



**BEGINNER PHASE 1**

**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	Workout A
Tuesday	Rest
Wednesday	Workout B
Thursday	Rest
Friday	Workout A
Saturday & Sunday	Rest
Monday	Workout B
Tuesday	Rest
Wednesday	Workout A
Thursday	Rest
Friday	Workout B

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each workout, getting 3 workouts in per week, and alternate between workouts A and B. Abs and/or cardio exercises can be thrown into the main workouts as well, or performed on rest days.

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 1 WORKOUTS: BODYWEIGHT

## WORKOUT A:

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.
Paused Goblet Squat	4	8-15	2-3	Hold weighted backpack or any weighted object at chest, squat down to at least parallel, pause at bottom position for 2-3 seconds.
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.
Sliding Lateral Raises	3 per side	8-15	~45 seconds between arms	Place cloth on doorframe or smooth wall, place forearm on cloth, lean body in, raise forearm up and down.
Single Leg Weighted Calf Raise	3	8-15	1-1.5	Stand on elevated platform, hold weighted bag/object in one hand and other hand on a fixture for support.



# PHASE 1 WORKOUTS: BODYWEIGHT

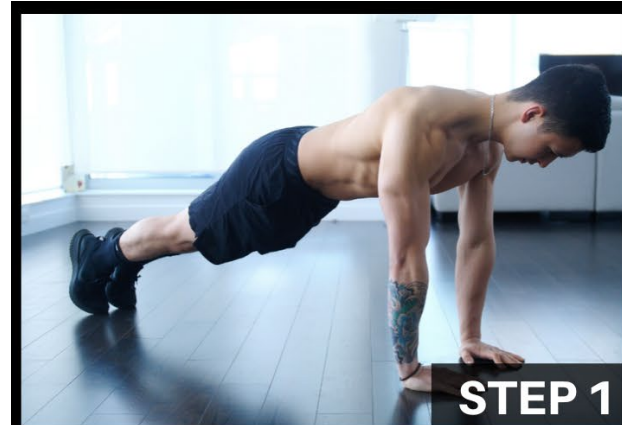
## EXERCISE 1: Close Grip Push-Ups

**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 1 WORKOUTS: BODYWEIGHT

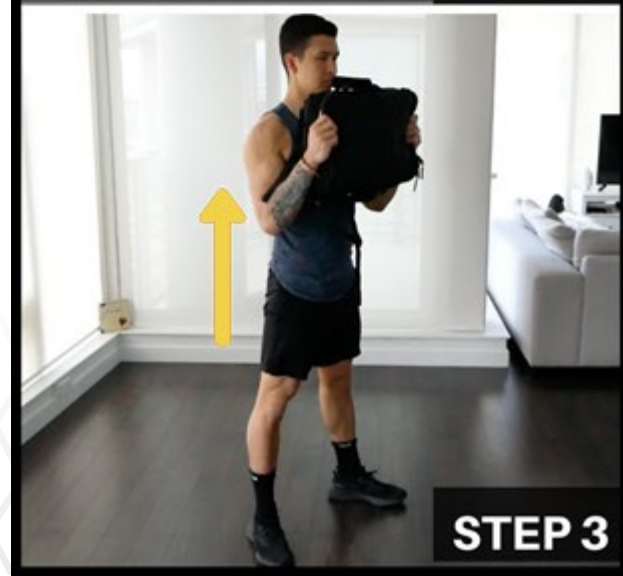
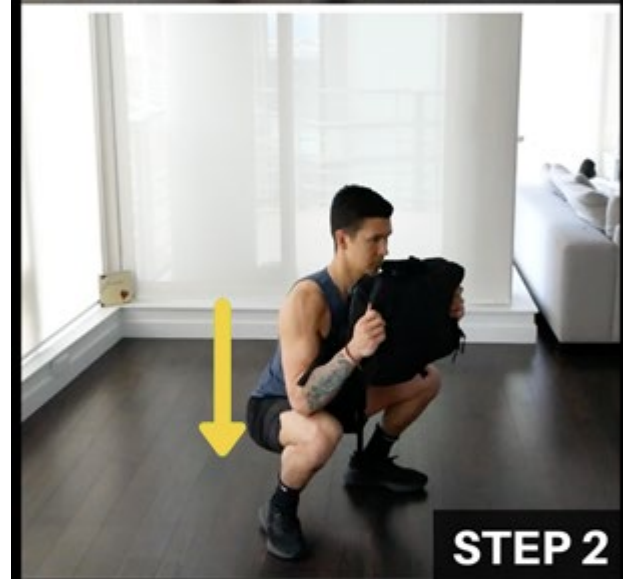
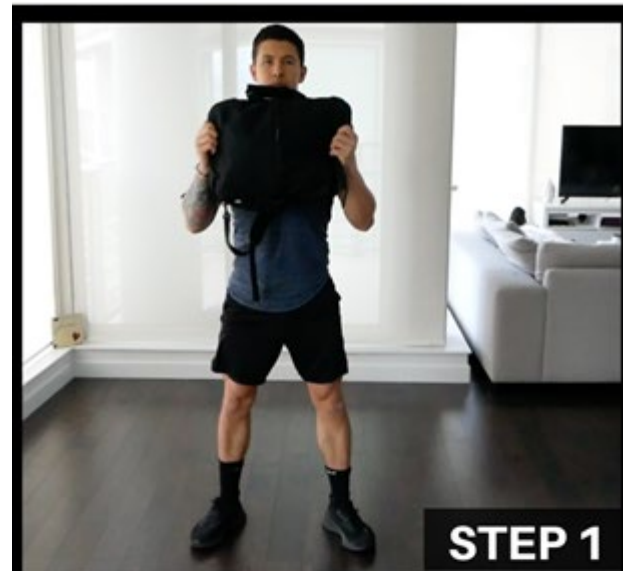
## EXERCISE 2: Weighted Paused Goblet Squat

**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 1 WORKOUTS: BODYWEIGHT

## EXERCISE 3: Bed Sheet Inverted Row

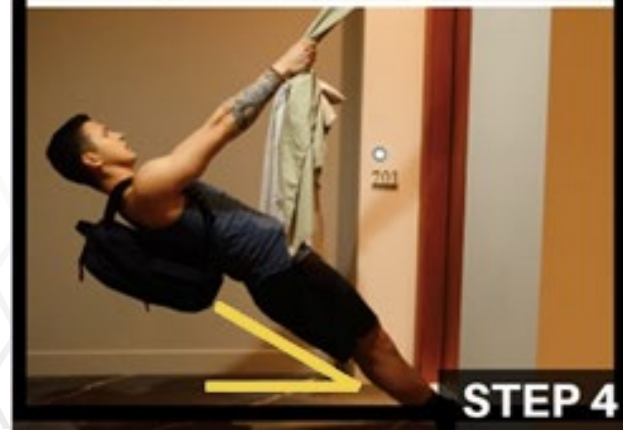
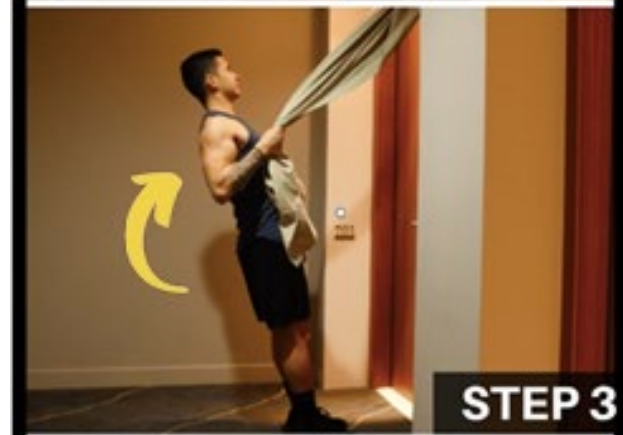
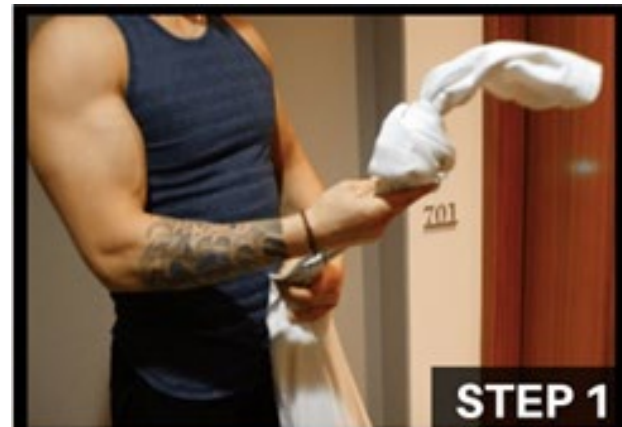
**Step 1 (Setup):** Tie a simple knot at the ends of two bed sheets. Throw them over the door, spread them over the top of the frame and close the door. But set it up such that the door is resting in against the door frame as you pull the sheets rather than the other way around.

