

**IF YOU CAN SEE IT IN YOUR MIND, AND YOU HAVE  
THE COURAGE TO SPEAK FOR IT, IT WILL  
HAPPEN.**

# BODYWEIGHT WORKOUT SERIES

For weight gain and weight loss

## WORKOUT SPLIT (Weight gain)

Days	Exercise
Monday	Cardio
Tuesday	Workout A
Wednesday	Workout B
Thursday	Workout D
Friday	Workout C
Saturday	Abdominals
Sunday	Rest

## WORKOUT SPLIT (Weight Loss)

Days	Exercise
Monday	Cardio
Tuesday	Workout A
Wednesday	Workout B
Thursday	Cardio
Friday	Workout C
Saturday	Abdominals
Sunday	Rest

# WORKOUTS

## WORKOUT A

UPPER BODY			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Tricep Dips	15-20	12-15	10-12
2.Lying Upper Back Squeeze	15-18	12-15	10-12
3.Knee Pushups or Wall Pushups	10	10	10
4.Shoulder Planck	N.A.	N.A.	N.A.

## WORKOUT B

LOWER BODY & CORE			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Squats	15	12	10
2.Lunges	10	8	8
3.Crunches	15-25	12-22	10-20
4.Side Planck	N.A.	N.A.	N.A.

### WORKOUT C

Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Bird Dog (each side)	15	12	10
2.Step Up (each leg)	15	12	10
3.Calf Raises	Till burn	Till burn	Till burn + 5
4.Angel and Devil	N.A.	N.A.	N.A.

### WORKOUT D

Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Wall Sit	N.A.	N.A.	N.A.
2.Glute Bridges	15	12	10
3.Full Planck	N.A.	N.A.	N.A.
4.Knee Pushups	N.A.	N.A.	N.A.

## CORE WORKOUT

ABDOMINALS			
Exercises	Set 1 (reps)	Set 2 (reps)	Set 3 (reps)
1.Planck	N.A.	N.A.	N.A.
2.Leg Raise	15-20	12-18	10-15
3.V-ups	12	10	8
4.Daigonal Crunches	12-15	10-12	8-10

### Important Instructions-

- For cardio workout refer to HIIT pdf.
- Drink at least 1ltr of water during workout.
- Do not stick to the rep ranges given above it is just for reference.
- For rep range that are written with N.A., means that you have to that exercise according to your strength.
- Reps can be increased according to strength.
- Follow proper diet to do this workout.
- Warmup is mandatory before every workout.
- You can do either dynamic warmup exercises or stretches for particular muscle group before workout.
- Do static stretching after every workout.

## Stretching Routine

Workout	Stretches
Workout A	Chest, shoulders, back
Workout B	Quads, hamstring, glutes
Workout C	Back, glutes, quads
Workout D	Shoulders, quads, glutes
Cardio	Refer to cardio warmup video

**EMBRACE THE SUCK!!!**

**GOOD LUCK!**