



*BEGINNER PHASE 2*

*MALE*

*BUILT WITH SCIENCE*

*HOME*

*BODYWEIGHT WORKOUT*

A man is shown in a plank position on a black mat in a gym. He is wearing black shorts and black sneakers. The background shows large windows and concrete pillars.

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# WORKOUT ROUTINE OVERVIEW

This full body bodyweight workout routine is designed to be performed 3 times a week to train all of your muscles in a proportionate manner. See below for an example schedule:

Day	Workout
Monday	Upper 1
Tuesday	Lower 1
Wednesday	Rest
Thursday	Upper 2
Friday	Lower 2
Saturday & Sunday	Rest

The exact days don't matter, but the key is to get at least one rest day in between the "upper/ lower 1" and "upper/lower 2" workouts (or between every 2-3 consecutive workouts). This ensures that you're fully rested and recovered before starting your next set of workouts.

Feel free to mix and match with other exercises from your main BWS program, as well as the resistance band and dumbbell programs you've been provided in order to best suit your needs and your equipment availability. Please ensure that you always do your standard warm-up routine before performing this workout, which you can find in your main BWS program.



# PHASE 2 WORKOUTS: BODYWEIGHT

## UPPER BODY 1 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
<b>Decline Close Grip Push-Ups</b>	4	8-15	2	Use diamond or narrow grip, perform push-up with feet elevated, use weighted backpack or band for additional resistance.
<b>Bed Sheet Inverted Row</b>	3	8-15	2	Lean back, pull with elbows, squeeze shoulder-blades together. Move closer to door for increased difficulty. Do table inverted row instead if needed.
<b>Sliding Lateral Raises</b>	3 per side	8-15	~ 45 sec between arms	Place cloth on doorframe or smooth wall, place forearm on cloth, lean body in, raise forearm up and down.
<b>Bed Sheet Lat Pulldown *</b>	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.
<b>Bodyweight Tricep Extensions</b>	3	8-15	1.5-2	Get into push up 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.

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

# PHASE 2 WORKOUTS: BODYWEIGHT

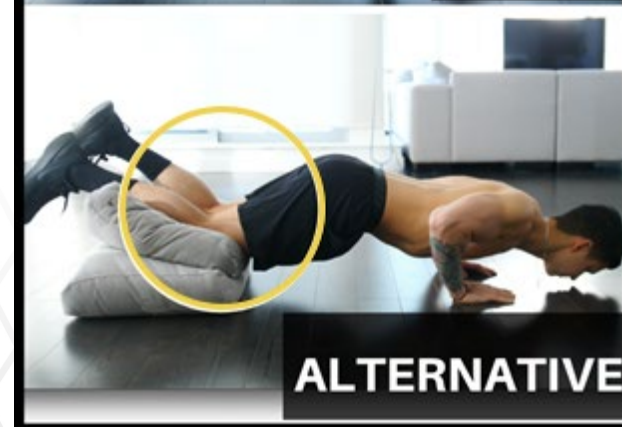
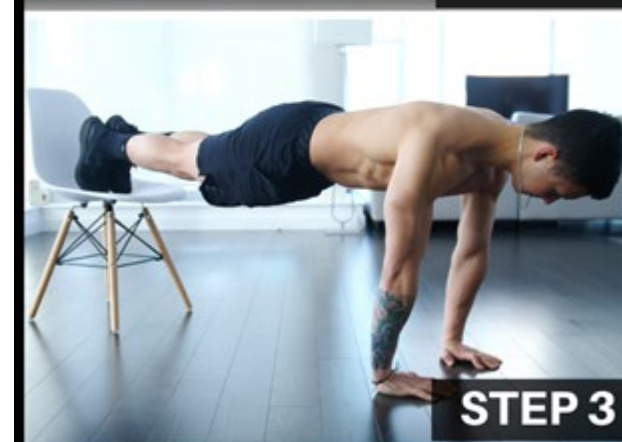
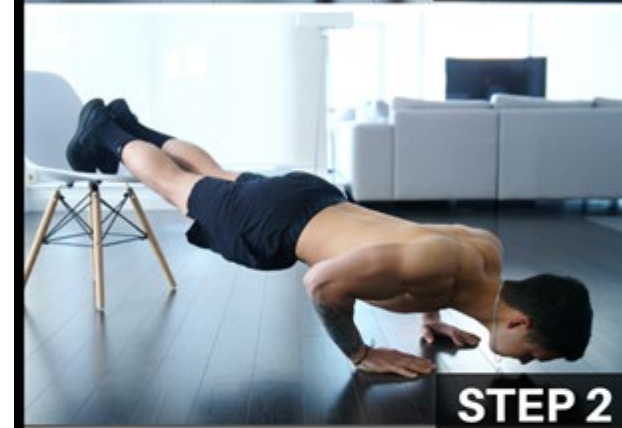
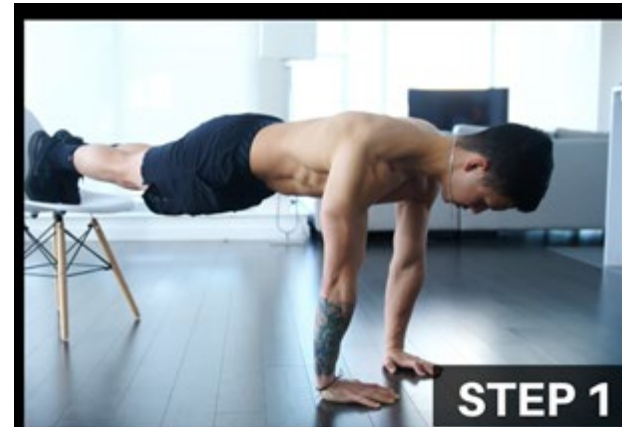
## EXERCISE 1: Decline Close Grip Push-Ups

