



BEGINNER

**BODYWEIGHT
TRAINING PLAN**

INTRODUCTION

Please refer to the “SG Overview of Bodyweight Training Plans” document for advice on how to customise this workout and for a list of exercise progressions with video demonstrations.

The Beginner Training Plan is **designed for someone who is either brand new to strength training or has not been consistently and intelligently strength training for longer than 6 months.**

It can also be for someone who has not strength trained in a long time or is simply looking to revisit and master the basics.

- **[BLOCK 1] Weeks 1 – 2:** Starts off gently with 2 x Full-Body workouts per week using the easier beginner exercise variations of each main movement pattern. If you are an absolute beginner, then this will be a great place to start. If you are a slightly more experienced beginner, then it may feel a little bit easy at first, but it will set a good foundation for you. If you feel the need to do more then add in some additional cardio on your non-training days.
- **[BLOCK 2] Weeks 3 – 4:** Progresses to 3 x Full-Body workouts per week using gradually more intermediate exercise variations.
- **[BLOCK 3] Weeks 5 – 6:** Progresses to 2 x Upper Body workouts and 2 x Lower Body workouts per week using even more intermediate exercise variations.
- **[BLOCK 4] Weeks 7 – 8:** Continues with 2 x Upper Body workouts and 2 x Lower Body workouts per week using predominantly more intermediate exercise variations.



Examples shown above of the **Squat** (Bodyweight Box Squat), **Vertical Push** (Loaded Bag One-Arm Overhead Press), **Hip-Hinge** (Loaded Bag Romanian Deadlift), and **Horizontal Pull** (Door Frame Bodyweight Row) beginner level movements.

HOW TO DO THE WORKOUTS

Please see pg. 39 of the “SG Overview of Bodyweight Training Plans” document for 3 different ways that you can perform these workouts and an explanation of reps, sets, and rest times.

WORKING WITH A LOADED BAG:

Despite this being a “bodyweight” training plan, you’ll see that we’ve incorporated a number of “loaded bag” exercises.

While there are plenty of bodyweight exercises out there, they’re typically only suitable for certain movements and certain levels of fitness, while being very limited in other movements or for other levels of fitness.

Using something like a loaded bag, similarly to how you might use a dumbbell, allows you to do a much wider variety of exercises and get in a very effective workout without neglecting certain body parts compared to if you were truly restricted to only your body weight.



A loaded bag is simply some kind of bag that is loaded up with heavy objects. This could be shoes, clothes, books, water bottles, rocks, bricks, etc. Whatever you need to give yourself enough resistance and weight.

Perhaps the most reliable thing to use for a beginner is water bottles, since 1 litre of water is the equivalent of 1 kilogram of weight, so you’re able to accurately judge how heavy the bag is.

However, as you become stronger and more advanced, you might find that you cannot fit enough water bottles in a bag to give you an appropriate level of challenging weight. In this case you might want to look at using something heavier like rocks or bricks. If you like using water bottles for their modularity, then bottles filled with sand or concrete become a lot heavier too.

ALTERNATIVE EQUIPMENT:

If you'd like to expand your range of equipment with minimal cost, getting yourself a set of resistance bands can be hugely helpful for home workouts.



We recommend using closed loop “powerbands” that look like this:



The bands are normally colour-coded to help you identify different thicknesses and strengths, however not all brands follow the same colour-coding scheme.

A more reliable way to identify which band is which is to look at the thickness:

- [13 mm thick – usually red colour – light resistance band](#)
- [22 mm thick – usually black colour – medium resistance band](#)
- [32 mm thick – usually purple colour – heavy resistance band](#)
- [44mm thick – usually green colour – extremely heavy resistance band](#)

For the Sleekgeek Training Plans, we recommend that you get yourself a [13mm thick resistance band](#) to start with and a [22mm thick resistance band](#) that you can progress to.

Thicker is not always better because lighter bands can always be doubled or stretched out further to provide more tension and resistance.

For this reason, we hardly ever recommend the [32mm thick resistance band](#) and never recommend the 44mm thick resistance band - unless one is actually doing powerlifting in the gym and using the bands to help move very heavyweights.

You can buy resistance bands online from the [Sleekgeek Online Store](#) – our courier usually delivers within 1-3 working days depending on where in South Africa you are.

WARM-UP AND COOL-DOWN RECOMMENDATIONS

Doing a warm-up before your workout and a cool-down afterwards are often the hardest part about working out. They're the least exciting components of a workout and often seen as a "chore".

However, a warm-up will help you perform better during your workout and a cool-down will help you recover faster afterward – both of which lead to better results.

WARMING UP:

The goal of a proper warm-up is to help prepare both your body and mind for exercise, while decreasing the change of injury during training.

