

5 Weeks with Bodyweight

- **Equipment:** Pull-Up Bar (and chair if needed), Jump Rope
- **Duration:** 5 weeks
- **Workouts:** 3x a week
- **Goal:** Complete the following 3 sessions/week, for 5 weeks.

Week	Tuesday	Thursday	Saturday
0			Test
1	#1	#2	#3
2	#1	#2	#3
3	Test	#1	#2
4	#1	#2	#3
5	#2	#1	Test

Program Structure

- Do the same 4 bodyweight movements in each workout for 5 weeks.
- After each test, use your new numbers to calculate the reps you will do for each workout.

Trainer Tips

- You can do Tue/Thur/Sat, Mon/Wed/Fri, Mon/Wed/Sat, etc... as long as there is 1 day of rest between sessions.
- Have "active-rest" days 2-3x a week. Some ideas:
 - Go for a 30-minute walk (with family, with dog, etc...)
 - Play a sport, be active with your kids, etc...
 - Do the 2 weeks of the LF core program on your rest days.

Workouts

Instructions: Test Max Reps

- **Body Squats:** Max Reps in 1 minute
- **Pull-Ups:** Max Reps in 1 minute
- **Planks:** Max Time (up to 2 minutes max)
- **Push-Ups:** Max Reps in 1 minute

Trainer Tips for the Test

- Rest for 3-5 minutes after each movement's test.
- If you can't do more than 10 reps of any of the four movements, use the embedded links to the LF Hub to select a "Regressed" movement. I.e., do pull-ups with a chair for your legs, elevate your hands on a chair for push-ups, etc...

Workout #1: 3 rounds

- **Body Squats:** 50% of max reps
- **Pull-Ups:** 50% of max reps
- **Planks:** 50% of max time
- **Push-Ups:** 50% of max reps
- Jump Rope for 1 minute

Workout #2: 4 rounds

- **Body Squats:** 50% of max reps
- **Pull-Ups:** 50% of max reps
- **Planks:** 50% of max time
- **Push-Ups:** 50% of max reps
- Jump Rope for 1 minute

Workout #3: 5 rounds

- **Body Squats:** 50% of max reps
- **Pull-Ups:** 50% of max reps
- **Planks:** 50% of max time
- **Push-Ups:** 50% of max reps
- Jump Rope for 1 minute

Trainer Tips for the Workouts

- Rest for 0.5 - 1.5 minutes after each movement.
- Rest for 1 - 2 minutes between each round.
- If your % reps is a decimal (i.e. 50 % of 15= 7.5), round up the nearest whole number (8).
- Focus on form instead of speed. Your tempo for each movement should be moderate; not too fast and not too slow.
- For your warm-up, stretch for 2-3 minutes and then do a light jog/jump-rope for 2-3 minutes.
- For your cool-down, do a light jog/jump-rope for 2-3 minutes, then stretch for 2-3 minutes.

After the 5 Weeks

- **Equipment:** Pull-Up Bar (and chair if needed), Jump Rope
- **Duration:** +5 additional weeks
- **Workouts:** 3x a week
- **Goal:** Complete the following 3 sessions/week, for 5 more weeks

Week	Tuesday	Thursday	Saturday
5			Test
6	#1	#2	#3
7	#1	#2	#3
8	Test	#1	#2
9	#1	#2	#3
10	#2	#1	Test

Program Structure

- Do the same 4 bodyweight movements in each workout for 5 more weeks.
- Use your new test numbers at the end of week 5 to calculate your new working sets. I.e., if your max push-ups went from 20 to 30, you'll do 15 push-ups instead of 10 as your 50%.

Did your max reps increase?

Send me a note at don@laymansfitness. I'd love to hear about your experience with this program!