**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.



# PHASE 2 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.

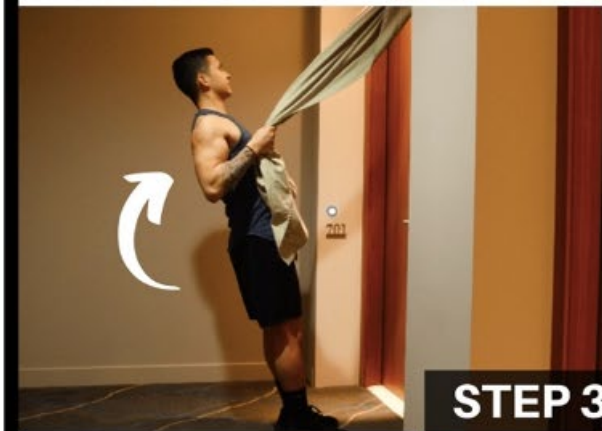
**Alternative:** If you don't have a bed sheet, you can simply perform inverted rows like so under a sturdy table instead.



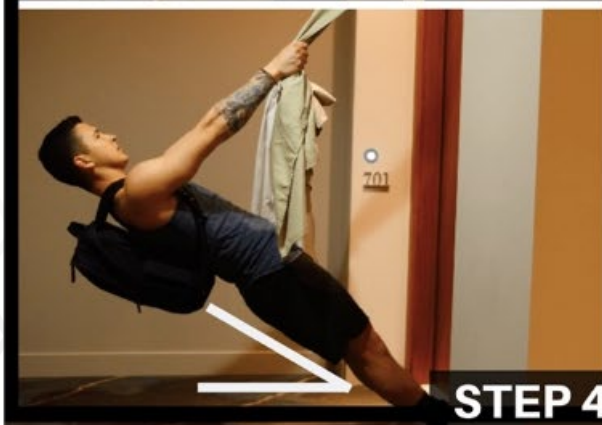
STEP 1



STEP 2



STEP 3



STEP 4



# PHASE 2 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.



# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 4: Bed Sheet Lat Pulldown

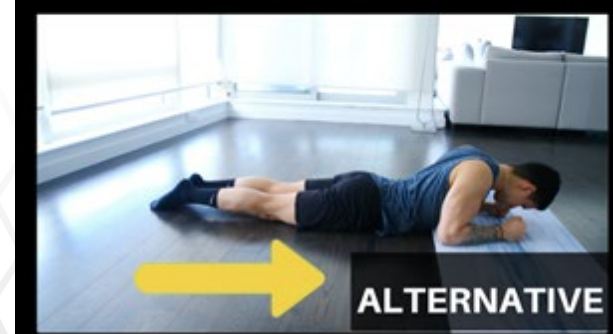
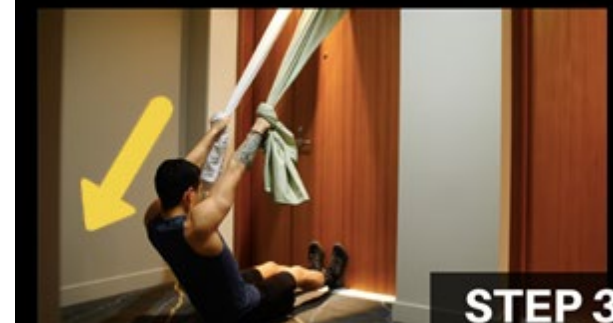
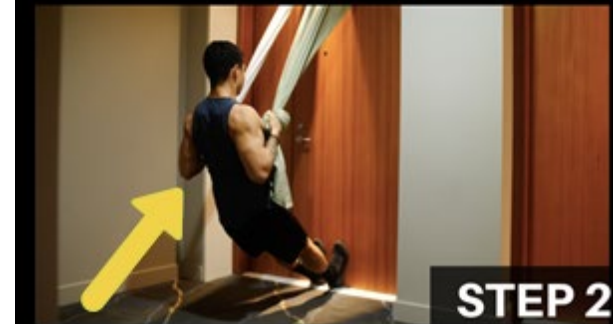
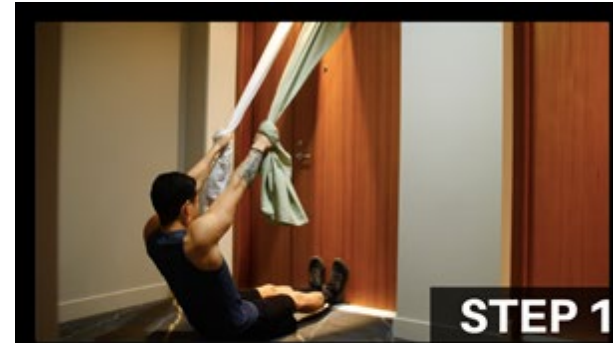
**Step 1 (Setup):** Using the bed sheet set up, wrap the bed sheet in each hand and lay on the floor with your legs straight. If needed, you can start with your knees bent to make the movement easier. Hold your arms extended straight out and up in front of you. There should be tension in the sheets as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





