

12-Week Bodyweight Program

- **Trainer Times:** 20-40 minutes for the workouts
- **Equipment:** Towel, Pull-Up Bar, Chair, Jump Rope
- **Duration:** 12 weeks
- **Workouts:** 3x a week
- **Goal:** Complete 3 sessions/week, for 12 weeks.
- Use the embedded links to the Hub page on LF website as a companion resource for movement instructions.
- If on your phone, use Chrome or Firefox for the best experience.

Program	Goal	Length	Focus
Phase I	3 sessions/week	4 weeks	Stabilization
Phase II	3 sessions/week	4 weeks	Endurance
Phase III	3 sessions/week	4 weeks	Strength

Trainer Tips

- While designed for a home gym, the equipment required is minimal and is suitable for several settings:
 - Home: Towel, pull-up bar, chair, jump rope
 - Gym: Pull-up bar, jump rope, aerobic machine (treadmill), bench.
 - Park: Place to walk, monkey bars, picnic table
- The goal is diligence (Proverbs 21:5). Complete 3 sessions/week. If mornings work for you, great. If it's afternoons or evenings, great.
- Try to make your rest days "active-rest" days. Page 2 has some ideas for using these days well.
- Find **accountability** during this program. Do this program with your friends, neighbors, spouse, etc...

Rest Days, Warm-Ups, Cool Downs

Warm-Ups, Cool Downs, and Rest Days are the "grease to the wheels" of this program. Here are routines and suggestions for how to use these tools well throughout the next 12 weeks

Warm-Up (5-6 min)

Recommended: 5-6 minutes

- 2-3 minutes of stretching
- 2-3 minutes light cardio
 - Jog or Jump Rope

Cool-Down (5-6 min)

Recommended: 5-6 minutes

- 2-3 minutes light cardio
 - Jog or Jump Rope
- 2-3 minutes of stretching

Rest Days

- Rest for >1 day between each of the workout sessions.
- Do "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 8 week core program on your rest days. I'd recommend starting the core program on week 5 of the 12 week bodyweight program.
 - Do 30-50 pull-ups, push-ups and body squats throughout the day (3-5 of each every hour for 10 hours). Do regressed variations if needed.

Phase I Overview

- **Trainer Time:** 25-40 minutes
- **Equipment:** Towel, Pull-Up Bar, Chair, Jump Rope
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Focus:** Muscle Stabilization, Posture, Balance, Form
- Use the embedded links to the Hub page on LF website as a companion resource.

Phase I	Tuesday	Thursday	Saturday
Week 1	#1	#1	#3
Week 2	#2	#2	#4
Week 3	#1	#2	#3
Week 4	#2	#1	#4

Schedule:

- 3x a week, with ~1 day between sessions
- Options:
 - Tu/Thu/Sat
 - Mon/Wed/Fri
 - Mon/Wed/Sat

Trainer Tips

- The goal is to complete 3 workouts a week, with two of those workouts being Workouts #1 and #2.
- If any of the movements are too hard or too easy, use the Hub page to regress or progress the movement as needed.
- Phase I uses circuits, a method where you complete all listed exercises in succession with minimal rest between each movement.
- The tempo for all movements should be controlled and moderate.
- These workouts can be done inside, outside, at a gym, etc...
- The goal is to be consistent. If mornings work for you, great. If it's afternoons or evenings, great. Complete 3 sessions/week.

Phase I Workout #1

- **Trainer Time:** ~30 minutes
- **Equipment:** Towel, Chair
- Complete warm-up, core circuit, stabilization circuit, then cool-down

Core Circuit

Complete 2x

- **Planks:** 30 seconds
- **Flutter Kicks:** 10 reps each leg
- **Prone Cobra:** 30 seconds

Stabilization Circuit

Complete 2x

- **High Push-up Position Hold:** 30 seconds
- **Towel Rows:** 10-20 reps
- **Push-Ups** (classic): 10-20 reps
- **Shove-Offs:** 5-10 reps
- **Towel Bicep Curls** (sitting): 10-20 reps
- **Tricep Dips** (on chair): 10-20 reps
- **Body Squats:** 10-20 reps

Trainer Tips

- This is a full-body workout, engaging all muscle groups.
- Rest for 1-2 minutes between each circuit (both the core and endurance circuit). Use the break to catch your breath.
- For Shove Offs, use a wall (easiest), a counter (moderate), or a chair (hardest).
- To make this workout harder, complete 3 circuits of the core and strength circuits instead of 2.
- The goal for the repetitions is not to go to failure, but to learn and ensure good form throughout the movement.