**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.



# PHASE 1 WORKOUTS: BODYWEIGHT

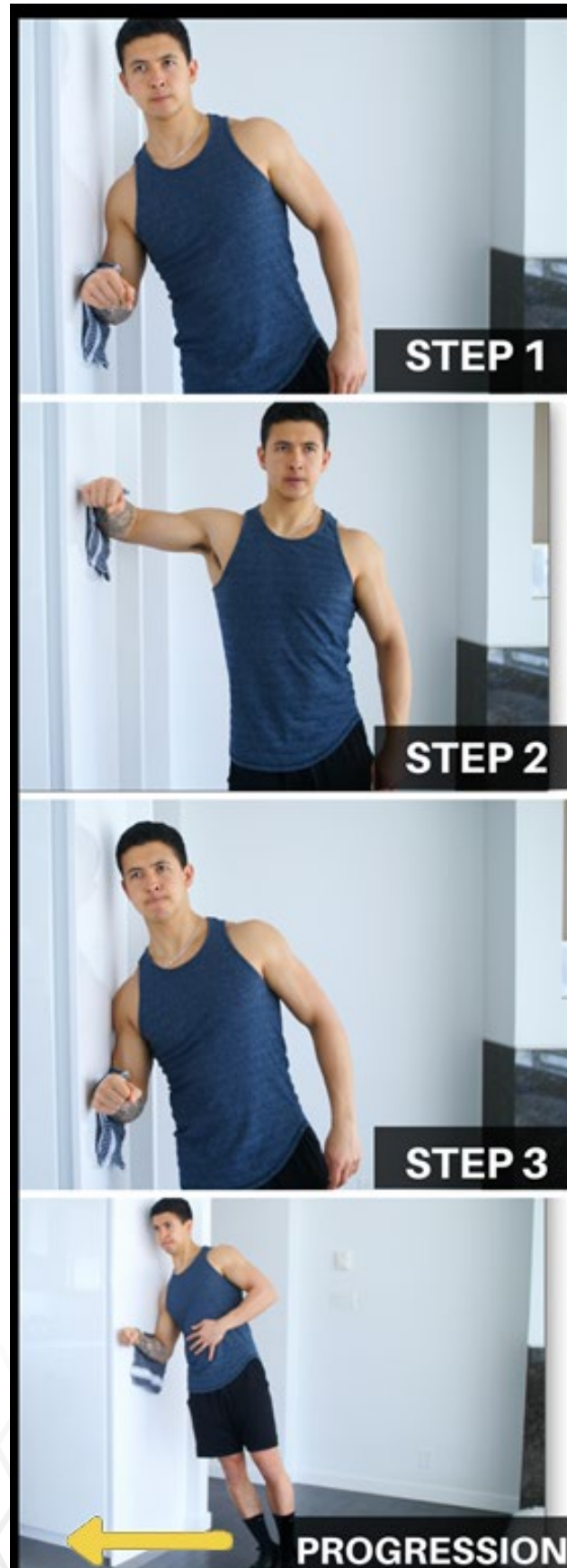
## EXERCISE 4: Sliding Lateral Raises

**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.





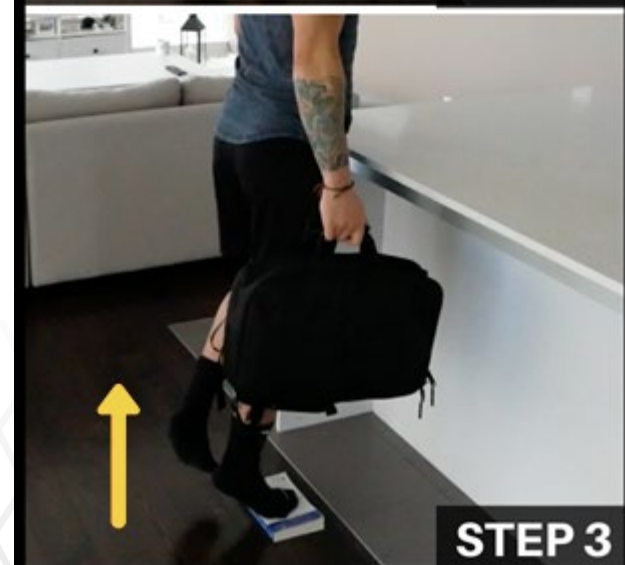
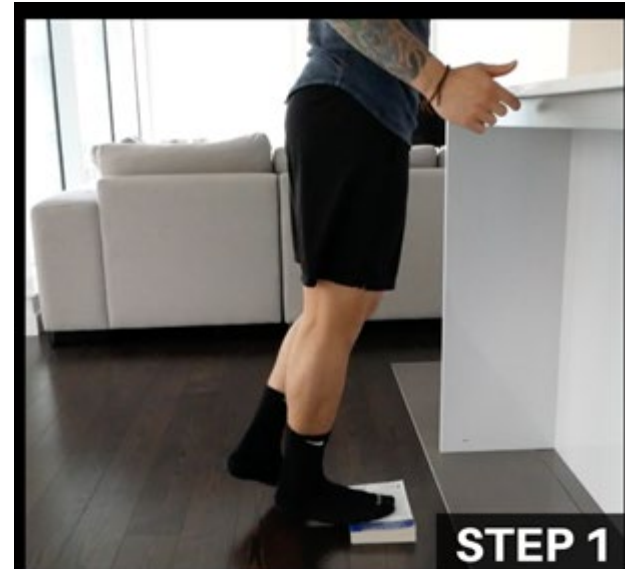
# PHASE 1 WORKOUTS: BODYWEIGHT

## EXERCISE 5: 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.





# PHASE 1 WORKOUTS: BODYWEIGHT

## WORKOUT B:

Exercise	Sets	Reps	Rest (min)	Notes
Decline Close Grip Push-Ups	3	8-15	2	Use diamond or narrow grip, perform push-up with feet elevated, use weighted backpack or band for additional resistance.
Lying Reverse Hyperextensions*	4	8-15	2	Lay upper body on table or side of couch, contract glutes and hamstrings to lift legs up until parallel with upper body.
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 Pulldowns**	3	8-15	2	Use bed sheet set up, sit on floor, pull elbows down to raise body up mimicking lat pulldown motion. Swap this for sliding floor lat pulldowns if needed.
Wall Slides	4	8-15	1-1.5	Lean back against wall, flatten lower back, slide arms up and down wall mimicking shoulder press movement.