# PHASE 2 WORKOUTS: BODYWEIGHT

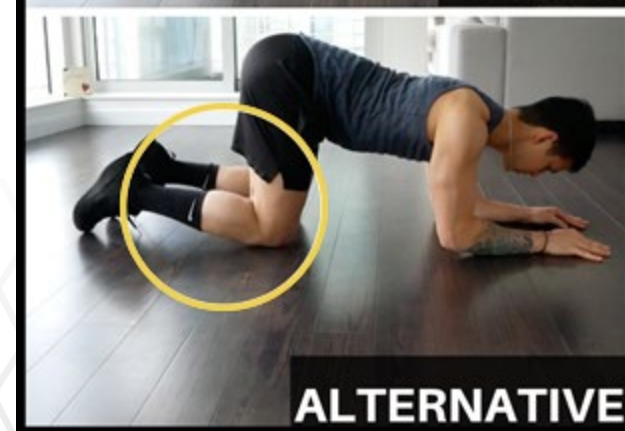
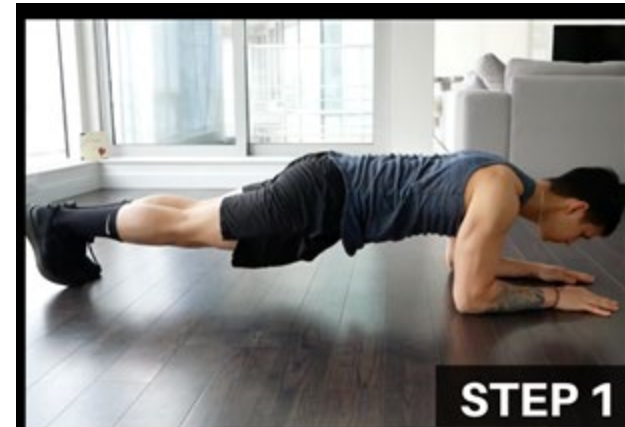
## EXERCISE 5: Bodyweight Tricep Extensions

**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.

**Alternative & 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.





# PHASE 2 WORKOUTS: BODYWEIGHT

## LOWER BODY 1 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 Bulgarian Split Squat	4	8-15	~45-60s rest between each leg	Hold weighted backpack or any weighted object at chest, elevate foot on chair or bench, bend back knee towards floor.
Sliding Hamstring Curls	4	8-15	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.
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.

# PHASE 2 WORKOUTS: BODYWEIGHT

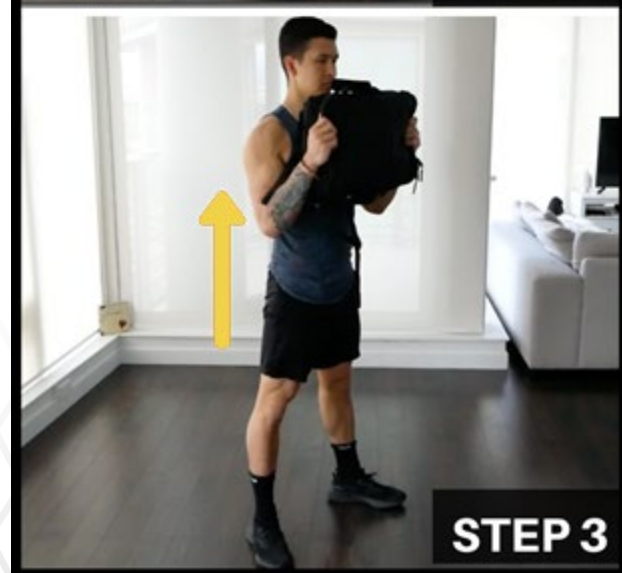
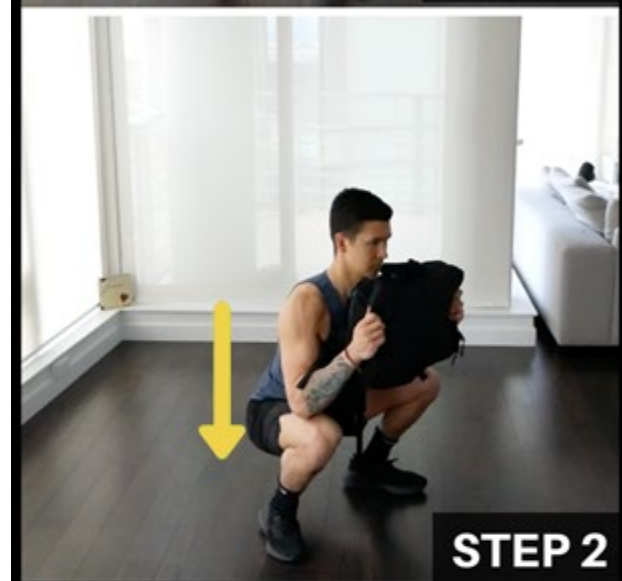
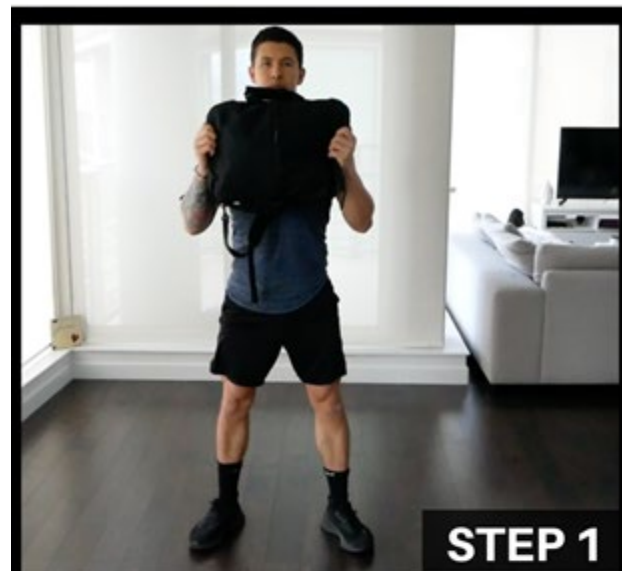
## EXERCISE 1: Paused Goblet Squat

**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.





# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 2: Weighted 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 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.

**Progression:** To progress the movement, you can slow down the downward part of the movement and/or elevated your front foot onto an elevated platform such as a stack of books to increase the range of motion of each rep.



