



Nathan

Bodyweight Workout 4-Week Program Beginner Bodyweight Training

Lifestyle Review

1. Social support can be the #1 factor for success in fitness programs. While the support can come from your mom or dad, uncle, aunt, friend, neighbor, or co-worker, it's a proven fact that individuals have a greater chance of sticking to an exercise program when they have to be accountable someone like a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for better health, fitness and fat loss.
2. Nutrition is the second most important factor for success in fat loss programs. Do you keep a nutrition log? If not, start doing so! Record your nutrition for free on www.myfitnesspal.com. Record every aspect of your nutrition for at least one week. Most people have no idea how many calories they are eating each day.
3. What is your current activity level? Log everything you do for at least one week to get an idea of your daily energy expenditure (calories burned each day).

Good Food Choice Bad Food Choice

Whole, natural foods	Processed foods (containing added sugar, trans-fats, etc.)
Fiber-rich snacks, such as almonds	Processed foods (containing added sugar, trans-fats, etc.)
Nuts/Almonds	Chips, cookies, treats, brownies, donuts, pretzels, etc.
Fruit	Soda, juice, candy, etc.
Vegetables	French fries; Any deep-fried side dish or appetizer
Extra serving of vegetables	Extra serving of starchy carbohydrates unless wanting to add weight)
Lean protein	Fatty cuts of meat; fried meats; high-sodium lunch meats
Low-fat dairy	High-fat, high-sugar dairy; milkshakes, ice cream, etc.
Green Tea	Coffee, soft drinks, sweetened beverages
Water, Sparkling Water	Coffee, soft drinks, sweetened beverages
Unsweetened Iced Tea	Coffee, soft drinks, sweetened beverages
Raw Vegetables	Bread with butter
Lean Stir-fry; vegetables and meat	Steamed Chinese/Asian food (battered)
Grilled; baked; broiled meat	Battered; Deep fried meat
Oatmeal	Donuts, croissants; pastries; high-sugar cereals
Yogurt (low-sugar)	Ice cream; Yogurt with sugar added
Natural, sugar-free products (unsweetened pasta sauce)	Sweetened products (i.e. sweetened pasta sauce)

Training Guidelines

- Perform each workout for 4 weeks and then switch to a new Training workout.
- After every 12 weeks, take one week off from Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days per week alternating between workout A and workout B.
- Train intervals or exercise modality of choice (yoga, pilates, HIIT, core) 3 days per week. These can be done after strength training or on non-strength training days. Make sure you have at least 1 full rest day per week.

- In week 1, you will follow an A, B, A schedule.

In week 2, B, A, B schedule.

In week 3, A, B, A schedule,

In week 4, B, A, B schedule.

- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).

- Rest 30 seconds after completing the exercises in the Superset (i.e. after A1 & A2).

- Once your endurance and strength build you can move to more Advanced: Rest as little as possible between exercises and supersets. Rest only to take drinks of water or if whenever you feel like you need a break.

- Use the recommended lifting tempo for all exercises (except for any holding exercises like the planks where it is just a static hold).

- For example, (3x15) 2-1-1 means 3 sets of 15 reps at a 2-1-1 tempo (2 seconds to lower, 1 sec pause, 1 sec to lift)

- Finish each workout with stretching for the tight muscle groups only.

Warm-up

- Never skip a warm-up. For a warm-up, perform this circuit 2x's using a 2-0-1 tempo:
 - 10 reps of bodyweight squats or lying hip extensions
 - 20 second plank
 - 6-10 reps of kneeling pushups or pushups
 - Do not rest during the warm-up circuit.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.
- See below for **Sample Workout Structure**

Sample Workout Structure

- Here's how a sample workout looks:

Bodyweight Warm-up Circuit 2x's (this should take you less than 5 minutes)

- Bodyweight Squat – 10 reps
- Plank – 20 seconds
- Pushup or Kneeling Pushup – 6 reps

Strength Workout (ex. Workout A)

1A) Lying Hip Extension (8 reps)

no rest – go directly to:

1B) Plank (15 seconds)

Rest 30 seconds.

