



Bodyweight Mastery

PHASE

Bodyweight MasteryPhase

Weekly Workout Logs

- Print these workouts and fill them in according to the actual number of repetitions you achieve on each exercise.
- You **NEED** to log each and every workout for ultimate success. Print off the journal for each workout and keep them organized (preferably in a binder).
- Remember, the number of circuits, sets repetitions and percentages will typically change as the weeks progress, so be sure to keep track of each week.

Guidelines

Length Of Phase: 4 Weeks

How Many Times Per Week: 3x per week

How To Get The Most Out Of The Workout:

- For this phase it is important to focus on full range of motion and proper technique. Be sure to use the variation of each exercise that provides the proper resistance and load for the prescribed sets and reps.

Bodyweight Mastery Phase

Foam Rolling Routine (Optional)

Warm-up Routine

2-4 minute light jog, jumping jacks or jumping rope

Dynamic Stretching

Skip (Down & Back)

High Knees (Down)

Knee Pulls (Back)

Quad Pulls (Down & Back)

Crossovers (Down & Back)

High Kicks (Down)

Lunge w/ Twist (Back)

Inch Worm w/ Pushup (5 Reps)

Spiderman (10 Reps)

Squat to Stand (5 Reps)

Squat Jumps (5 Reps)

[Watch Demo Video Here](#)

Speed & Agility Tools

Pick 1-2 From The List Below and Perform Before Strength Portion of Workout

Speed & Agility Drills:

(Pick one from list below)

Figure 8 cone series

- Figure 8 around cones facing forward
- Figure 8 around cones running
- Figure 8 around cones with carioca
- Figure 8 around cones with shuffle

Broad Jump Series

- Standing Broad Jump
- Triple Broad Jump
- Broad Jump/Burpee Combo

Lateral Skater Series

- Lateral Skater
- Lateral Skater with 2 Hops
- Lateral Skater with 3 Hops

Sprint Series

- Forward/Backwards Walk
- Forward/Backward Sprint
- Forward/Backward Sprint with 3 Jump Squats

Scramble to Balance Series

- Scramble to Balance
- Scramble to Balance eyes closed
- Scramble to Balance eyes closed touching your nose

Ladder Drills:

(Perform the below series)

Series #1

- Hopscotch Drill
- In/Out Drill
- Forward/Backwards Crab Walk
- 2 Vertical Jumps in each ladder space
- Single Forward
- Double Forward

Games:

(Simple Tag)

- 4 Man Relay Race
- Arm Wrestling while lying on floor
- Pony Express

Week 1

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: 60 seconds	Rest Between Circuits: 2 minutes
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Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank				60 seconds
2	Bodyweight Squat				12 reps
3	Push-up Variation				12 reps
4	Feet In Inverted Row				12 reps
5	Side Planks				30 seconds each side
6	Dip Variation				12 reps
7	Single Leg RDL				12 reps each side
8	Chin-ups Variation				12 reps
9	Side Crunches				12 reps each side
10	Bodyweight Split Squat				12 reps
11	Bicycles				12 reps
12	Lying Hip Extension				12 reps

Week 2

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: 60 seconds	Rest Between Circuits: 2 minutes
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Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank				60 seconds
2	Bodyweight Squat				12 reps
3	Push-up Variation				12 reps
4	Feet In Inverted Row				12 reps
5	Side Planks				30 seconds each side
6	Dip Variation				12 reps
7	Single Leg RDL				12 reps each side
8	Chin-ups Variation				12 reps
9	Side Crunches				12 reps each side
10	Bodyweight Split Squat				12 reps
11	Bicycles				12 reps
12	Lying Hip Extension				12 reps

Week 3

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: 60 seconds	Rest Between Circuits: 2 minutes
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Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank				60 seconds
2	Bodyweight Squat				12 reps
3	Push-up Variation				12 reps
4	Feet In Inverted Row				12 reps
5	Side Planks				30 seconds each side
6	Dip Variation				12 reps
7	Single Leg RDL				12 reps each side
8	Chin-ups Variation				12 reps
9	Side Crunches				12 reps each side
10	Bodyweight Split Squat				12 reps
11	Bicycles				12 reps
12	Lying Hip Extension				12 reps

Week 4

Loads: 2-3 reps before exhaustion in the prescribed # of reps	Rest Between Exercises: 60 seconds	Rest Between Circuits: 2 minutes
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Order	Exercise	Document weight & reps for each set			Suggested Reps
		Wkout #1	Wkout #2	Wkout #3	
1	Plank				60 seconds
2	Bodyweight Squat				12 reps
3	Push-up Variation				12 reps
4	Feet In Inverted Row				12 reps
5	Side Planks				30 seconds each side
6	Dip Variation				12 reps
7	Single Leg RDL				12 reps each side
8	Chin-ups Variation				12 reps
9	Side Crunches				12 reps each side
10	Bodyweight Split Squat				12 reps
11	Bicycles				12 reps
12	Lying Hip Extension				12 reps

Cool Down Routine:

Bounce on toes

Arm/Leg Shake Outs

Wide Leg Hamstring Stretch

Quad Pull

Triceps/Shoulder Cross Body Reach

Triceps Behind Head Reach

Foam Rolling Routine (optional)

Test Maxes In The Following Body Weight Exercises (From Week 4 Workouts)

Exercise	Document Results
40 Yard Dash (Document Time)	
Shuttle Run (Document Time)	
Plank Hold (Document Time)	
Push Ups (How Many In 1 Min.)	
Pull Up (Max Number)	
Dips (Max Number)	
BW Squats (Max Number in 1 Min.)	
Broad Jump (Document Distance)	

Name: _____

Body Weight: _____

Date: _____

Work testing into last week of phase. Either take numbers from sets in workout or add testing after warm up or at end of session.
***This is VERY IMPORTANT for TRUE long term growth

Graduation Standards:

Plank Hold - Longer Than One Minute

Push-Ups - More than 20 in One Minute

Bodyweight Squats - More than 30 in One Minute

PASS

FAIL

Name: _____

Body Weight: _____

Date: _____



What's Next?

If you have completed the graduation test from this workout you should then move on to the Athletic Preparation Phase.

[CLICK HERE TO GO TO THE NEXT PHASE.](#)