Phase I Workout #2

- **Trainer Time:** ~30 minutes
- **Equipment:** Pull-Up Bar, Chair, Towel
- Complete warm-up, core circuit, stabilization circuit, then cool-down

Core Circuit

Complete 2x

- **Leg Lifts:** 10-20 reps
- **Russian Twists:** 10 reps each side
- **Superman's:** 30 seconds

Stabilization Circuit

Complete 2x

- **Lateral Crawls:** 5-10 reps each side
- Leg Assisted **Pull-Ups:** 5-10 reps
- **Push-Ups** (classic): 10-20 reps
- **Front Shoulder Raise** (with towel): 10-20 reps each arm
- **Dead Hang:** 15-30 second hang from the pull-up bar, arms extended.
- **Plank-Ups:** 5-10 reps each arm
- **Lunges:** 10-20 reps each side

Trainer Tips

- This is a full-body workout, engaging all muscle groups.
- Rest for 1-2 minutes between each circuit (both the core and endurance circuit). Use the break to catch your breath.
- Use a chair for leg assisted pull-ups. Remove the chair to make this harder.
- A dead hang is when you hang from a pull-up bar with your arms extended. It's the bottom of the pull-up movement.
- To make this workout harder, complete 3 circuits of the core and strength circuits instead of 2.
- The goal for the repetitions is not to go to failure, but to learn and ensure good form throughout the movement.

Phase I Workout #3

- **Trainer Time:** ~25 minutes
- **Equipment:** Pull-Up Bar, Chair
- Complete warm-up, stabilization circuit, then cool-down

Stabilization Circuit

Complete 3x

- Leg Assisted **Pull-Ups**: as many reps as possible with good form
- **Planks**: 30 seconds
- **Push-Ups** (classic): as many reps as possible with good form

Trainer Tips

- This is a full-body workout, engaging all muscle groups.
- Focus on completing as many repetitions as you can without sacrificing your form.
- Once your form is about to fail, you've hit your maximum reps.
- To make this workout harder, do regular pull-ups by taking away the chair, do leg raises instead of planks, and elevate your feet while doing push-ups.

Phase I Workout #4

- **Trainer Time:** ~40 minutes
- **Equipment:** Place to walk - or - jump rope, Pull-Up bar
- Complete warm-up, stabilization circuit, then cool-down

Instructions

- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the 3 sets of the exercise.
- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the next 3 sets of the exercise.
- Repeat.

Stabilization Circuit

- **Burpees:** 3 sets of 5-10 reps
- **Push-Up High Position Hold:** 3 sets of 30 seconds
- **Body Squats:** 3 sets of 10-20 reps
- Leg Assisted **Pull-Ups:** 3 sets of 5-10 reps
- **Planks:** 3 sets of 30 seconds

Trainer Tips

- This is a full-body workout, engaging all muscle groups.
- For an indoor workout, use a jump rope, or jump in place as if you were jumping rope. If you are at a gym, use a treadmill.
- For an outdoor workout, complete at your local park.
- Pull-Ups are a challenging exercise. If you can't do 5 reps unassisted, add a chair so you can do 5 reps.
- If you're outside and don't have access to a pull-up bar, substitute inverted rows and perform on the underside of a picnic table, or towel rows with a towel around a tree.
- To make this workout harder, run instead of walk, or jump rope for 2-3 minutes instead of 1.

Phase II Overview

- **Trainer Time:** 25-40 minutes
- **Equipment:** Towel, Pull-Up Bar, Chair, Jump Rope
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Focus:** Muscular Endurance, Intensity, Shorter Rests, Form
- Use the embedded links to the Hub page on LF website as a companion resource.

Phase II	Tuesday	Thursday	Saturday
Week 1	#1	#1	#3
Week 2	#2	#2	#4
Week 3	#1	#2	#3
Week 4	#2	#1	#4

Schedule:

- 3x a week, with ~1 day between sessions
- Options:
 - Tu/Thu/Sat
 - Mon/Wed/Fri
 - Mon/Wed/Sat

Trainer Tips

- The goal is to complete 3 workouts a week, with two of those workouts being Workouts #1 and #2.
- Use the movement's Hub page for ideas on regressing or progressing the movement.
- Phase II uses supersets. One superset is a pairing of two exercises back-to-back with minimal/no rest in between.
- The pace for the 1st exercise in a superset should be controlled and slow, while the 2nd exercise should be quicker, while maintaining good form.
- These workouts can be done inside, outside, at a gym, etc...
- The goal is to be consistent. If mornings work for you, great. If it's afternoons or evenings, great. Complete 3 sessions/week.