*Repeat this cycle 2 more times for a total of 3 supersets.

2A) Prisoner Squat (12 reps)

no rest – go directly to:

2B) Bird Dog (5 reps)

Rest 30 seconds.

*Repeat this cycle 2 more times for a total of 3 supersets.

3A) Kneeling Pushup (8 reps)

no rest – go directly to:

3B) Side Plank (5 seconds)

Rest 30 seconds.

*Repeat this cycle 2 more times for a total of 3 supersets.

4A) Band Pull (15 reps)

no rest – go directly to:

4B) Ab Curl-up (15 reps)

Rest 30 seconds.

*Repeat this cycle 2 more times for a total of 3 supersets.

Training Intervals

- You're welcome to do extra core training and/or cardio intervals much like you've been doing with the youtube videos

Stretching

- Stretch tight muscle groups only.
- See below for tracking sheet for workout

Exercise Descriptions

See the video clips in the youtube channel

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back. I am not letting my back round in the photo.

Split Squat with Front Foot Elevated

- Stand with your feet shoulder-width apart
- Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6-inch riser. Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don’t step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch. www.TurbulenceTraining.com

Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.
- Start on a low step (6-inch) and increase the height of the step (12-in) as you improve.

Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.

1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- If you are advanced, you may be able to squat all the way to the floor.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.

1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.

- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch. www.TurbulenceTraining.com

Prisoner Forward Lunge

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.

Single Leg Reaching Lunge

- Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone. Perform all repetitions on the right leg and then switch.
- As you get better, you can place 3 cones in a line (one to the left, one in the center, and one to the right). This will require greater balance.
- You can also experiment with placing the cone further away from you. www.TurbulenceTraining.com

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.

Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.

Ab Curl

- Always keep one leg straight. This helps to maintain the neutral spine during the exercise which keeps spine loads lower than if both legs were bent.
- Only curl up to the point where the shoulder blades just come off the floor. The pivot point is not in the low back, but in the rib cage.
- Keep your head in a neutral position and pick a spot on the ceiling. Try to lift from your shoulders toward the spot on the ceiling, instead of curling down toward your feet. If it seems easy, you are probably doing something incorrectly.
- For additional challenge, hold the “up” position for 5 seconds and say the count out loud. This increases the work on the spine stabilizers by forcing them to aid in breathing as well as spine stability.

Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 10 seconds if you are doing multiple repetitions.

Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.

- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 8-10 seconds if you are doing multiple repetitions.

Bicycle Crunch

- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl you body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground. You don't need to curl up any higher.
- Return to the start position. Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.

Mountain Climbers

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest.
- Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.

Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours” (like a dog).
- Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.

- Hold for 3-5 seconds and then slowly lower without rotating your pelvis. www.TurbulenceTraining.com

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
- Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control

Band Pulls

- Hold a resistance tubing band at arms length and shoulder level with your hands spaced shoulder-width apart. Pull the band apart and pull your elbows back by using the muscles of your upper back. Focus on bringing your shoulder blades together.
- Keep your hands and elbows at shoulder height.

Chin-ups

- Take underhand grip on the bar with the palms facing you. Pull your body up until the chest reaches bar level. Slowly lower yourself but do not let your body swing and do not use momentum

Assisted Chin-up

- Set up a smith rack or bar at head height (or set a chair under a fixed chin-up bar).
- Grasp the bar with an underhand grip, and support some of your bodyweight with your feet on the floor or chair. Use your arms as much as you can and use your feet for the rest of the force needed to do chin-ups.

Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.

- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.

Beginner Inverted Rows

Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

[Kneeling] Push-up

- See instructions above.

Close-grip Pushups

- Same as above, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

 FIT 1