This is especially important if you've spent several hours being sedentary and immobile before your workout.

So keep this section short, we're going to refer out to Girls Gone Strong and their excellent article: [What Are The Components of a Great Warm-Up?](#)

In there, they walk you through the 5 components of an ideal warm-up:

1. **Self-Myofascial Release** (optional)
2. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (highly recommended)
3. **Cardiovascular Warm-Up** (optional)
4. **Dynamic Warm-Up and Movement Preparation** (highly recommended)
5. **Warm-Up Sets** (optional)

If you'd like to just jump straight into doing some Dynamic Warm-Ups, which will provide most of the warm-up benefit, then watch this [Dynamic Warm-Up Video](#).

COOLING DOWN:

The goal of a proper cool-down (also known as post-training recovery) after your workout is to help your body boost recovery and transition away from its "fight-or-flight" state to a more relaxed "rest-and-digest" state.

There are several things that you can do immediately post-workout:

1. **Self-Myofascial Release** (see warm-up above)
2. **Mobility or Flexibility Exercises** ([some examples here](#))
3. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (see warm-up above)
4. **Low-Intensity Cardiovascular Exercise** (walking, light cycling, etc)

BEGINNER WORKOUTS

Block 1, Weeks 1-2

2 Weeks of 2 workouts per week.

BLOCK 1 | WEEK 1

FULL BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	3	12-14	30-60 sec
Horizontal Push	1	Bodyweight Incline Push-Up	3	8-10	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	3	8-10	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	3	10-12	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	3	10-12	30-60 sec
Core Anti-Extension	1	Bodyweight Plank Off Knees**	2	8-10	30-60 sec
Core Anti-Rotation	1	Bodyweight Renegade Row Off Knees*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

FULL BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	3	12-14	30-60 sec
Horizontal Pull	1	Door Frame Bodyweight Row	3	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	3	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	3	10-12	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	3	10-12	30-60 sec
Core Anti-Lateral Flexion	1	Bodyweight Side Plank Off Knees* **	2	8-10	30-60 sec
Core Hip Flexion	1	Incline Slow Mountain Climber*	2	12-14	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

BLOCK 1 | WEEK 2

FULL BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	4	12-14	30-60 sec
Horizontal Push	1	Bodyweight Incline Push-Up	4	8-10	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	4	8-10	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	4	10-12	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	4	10-12	30-60 sec
Core Anti-Extension	1	Bodyweight Plank Off Knees**	2	8-10	30-60 sec
Core Anti-Rotation	1	Bodyweight Renegade Row Off Knees*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

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FULL BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	4	12-14	30-60 sec
Horizontal Pull	1	Door Frame Bodyweight Row	4	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	4	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	4	10-12	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	4	10-12	30-60 sec
Core Anti-Lateral Flexion	1	Bodyweight Side Plank Off Knees* **	2	8-10	30-60 sec
Core Hip Flexion	1	Incline Slow Mountain Climber*	2	12-14	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

BEGINNER WORKOUTS

Block 2, Weeks 3-4

2 Weeks of 3 workouts per week.

BLOCK 2 | WEEK 3

FULL BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	1	Door Frame Bodyweight Row	3	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	3	8-10	30-60 sec
Horizontal Push	2	Bodyweight Push-Up	3	8-10	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	3	10-12	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	3	10-12	30-60 sec
Core Anti-Extension	1	Bodyweight Plank Off Knees**	2	8-10	30-60 sec
Core Anti-Rotation	1	Bodyweight Renegade Row Off Knees*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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FULL BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	3	12-14	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	3	10-12	30-60 sec
Squat	2	Bodyweight Squat	3	8-10	30-60 sec
Horizontal Push	1	Bodyweight Incline Push-Up	3	8-10	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	3	8-10	30-60 sec
Core Anti-Lateral Flexion	1	Bodyweight Side Plank Off Knees* **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

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FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	3	12-14	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	3	10-12	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	3	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	3	10-12	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge *	3	10-12	30-60 sec
Horizontal Pull	2	Door Frame Towel Suspension Row	3	8-10	30-60 sec
Core Hip Flexion	1	Incline Slow Mountain Climber *	2	12-14	30-60 sec

* Perform prescribed reps for each side.