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

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

# PHASE 1 WORKOUTS: BODYWEIGHT

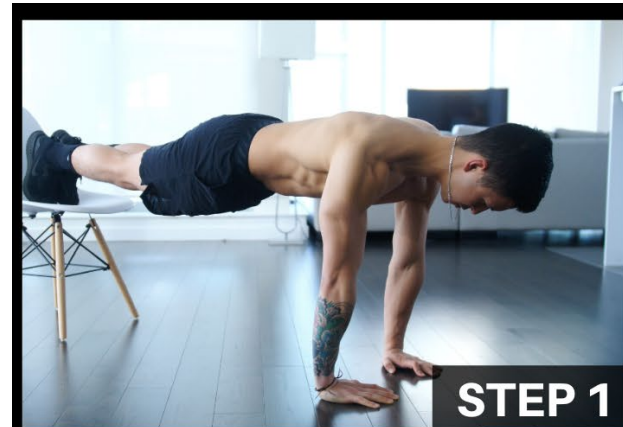
## EXERCISE 1: Decline Close Grip Push-Ups

**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 1 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.



# PHASE 1 WORKOUTS: BODYWEIGHT

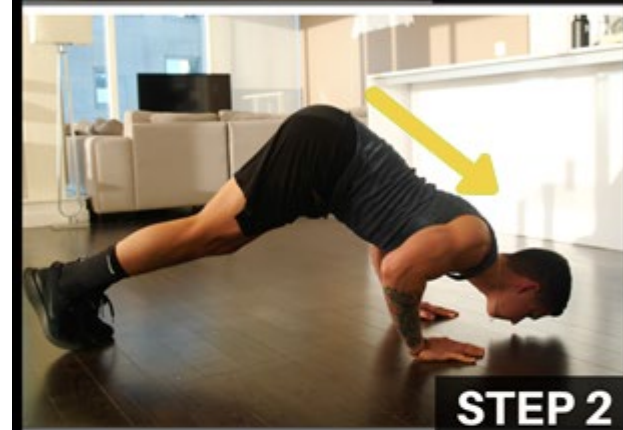
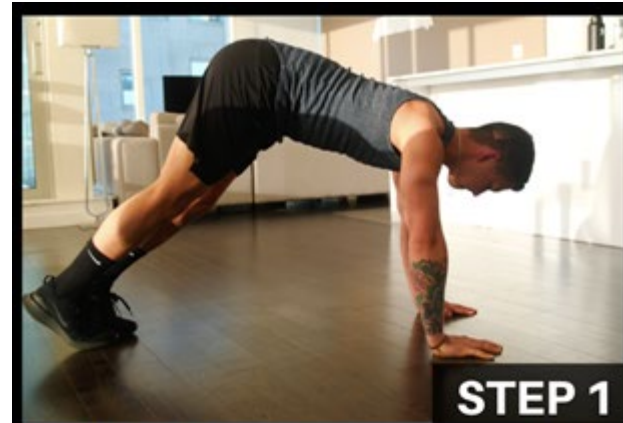
## EXERCISE 3: Pike Push-Ups

**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.





# PHASE 1 WORKOUTS: BODYWEIGHT

## EXERCISE 4: Bed Sheet Lat Pulldowns

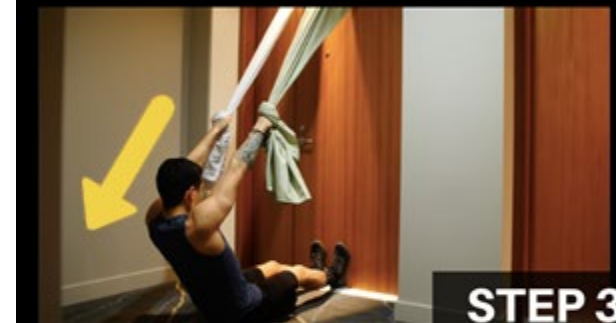
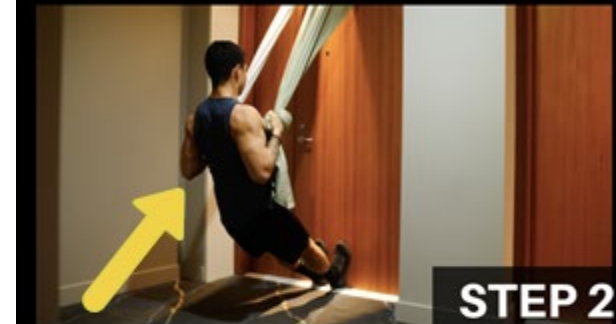
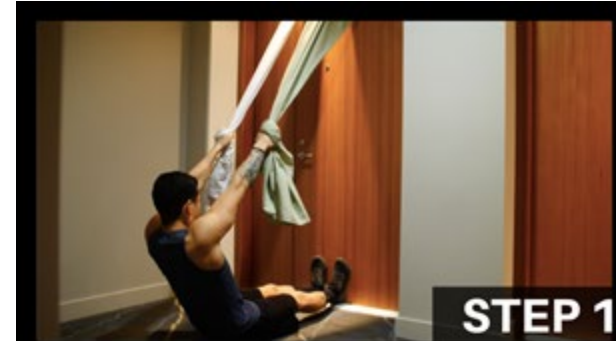
**Step 1 (Setup):** Using the bed sheet set up, wrap the bed sheet in each hand and lay on the floor with your legs straight. If needed, you can start with your knees bent to make the movement easier. Hold your arms extended straight out and up in front of you. There should be tension in the sheets as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