# PHASE 2 WORKOUTS: BODYWEIGHT

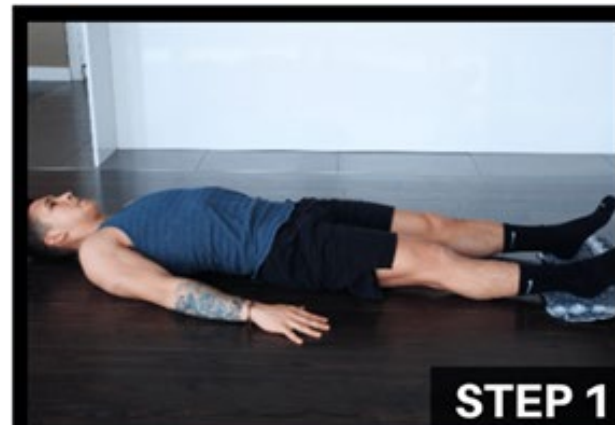
## EXERCISE 3: Sliding Hamstring Curls

**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



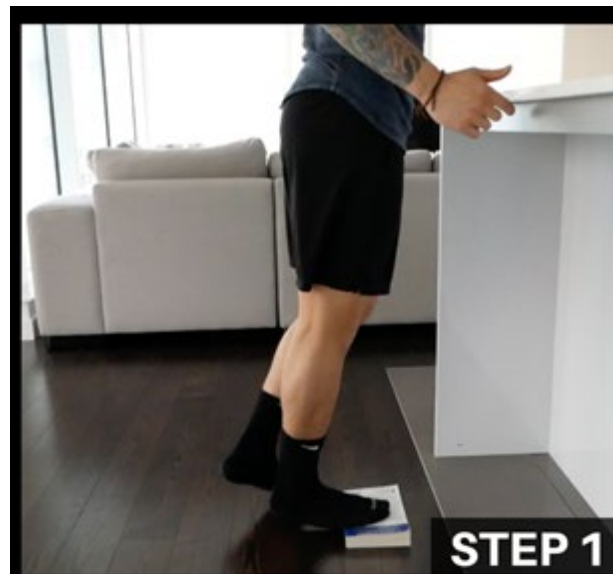
# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 4: Single Leg Weighted Calf Raises

**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.





# PHASE 2 WORKOUTS: BODYWEIGHT

## UPPER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Close Grip Push Ups	4	8-15	2	Use diamond or narrow grip, perform push-up, use weighted backpack or band for additional resistance.
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.
Pike Push Ups	3	8-15	~ 45 sec between arms	Push-up position, move arms towards legs, press nose downwards towards floor in front of hands.
<b>Superset:</b> Bedsheet Facepulls**	3	8-15	-	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				
Bed Sheet Biceps Curls ***	3	8-15	1.5-2	Grab each end of sheet, lean back, straighten arms in front, keep elbow locked and curl hand towards face.

\*If you have access to a pull-up bar, perform chin-ups instead. If you don't and also can't use the bed sheet setup, then perform a "doorway" row instead.

\*\*Perform wall slides if you can't use the bed sheet setup.

\*\*\*Perform towel biceps curls if you can't use the bed sheet setup.

# PHASE 2 WORKOUTS: BODYWEIGHT

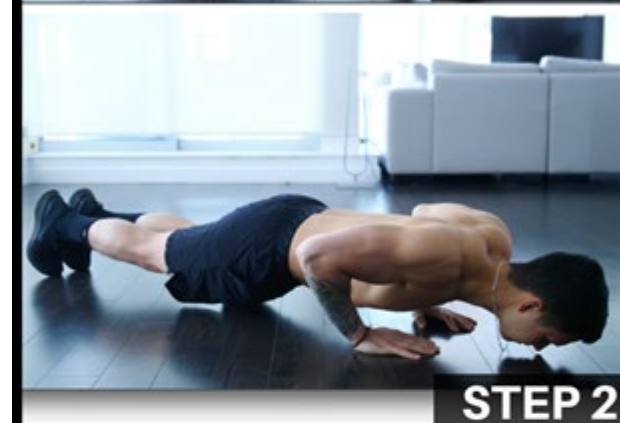
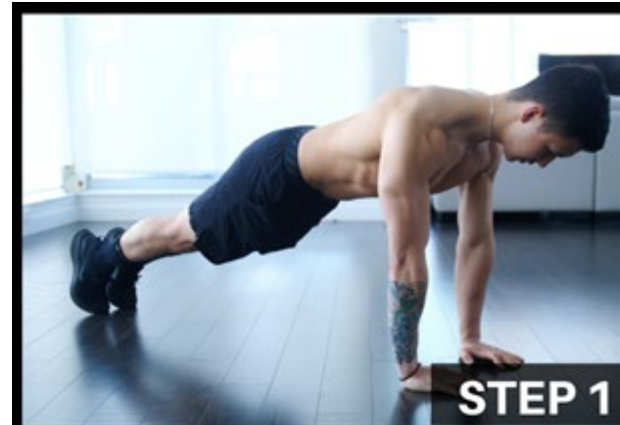
## EXERCISE 1: Close Grip Push-Ups

**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



# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 2: Bed Sheet High Row

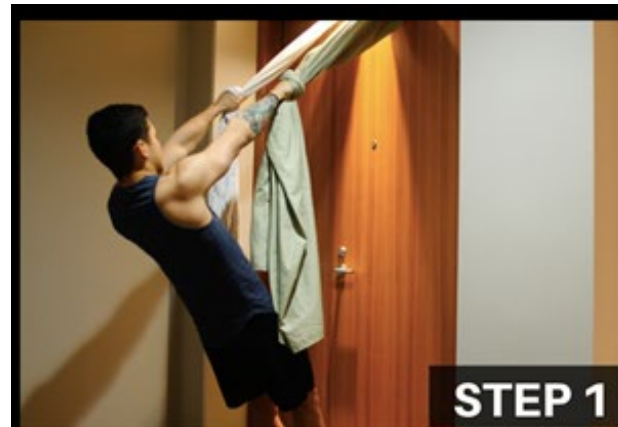
**Step 1 (Setup):** Using the bed sheet set up, wrap the bed sheet in each hand. Take a few steps back from the door and lean back until your arms are extended straight and there's tension in the sheets.