BLOCK 2 | WEEK 4

FULL BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	1	Door Frame Bodyweight Row	4	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	4	8-10	30-60 sec
Horizontal Push	2	Bodyweight Push-Up	4	8-10	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	4	10-12	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	4	10-12	30-60 sec
Core Anti-Extension	1	Bodyweight Plank Off Knees**	2	8-10	30-60 sec
Core Anti-Rotation	1	Bodyweight Renegade Row Off Knees*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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FULL BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	4	12-14	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	4	10-12	30-60 sec
Squat	2	Bodyweight Squat	4	8-10	30-60 sec
Horizontal Push	1	Bodyweight Incline Push-Up	4	8-10	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	4	8-10	30-60 sec
Core Anti-Lateral Flexion	1	Bodyweight Side Plank Off Knees* **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	4	12-14	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	4	10-12	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	4	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	4	10-12	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge *	4	10-12	30-60 sec
Horizontal Pull	2	Door Frame Towel Suspension Row	4	8-10	30-60 sec
Core Hip Flexion	1	Incline Slow Mountain Climber *	2	12-14	30-60 sec

* Perform prescribed reps for each side.

BEGINNER WORKOUTS

Block 3, Weeks 5-6

2 Weeks of 4 workouts per week.

BLOCK 3 | WEEK 5

UPPER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Push	2	Bodyweight Push-Up	3	8-10	30-60 sec
Horizontal Pull	1	Door Frame Bodyweight Row	3	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	3	10-12	30-60 sec
Vertical Pull	2	Reverse Superman Lift	3	10-12	30-60 sec
Core Anti-Rotation	2	Bodyweight Renegade Row*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

ACTIVE RECOVERY (OPTIONAL)
Get your body moving for 15-20 minutes on a rest day in between workouts.
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

LOWER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	3	12-14	30-60 sec
Squat	2	Bodyweight Squat	3	8-10	30-60 sec
Hip-Hinge	2	Loaded Bag One-Arm Romanian Deadlift*	3	8-10	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	Bodyweight Side Plank* **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

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UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	Door Frame Towel Suspension Row	3	8-10	30-60 sec
Horizontal Push	2	Bodyweight Push-Up	3	8-10	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	3	10-12	30-60 sec
Vertical Push	2	Loaded Bag One-Arm Overhead Press*	3	10-12	30-60 sec
Core Anti-Extension	2	Bodyweight Plank**	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

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LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	Bodyweight Shoulder-Elevated Hip Thrust	3	12-14	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	3	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	3	8-10	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge*	3	10-12	30-60 sec
Core Hip Flexion	2	Slow Mountain Climber*	2	12-14	30-60 sec

* Perform prescribed reps for each side.

BLOCK 3 | WEEK 6

UPPER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Push	2	Bodyweight Push-Up	4	8-10	30-60 sec
Horizontal Pull	1	Door Frame Bodyweight Row	4	8-10	30-60 sec
Vertical Push	1	Loaded Bag Two-Arm Overhead Press	4	10-12	30-60 sec
Vertical Pull	2	Reverse Superman Lift	4	10-12	30-60 sec
Core Anti-Rotation	2	Bodyweight Renegade Row*	2	8-10	30-60 sec

* Perform prescribed reps for each side.

ACTIVE RECOVERY (OPTIONAL)
Get your body moving for 15-20 minutes on a rest day in between workouts.
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

LOWER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	1	Bodyweight Glute Bridge	4	12-14	30-60 sec
Squat	2	Bodyweight Squat	4	8-10	30-60 sec
Hip-Hinge	2	Loaded Bag One-Arm Romanian Deadlift*	4	8-10	30-60 sec
Single-Leg	1	Bodyweight Split Squat*	4	10-12	30-60 sec
Core Anti-Lateral Flexion	2	Bodyweight Side Plank* **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

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UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	Door Frame Towel Suspension Row	4	8-10	30-60 sec
Horizontal Push	2	Bodyweight Push-Up	4	8-10	30-60 sec
Vertical Pull	1	Superman with Scapular Retraction	4	10-12	30-60 sec
Vertical Push	2	Loaded Bag One-Arm Overhead Press *	4	10-12	30-60 sec
Core Anti-Extension	2	Bodyweight Plank **	2	8-10	30-60 sec

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LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	Bodyweight Shoulder-Elevated Hip Thrust	4	12-14	30-60 sec
Hip-Hinge	1	Loaded Bag Romanian Deadlift	4	8-10	30-60 sec
Squat	1	Bodyweight Box Squat	4	8-10	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge *	4	10-12	30-60 sec
Core Hip Flexion	2	Slow Mountain Climber *	2	12-14	30-60 sec

* Perform prescribed reps for each side.

BEGINNER WORKOUTS

Block 4, Weeks 7-8

2 Weeks of 4 workouts per week.

BLOCK 4 | WEEK 7

UPPER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Push	2	Bodyweight Push-Up	3	8-10	30-60 sec
Horizontal Pull	3	Loaded Bag Two-Arm Row	3	8-10	30-60 sec
Vertical Push	3	Loaded Bag Two-Arm Overhead Press With 3 Second Eccentric	3	10-12	30-60 sec
Vertical Pull	2	Reverse Superman Lift	3	10-12	30-60 sec
Core Anti-Rotation	2	Bodyweight Renegade Row *	2	8-10	30-60 sec

* Perform prescribed reps for each side.

