

5-Week Bodyweight Program

Welcome to the Layman's Fitness 5-week bodyweight program

Over the next 5-weeks, you will focus on improving your strength by increasing your maximum reps in these 4 movements.

1. [Push-Ups](#)
2. [Pull-Ups](#)
3. [Body Squats](#)
4. [Plank](#)

Levels: Beginner & Intermediate+

Here's the equipment you will need:

A pull-up bar.

Some options for the home gym include a door-mounted one, or a power-tower.

P.S. I bet you can find some good second handed power-tower's on sale in your local online marketplaces.

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Before you start...

If you find this helpful, then I think you'll like the free weekly newsletter.

Layman's Fitness Newsletter

Every week I share step-by-step content and practical finds that will help you get lean all at home.

Join thousands of other Christian guys reading this weekly.

Hope this serves,

- Don

5-Week Bodyweight Program

Here is your 5-week workout schedule

Week	Day 1	Day 2	Day 3
0			Pre-Test
1	Workout #1	Workout #2	Workout #3
2	Workout #1	Workout #2	Workout #3
3	Test	Workout #1	Workout #2
4	Workout #1	Workout #2	Workout #3
5	Workout #2	Workout #1	Test

Schedule Tip

Put 1 day of rest between workouts. Pick one of these options and try to follow it every week:

- Monday/Wednesday/Friday
- Monday/Wednesday/Saturday
- Monday/Thursday/Saturday
- Tuesday/Thursday/Saturday

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Here are your pre-test instructions

Pre-Test Instructions

You will be measuring your baseline.

- In 1 minute, do as many [**Body Squats**](#) as you can
- In 1 minute, do as many [**Pull-Ups**](#) as you can
- In 2 minutes, hold a [**Plank**](#) as long as you can (record time)
- In 1 minute, do as many [**Push-Ups**](#) as you can

Write down your max for each movement

Pre-Test Tips

- Warm-up for 3-5 minutes prior to your pre-test
- Rest 3-5 minutes after each movement before beginning the next one.
- Each of the movements have embedded links with instructional pages/videos, with ideas on how to make these movements easier. Here are some ideas:
 - If you can't do [**Pull-Ups**](#), prop your feet on a chair
 - If you can't do [**Push-Ups**](#), do them on your knees or elevate your hands on a chair

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Once you have your pre-test baseline...

My favorite part of this program is the progress guys see in 5-weeks.

After your pre-test, take 30 seconds to send me an email with your pre-test results.

And then after your 5-weeks, email me your results so I can celebrate with you.

This is entirely optional. But it will add another layer of accountability for you.

Contact: don@laymansfitness.com

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Here are your workout instructions

Workout #1

Do 3 rounds of...

- **Body Squats:** 50% of your max reps
- **Pull-Ups:** 50% of your max reps
- **Planks:** 50% of your max time
- **Push-Ups:** 50% of your max reps

Workout #2

Do 4 rounds of...

- **Body Squats:** 50% of your max reps
- **Pull-Ups:** 50% of your max reps
- **Planks:** 50% of your max time
- **Push-Ups:** 50% of your max reps

Workout #3

Do 5 rounds of...

- **Body Squats:** 50% of your max reps
- **Pull-Ups:** 50% of your max reps
- **Planks:** 50% of your max time
- **Push-Ups:** 50% of your max reps

Trainer Tips for Your Workouts

- Warm-up for 3-5 minutes prior to starting.
- Cool-down for 3-5 minutes after ending.
- After each round, rest for 1-2 minutes before repeating.
- Between each movement, rest for 15 to 60 seconds before going to the next movement.
- Focus on form instead of speed. Your tempo for each movement should be moderate; not too fast and not too slow.
- Take longer rest periods if you need to.

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Here are your Week 3 test instructions

Week 3 Test Instructions

On Week 3, you will be retesting your max

- In 1 minute, do as many **Body Squats** as you can
- In 1 minute, do as many **Pull-Ups** as you can
- In 2 minutes, hold a **Plank** as long as you can (record time)
- In 1 minute, do as many **Push-Ups** as you can

Write down your max for each movement.

Your week 3 max is your new baseline. Use your Week 3 test scores to calculate your target reps for your workouts in Weeks 3-5.

For example, let's say your pre-test **Push-Ups** max was 20 and you were doing 10 reps per workout.

If your Week 3 **Push-Ups** max is now 30, you will be doing 15 reps per workout for Weeks 3-5.

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Here are your Week 5 test instructions

Week 5 Test Instructions

On Week 5, you will be retesting your max

- In 1 minute, do as many **Body Squats** as you can
- In 1 minute, do as many **Pull-Ups** as you can
- In 2 minutes, hold a **Plank** as long as you can (record time)
- In 1 minute, do as many **Push-Ups** as you can

Write down your max for each movement.

Compare your pre-test scores to your Week 5 score. How did you do?

Send me an email so I can celebrate this improvement with you.

Contact: don@laymansfitness.com

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What do you do when you finished your 5 weeks?

You can repeat the entire process for another 5-weeks.

Your Week 5 test becomes your new baseline for the next 5-weeks.

Week	Day 1	Day 2	Day 3
5			Test
6	Workout #1	Workout #2	Workout #3
7	Workout #1	Workout #2	Workout #3
8	Test	Workout #1	Workout #2
9	Workout #1	Workout #2	Workout #3
10	Workout #2	Workout #1	Test

How much more can you improve?

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Frequently Asked Questions

How long do these workouts take?

- While it depends on your rep count, these workouts will take anywhere from 25-45 minutes (including warm-up/cool-down time).

Can I do these workouts at home?

- Absolutely, and that's preferred. You can save hours of time per week in not commuting to a gym.

I can't do a pull-up/push-up/etc... What do I do?

- Each movement has an embedded link that will take you to an instructional page on the Layman's Fitness website. This page has several ideas on how you can make the movement easier for you.

What if 50% of my max is a decimal?

- Round up. For example, if your max [Push-Ups](#) is 25 reps, do 13 reps during your workouts.

I'm injured. Should I do this program?

- Consult with your doctor prior to beginning an exercise program, especially if you have physical restrictions.

Don't see your question?

Send me an email at don@laymansfitness.com