**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.

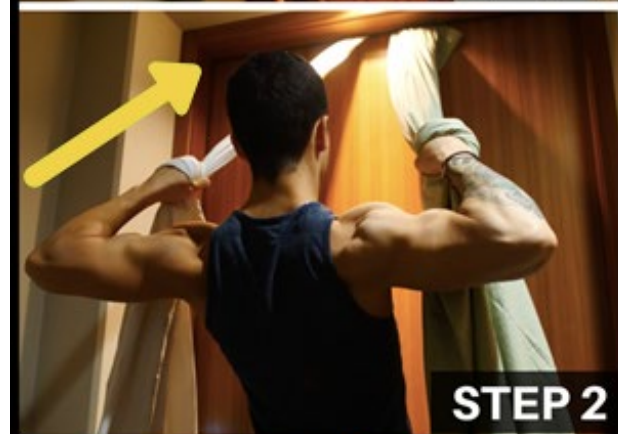
**Step 3 (Return):** Control your body back down to the starting position until your arms are fully extended, and then repeat for more reps.

**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.

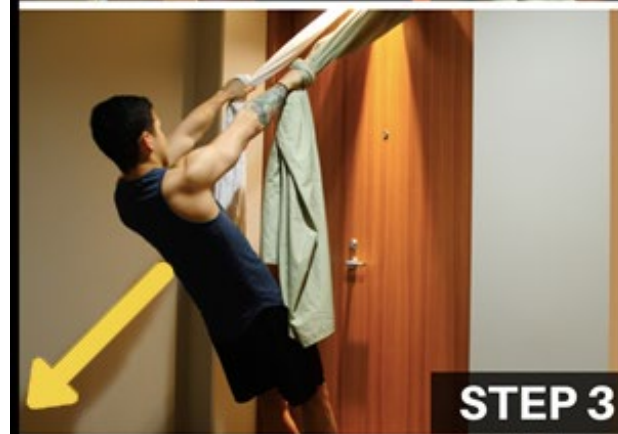
**Alternative:** If a bed sheet isn't available, you can perform the same high row movement in between a hallway or doorway instead by gripping onto the edges of the wall/door.



STEP 1



STEP 2



STEP 3



ALTERNATIVE



# PHASE 2 WORKOUTS: BODYWEIGHT

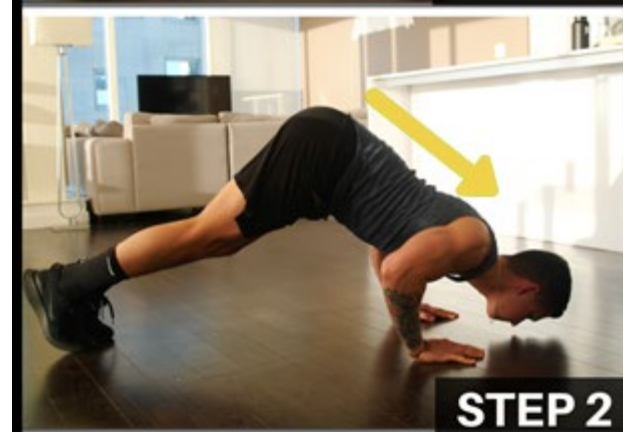
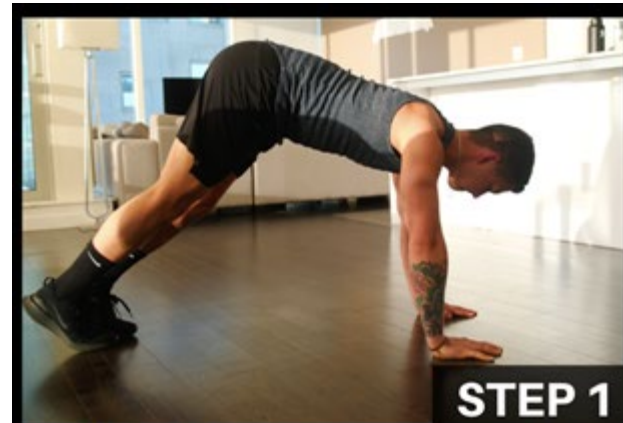
## EXERCISE 3: Pike Push Ups