ACTIVE RECOVERY (OPTIONAL)
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<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

LOWER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	Bodyweight Single-Leg Glute Bridge *	3	12-14	30-60 sec
Squat	2	Bodyweight Squat	3	8-10	30-60 sec
Hip-Hinge	2	Loaded Bag One-Arm Romanian Deadlift *	3	8-10	30-60 sec
Single-Leg	3	Loaded Bag Reverse Lunge *	3	10-12	30-60 sec
Core Anti-Lateral Flexion	2	Bodyweight Side Plank * **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

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UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	Door Frame Towel Suspension Row	3	8-10	30-60 sec
Horizontal Push	3	Push-Up With 3 Second Eccentric	3	8-10	30-60 sec
Vertical Pull	3	Superman with Scapular Retraction and 2 Sec Pause	3	10-12	30-60 sec
Vertical Push	2	Loaded Bag One-Arm Overhead Press*	3	10-12	30-60 sec
Core Anti-Extension	2	Bodyweight Plank**	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

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LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	Bodyweight Shoulder-Elevated Hip Thrust	3	12-14	30-60 sec
Hip-Hinge	3	Loaded Bag Romanian Deadlift With 3 Second Eccentric	3	8-10	30-60 sec
Squat	3	Loaded Bag Goblet Box Squat	3	8-10	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge*	3	10-12	30-60 sec
Core Hip Flexion	2	Slow Mountain Climber*	2	12-14	30-60 sec

* Perform prescribed reps for each side.

BLOCK 4 | WEEK 8

UPPER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Push	2	Bodyweight Push-Up	4	8-10	30-60 sec
Horizontal Pull	3	Loaded Bag Two-Arm Row	4	8-10	30-60 sec
Vertical Push	3	Loaded Bag Two-Arm Overhead Press With 3 Second Eccentric	4	10-12	30-60 sec
Vertical Pull	2	Reverse Superman Lift	4	10-12	30-60 sec
Core Anti-Rotation	2	Bodyweight Renegade Row *	2	8-10	30-60 sec

* Perform prescribed reps for each side.

ACTIVE RECOVERY (OPTIONAL)
Get your body moving for 15-20 minutes on a rest day in between workouts.
<p>Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.</p> <p>E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.</p> <p>Active recovery should be relatively easy. You should feel better afterwards, not worse.</p>

LOWER BODY 1					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	Bodyweight Single-Leg Glute Bridge *	4	12-14	30-60 sec
Squat	2	Bodyweight Squat	4	8-10	30-60 sec
Hip-Hinge	2	Loaded Bag One-Arm Romanian Deadlift *	4	8-10	30-60 sec
Single-Leg	3	Loaded Bag Reverse Lunge *	4	10-12	30-60 sec
Core Anti-Lateral Flexion	2	Bodyweight Side Plank * **	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	2	Door Frame Towel Suspension Row	4	8-10	30-60 sec
Horizontal Push	3	Push-Up With 3 Second Eccentric	4	8-10	30-60 sec
Vertical Pull	3	Superman with Scapular Retraction and 2 Sec Pause	4	10-12	30-60 sec
Vertical Push	2	Loaded Bag One-Arm Overhead Press*	4	10-12	30-60 sec
Core Anti-Extension	2	Bodyweight Plank**	2	8-10	30-60 sec

* Perform prescribed reps for each side.

** Hold each rep for 5 secs, relax briefly, and then perform the next rep.

ACTIVE RECOVERY (OPTIONAL)

Get your body moving for 15-20 minutes on a rest day in between workouts.

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	Bodyweight Shoulder-Elevated Hip Thrust	4	12-14	30-60 sec
Hip-Hinge	3	Loaded Bag Romanian Deadlift With 3 Second Eccentric	4	8-10	30-60 sec
Squat	3	Loaded Bag Goblet Box Squat	4	8-10	30-60 sec
Single-Leg	2	Bodyweight Reverse Lunge*	4	10-12	30-60 sec
Core Hip Flexion	2	Slow Mountain Climber*	2	12-14	30-60 sec

* Perform prescribed reps for each side.

DISCLAIMER: If you have any pre-existing medical conditions or injuries and have at any stage been advised not to exercise, please consult your physician prior to starting any exercise programme.

The information provided in this programme is not intended to replace the advice, diagnosis or recommendations of a doctor or health care practitioner.

Always consult a doctor before embarking on an exercise or nutrition programme if for any reason at all you suspect that you are not able to take part.