Phase II Workout #1

- **Trainer Time:** ~40 minutes
- **Equipment:** Pull-Up Bar, Towel, Chair (if you need to substitute leg-assisted pull-ups)
- Complete warm-up, endurance circuit, then cool-down

Supersets

- 1st exercise: 4-6 reps
- 2nd exercise: 10-15 reps

Ex: 4-6 Pull-Ups/10-15 Towel Curls as 1 Superset

Endurance Workout

- 3 Supersets: Pull-Ups/Towel Curls
- 3 Supersets: Body Squats/Single Leg Romanian Deadlifts (each leg)
- 3 Supersets: Chin-Ups/Towel Rows
- 3 Supersets: Lunges/Hip Extensions

Trainer Tips

- This workout focuses on the muscles in your back, biceps, and legs.
- Complete the 3 supersets for each exercise pairing before moving to the next superset pair.
- Rest for 1-2 minutes between each superset.
- The 1st exercise in a superset should be controlled and slow (2/1/2 tempo), while the 2nd exercise should be quicker (1/1/1 tempo).
 - 2/1/2 tempo: 2 counts up/down, 1 count hold, 2 counts up/down
 - 1/1/1 tempo: 1 count up/down, 1 count hold, 1 count up/down
- For Single Leg Romanian Deadlifts on the 2nd superset, do 10-15 on each leg.

Phase II Workout #2

- **Trainer Time:** ~40 minutes
- **Equipment:** Towel, Chair
- Complete warm-up, endurance circuit, then cool-down

Supersets

- 1st exercise: 4-6 reps
- 2nd exercise: 10-15 reps

Ex: 4-6 Push-Ups (classic)/10-15 Tricep Dips (chair) as 1 Superset

Endurance Workout

- 3 Supersets: **Push-Ups** (Classic)/**Tricep Dips** (chair)
- 3 Supersets: **Pike Push-Ups**/**Leg Lifts**
- 3 Supersets: **Push-Ups** (Wide Grip)/**Plank-Ups** (total count)
- 3 Supersets: **Front Shoulder Raises** (with towel)/**Flutter Kicks**

Trainer Tips

- This is workout focuses on the muscles in your chest, triceps, and core.
- Complete the 3 supersets for each exercise pairing before moving to the next superset pair.
- Rest for 1-2 minutes between each superset.
- The 1st exercise in a superset should be controlled and slow (2/1/2 tempo), while the 2nd exercise should be quicker (1/1/1 tempo).
 - 2/1/2 tempo: 2 counts up/down, 1 count hold, 2 counts up/down
 - 1/1/1 tempo: 1 count up/down, 1 count hold, 1 count up/down
- For Plank-Ups on the 3rd superset, do 10-15 in total (not both sides)

Phase II Workout #3

- **Trainer Time:** ~20 minutes
- **Equipment:** Towel, Pull-Up Bar
- Do your warm-up, the endurance circuit, and then your cool-down.

Instructions

- Start a stopwatch.
- Do 5 hanging leg raises.
- Do as many towel rows as you can in the remainder of the 1st minute.
- Do 5 hanging leg raises, then towel rows for the remainder of the next minute.
- Repeat until you reach 100 towel rows.

Endurance Workout

- 100 **Towel Rows** (or substitute Leg Assisted **Pull-Ups**)
- 5 **Hanging Leg Raises**

Trainer Tips

- This workout focuses on the muscles in your back, biceps, and legs.
- This workout is a race against yourself. The longer you rest, or the longer your hanging leg raises take, the longer the workout will last.
- To progress for difficulty, do inverted rows or non-leg assisted pull-ups instead of towel rows.
- To regress for ease, reduce towel row repetitions to 75, and hanging leg raises to 3.
- This workout is a type of EMOM training (every minute on the minute). It's a useful tool to know!

