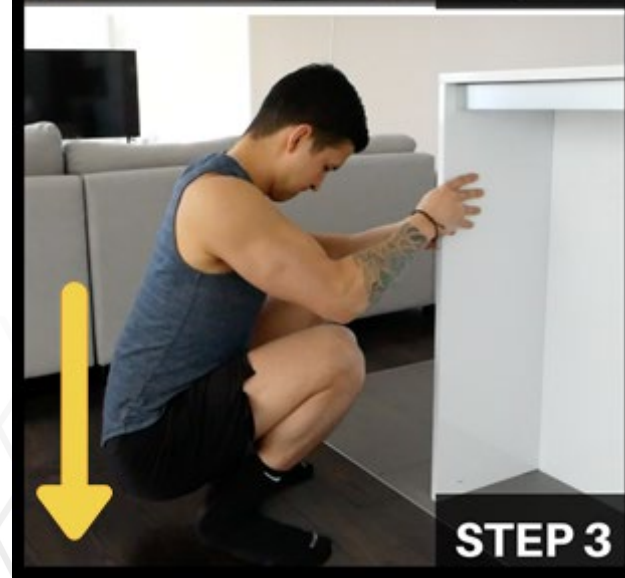
EXERCISE 5: Seated Bodyweight Calf Raises

Step 1 (Setup): Place your feet just inside shoulder width, toes pointing forward and get down into a squatting position with your hamstrings pressed up against your calves as close as possible. Hold onto a wall or a solid fixture to allow you to balance.

Step 2 (Ascend): While in this squatting position, raise your heels off of the ground as much as possible by pushing up onto your toes through your calves. Hold this contraction at the top position for a few seconds.

Step 3 (Descend): Return slowly to the starting position, by dropping your heels back down to the ground, pausing at the bottom briefly, and then repeat the movement.

Progression: To increase the difficulty of this movement you can wear a weighted bag as you perform the movement and/or lengthen the time of your pauses at the top contracted position.





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A person is shown from the waist down, in a starting crouch on a black mat. They are wearing black shorts and black sneakers with white soles. The background is a gym with large windows and a concrete floor.

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