**Step 1 (Setup):** Assume a pushup 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.



# PHASE 2 WORKOUTS: BODYWEIGHT

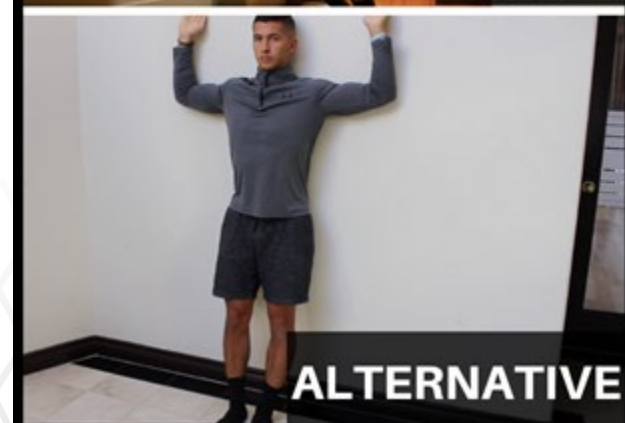
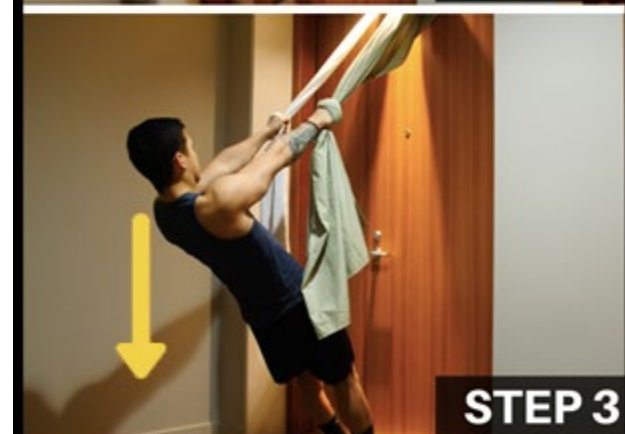
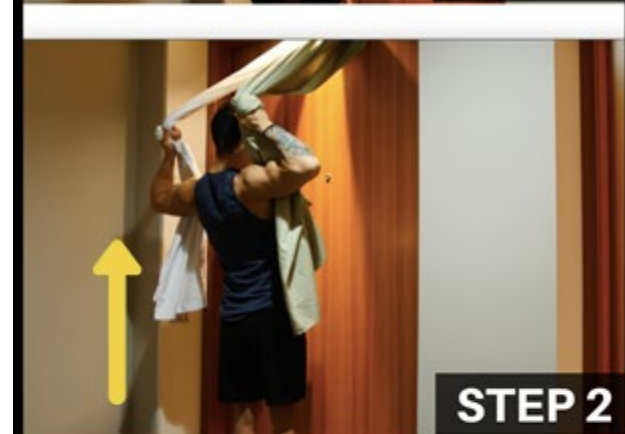
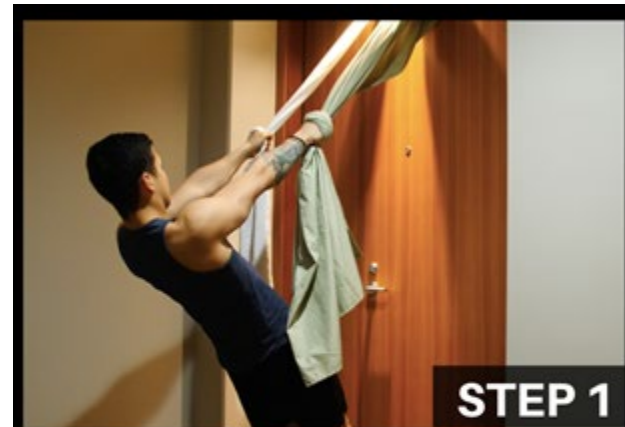
## EXERCISE 4 (SUPERSET): Bed Sheet Face Pulls

**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.





# PHASE 2 WORKOUTS: BODYWEIGHT

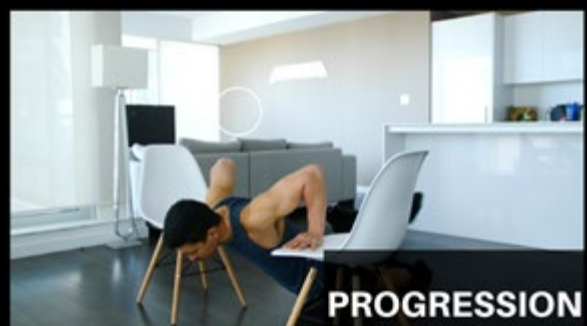
## EXERCISE 4: (SUPERSET) Dip Push-Ups

**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.





# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 5: Bed Sheet Bicep Curls

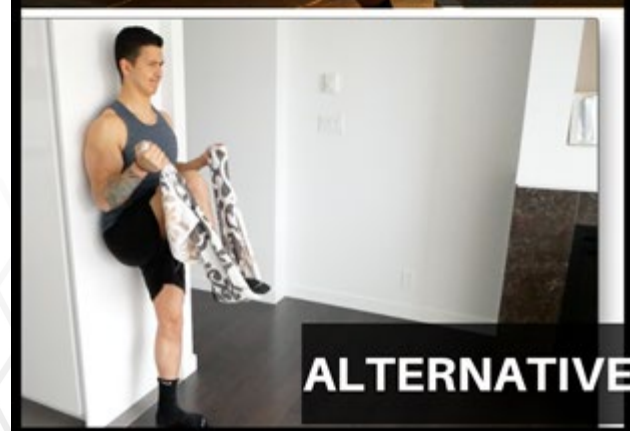
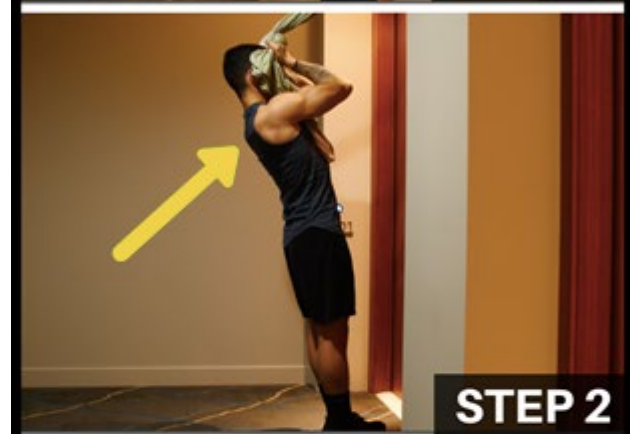
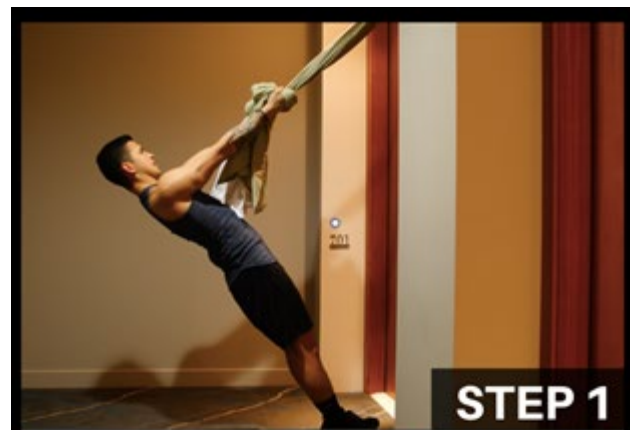
**Step 1 (Setup):** Using the bed sheet setup, grab each bed sheet and lean back with your arms straight. Your palms should face upwards towards the ceiling.