Phase II Workout #4

- **Trainer Time:** ~35 minutes
- **Equipment:** Pull-Up Bar, Place to walk - or - jump rope, Towel
- Complete warm-up, stabilization circuit, then cool-down

Instructions

- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the 2 Supersets (4-6 reps for the 1st exercise/10-15 reps for the 2nd).
- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the next 2 Supersets.
- Repeat.

Endurance Workout

- 2 Supersets: **Burpees/Mountain Climbers.**
- 2 Supersets: **Push-Ups** (close grip)/**Push-Ups** (classic)
- 2 Supersets: **Pull-Ups/Towel Rows**
- 2 Supersets: **Pike Push-Ups/Side Planks** (30 seconds each side)
- 2 Supersets: **Lunges/Single Leg Romanian Deadlifts** (each leg)

Trainer Tips

- This is a full-body workout, engages all muscle groups.
- For the supersets, your pace for the 1st exercise should be slow, and then quick for the 2nd exercise (same tempos as #1 and #2 in Phase II).
- For an indoor workout, use a jump rope, or jump in place as if you were jumping rope. If you are at a gym, use a treadmill.
- For an outdoor workout, complete at your local park.
- If you're outside and don't have access to a pull-up bar, substitute inverted rows and perform on the underside of a picnic table, or towel rows with a towel around a tree.
- To make this workout harder, do 3 supersets instead of 2, run instead of walk, or jump rope for 2-3 minutes instead of 1.

Phase III Overview

- **Trainer Time:** 35-40 minutes
- **Equipment:** Pull-Up Bar, Towel, Jump Rope
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Focus:** Developing Strength, Progressions, Until Failure
- Use the embedded links to the Hub page on LF website as a companion resource.

Phase III	Tuesday	Thursday	Saturday
Week 1	#1	#1	#3
Week 2	#2	#2	#4
Week 3	#1	#2	#3
Week 4	#2	#1	#4

Schedule:

- 3x a week, with ~1 day between sessions
- Options:
 - Tu/Thu/Sat
 - Mon/Wed/Fri
 - Mon/Wed/Sat

Trainer Tips

- The goal is to complete 3 workouts a week, with two of those workouts being Workouts #1 and #2.
- Phase III utilizes the basics of bodyweight progressions. The Hub page on the LF website has the basics written and explained for ease of use for the key Phase III movements.
- Phase III has some of the more challenging workouts in the 12-week program.
- Some of these workouts require repetitions until failure. Be sure to maintain your form. Once you cannot maintain proper form, failure has been reached.
- These workouts can be done inside, outside, at a gym, etc...

Phase III Workout #1

- **Trainer Time:** ~40 minutes
- **Equipment:** Pull-Up Bar
- Complete warm-up, strength workout, then cool-down

Strength Workout

Push-Up (3 minutes per each set)

- Set 1: 4-6 reps, hardest push-up progression you can do
- Set 2: 6-8 reps, 2nd hardest push-up progression you can do
- Set 3: 8-10 reps, 3rd hardest push-up progression you can do
- Set 4: until failure, 3rd hardest push-up progression you can do

Hanging Leg Raises (3 minutes per each set)

- Set 1: 4-6 reps, 2/1/2 tempo (count 2 up, 1 hold, 2 down)
- Set 2: 6-8 reps, 1/1/2 tempo (count 1 up, 1 hold, 2 down)
- Set 3: 8-10 reps, as quickly as you can with good form
- Set 4: until failure, as quickly as you can with good form

Trainer Tips

- This workout focuses on your chest, shoulders, triceps and core muscles.
- Spend 3 minutes on each set. After you finish the reps required in the set, rest for the remainder of the 3 minutes. With this cadence, the Push-Up and Hanging Leg sessions should take 12 minutes each.
- Use the companion Hub page for insight on the difficulty progression.
- Once your form is about to fail, you've hit your maximum reps.