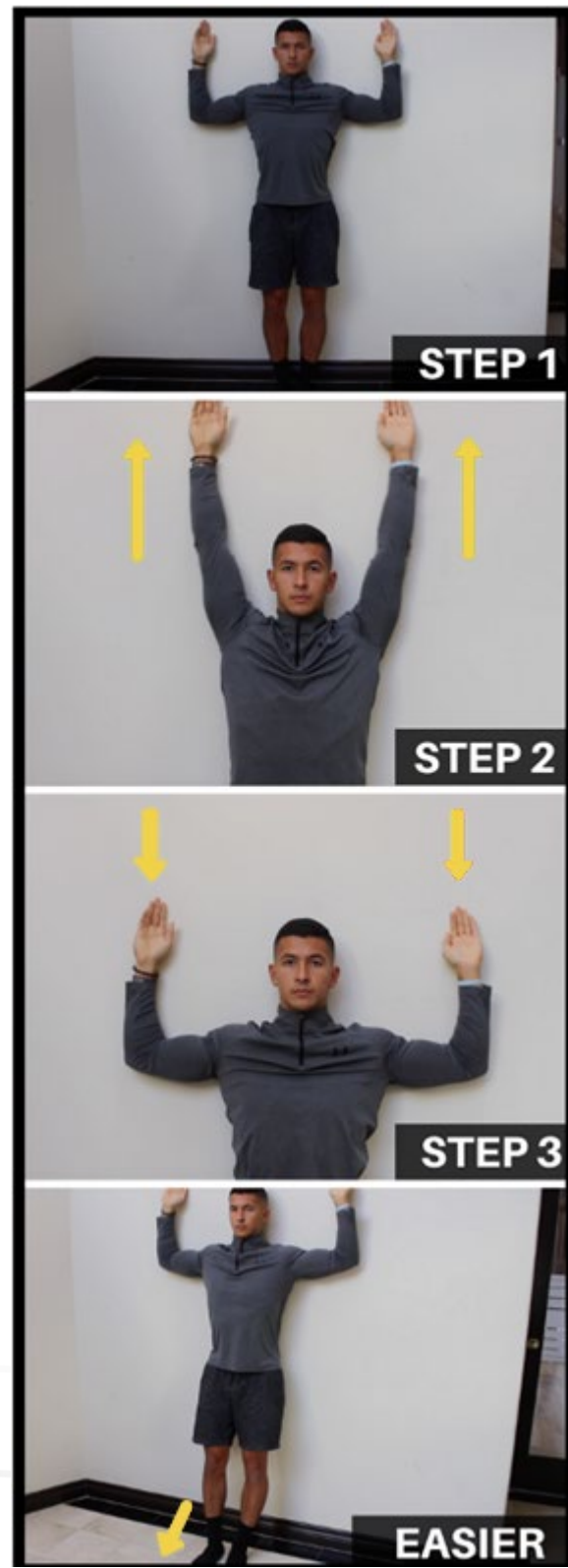
## EXERCISE 5: Wall Slides

**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.





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A person is shown from the waist down, in a starting crouch on a dark 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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Enjoy!