**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.



# PHASE 2 WORKOUTS: BODYWEIGHT

## LOWER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
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.
Paused Goblet Squat	4	8-15	~45-60s rest between each leg	Hold weighted backpack or any weighted object at chest, squat down to at least parallel, pause at bottom position for 2-3 seconds.
Weighted Sliding Reverse Lunges	3 each leg	8-15 each leg	1 minute rest between legs	Hold weighted backpack or any weighted object at chest, take step back, bend back knee towards ground, perform pulse reps while sliding back foot back and forth every rep.
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.

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

# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 1: 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 overtime, you can slow down each rep and incorporate a brief pause at the top position of each rep.





# PHASE 2 WORKOUTS: BODYWEIGHT

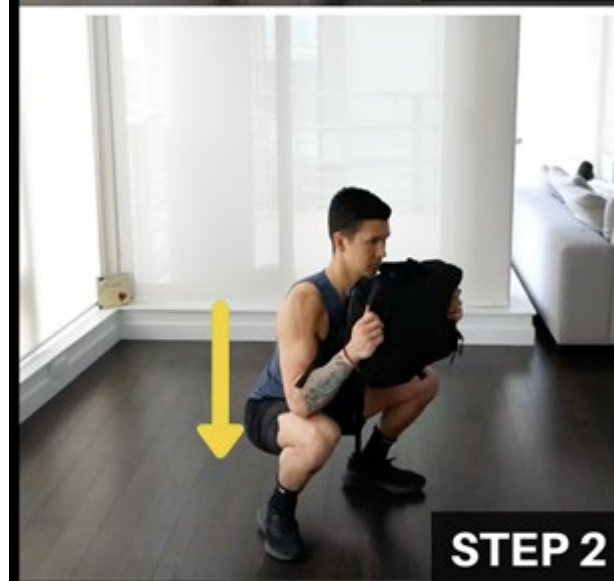
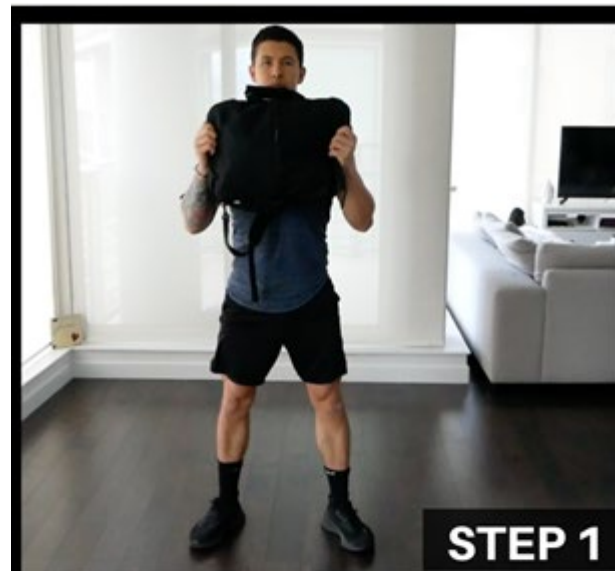
## EXERCISE 2: Paused Goblet Squat