Phase III Workout #2

- **Trainer Time:** ~40 minutes
- **Equipment:** Pull-Up Bar, Chair (for leg assisted)
- Complete warm-up, strength workout, then cool-down

Strength Workout

Pull-Up (3 minutes per each set)

- Set 1: 4-6 reps, hardest pull-up progression you can do
- Set 2: 6-8 reps, 2nd hardest pull-up progression you can do
- Set 3: 8-10 reps, 3rd hardest pull-up progression you can do
- Set 4: until failure, 3rd hardest pull-up progression you can do

Body Squats (3 minutes per each set)

- Set 1: 4-6 reps, 4/1/2 tempo (count 4 down, 1 hold, 2 up)
- Set 2: 8-10 reps, 2/1/1 tempo (count 2 down, 1 hold, 1 up)
- Set 3: 12-15 reps, as quickly as you can with good form
- Set 4: until failure, as quickly as you can with good form

Trainer Tips

- This workout focuses on your back, biceps and leg muscles.
- Spend 3 minutes on each set. After you finish the reps required in the set, rest for the remainder of the 3 minutes. With this cadence, the Pull-Up and Body Squat sessions should take 12 minutes each.
- Use the companion Hub page for insight on the difficulty progression.
- Once your form is about to fail, you've hit your maximum reps.

Phase III Workout #3

- **Trainer Time:** ~35 minutes
- **Equipment:** Pull-Up Bar
- Do your warm-up, the endurance circuit, and then your cool-down.

Instructions

- Complete 1 set of 12 reps for each of the 4 exercises.
- Rest 1-2 minutes.
- Complete 12 reps for each of the 4 exercises. That's one circuit. Do as many circuits as possible in 12 minutes.
- Rest 1-2 minutes.
- Complete as many reps as possible until failure for each of the 4 exercises. Repeat, going until failure for one more circuit.

Strength Workout

Exercises

1. [Push-Ups](#)
2. [Pull-Ups](#) (assisted if needed)
3. [Body Squats](#)
4. [Hanging Leg Raises](#)

Trainer Tips

- This is a full-body workout that will challenge your strength, endurance, and stabilization.
- Progress or regress the movements as needed, using the LF Hub pages as your resource. Some ideas:
 - The Pull-Ups will be challenging here. To get the 12 rep goal, do leg-assisted pull-ups, or substitute towel rows or inverted rows.
 - Instead of Hanging Leg Raises, you can substitute Planks. Do 30 second plank holds instead of the 12 reps.

Phase III Workout #4

- **Trainer Time:** ~35 minutes
- **Equipment:** Pull-Up Bar, Towel, place to walk - or - jump rope
- Complete warm-up, strength exercises, then cool-down

Instructions

- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the exercise, doing as many reps until failure.
- Walk 3 minutes or Jump Rope for 1 minute.
- Complete the next exercise, doing as many reps until failure.
- Repeat.

Strength Exercises

1. **Plank-Ups**
2. **Pull-Ups**
3. **Push-Ups** (classic)
4. **Lunges**
5. **Pike Push-Up**
6. **Towel Curls**
7. **Planks**
8. **Mountain Climbers**

Trainer Tips

- This is a full body workout, engaging all muscle groups.
- For an indoor workout, use a jump rope, or jump in place as if you were jumping rope. If you are at a gym, use a treadmill.
- For an outdoor workout, complete at your local park.
- If you're outside and don't have access to a pull-up bar, substitute inverted rows and perform on the underside of a picnic table, or towel rows with a towel around a tree.
- For the repetitions, complete at a controlled but quick tempo until failure. When you cannot complete with proper form, failure has been reached.

Phase IV Overview

- **Trainer Time:** 35-40 minutes
- **Equipment:** Same equipment as Phase I, II & III
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Focus:** Maintaining Habits
- Phase IV is optional!

Phase IV	Tuesday	Thursday	Saturday
Week 1	Phase I: #1	Phase II: #1	Phase III: #1
Week 2	Phase I: #2	Phase II: #2	Phase III: #2
Week 3	Phase I: #3	Phase II: #3	Phase III: #3
Week 4	Phase I: #4	Phase II: #4	Phase III: #4

Schedule:

- 3x a week, with ~1 day between sessions
- Mix & match. Do one workout from each Phase each week.
- Options:
 - Tu/Thu/Sat
 - Mon/Wed/Fri
 - Mon/Wed/Sat

Trainer Tips: Phase IV is optional!

- Before you start Phase IV, take one week and rest! Your body needs it. Just be aware that you might find it challenging to get back into it after a week off. Follow the Phase IV plan.
- Phase IV uses "undulating periodization". This is a type of training that incorporates different variations (stabilization, endurance, strength) into the same week.
- After Phase IV, you have options. Rest another week, then start the 12 week program over and do harder progressions. Pick another LF program to complete (more are coming!). But whatever you do, do it for the Lord with all your might!