**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.



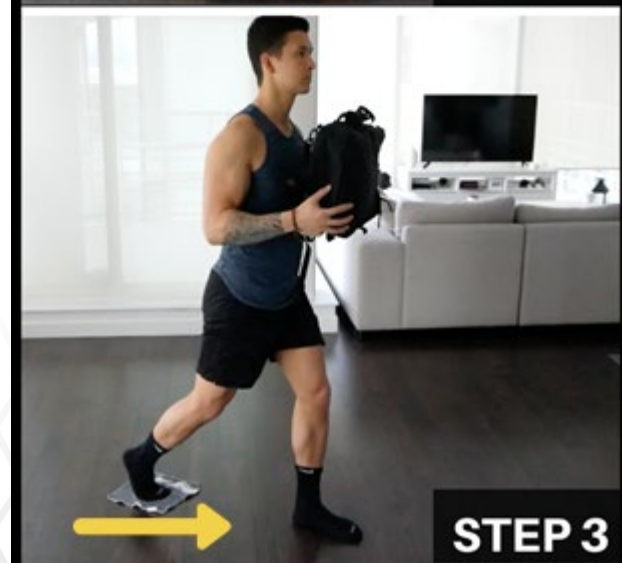
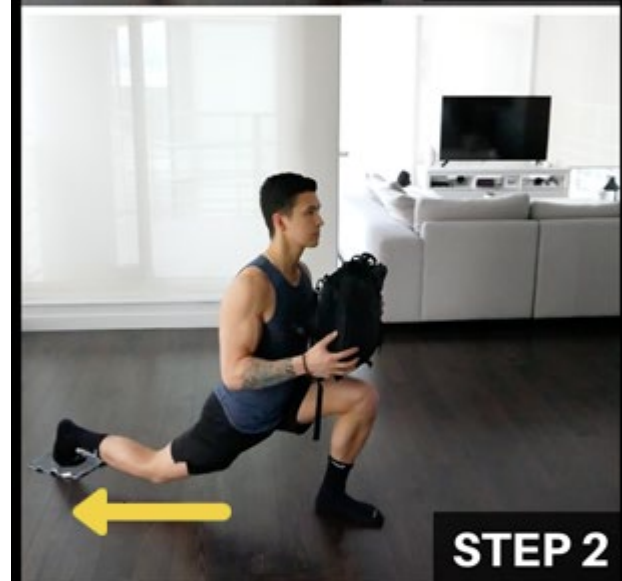
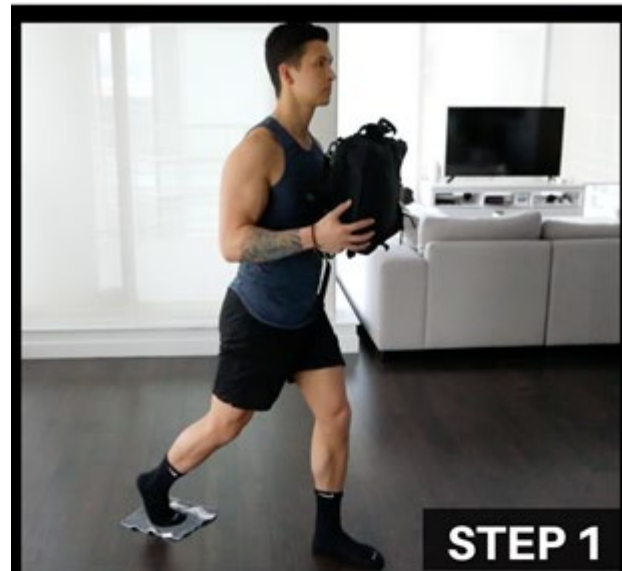
# PHASE 2 WORKOUTS: BODYWEIGHT

## EXERCISE 3: Weighted Sliding Reverse Lunges

**Step 1 (Setup):** Stand on a smooth surface, and either wear socks and/or place a paper plate or cloth on the ground. Get into a lunge position and place your back foot on the cloth. If needed for additional weight, grab a backpack stuffed with books/weight or any weighted object and hold it at your chest.

**Step 2 (Lunge):** Slide your rear foot backwards while bending your front leg until your thigh of your front leg is parallel with the ground.

**Step 3 (Lunge):** Now slide your rear foot forward by extending your front leg until it is almost fully extended. However, right before your front leg fully extends, immediately transition into your next rep by again sliding your rear foot backwards. Repeat this “pulsing” lunge motion while keeping your core engaged and back neutral as opposed to rounded forward or excessively arched.





# PHASE 2 WORKOUTS: BODYWEIGHT

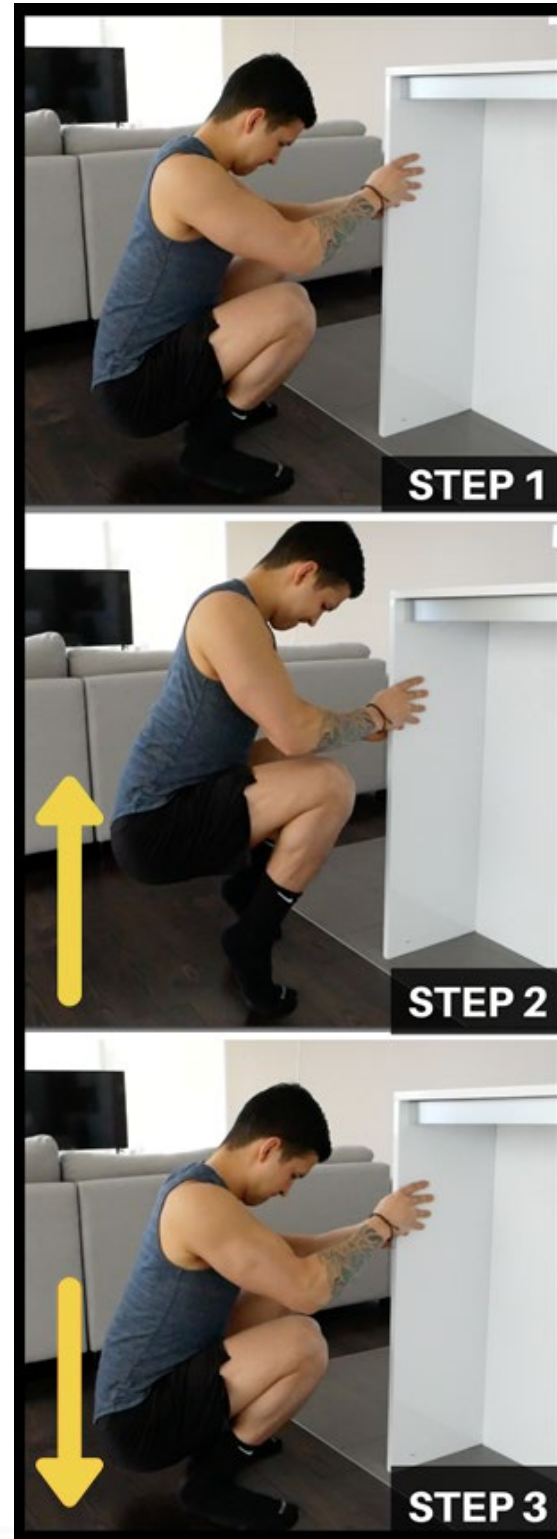
## EXERCISE 4: Seated Bodyweight Calf Raises

**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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- any and all exercise that you do as a result of what you read in this PDF shall be performed ***solely at your own risk***;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used ***solely at your own risk***; and

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.

# DISCLAIMER

- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed *solely at your own risk*.

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