



BODYWEIGHT WORKOUT

Pull-ups/Chin-ups, Pushups (Press-ups), and Squats in a 1x, 2x, 3x ratio

- Pull-ups and chin-ups alternate each workout (see sample schedule on next page)
 - Pull-ups: pronated (overhand, palms facing away) grip
 - Chin-ups: supinated (underhand, palms facing you) grip
- All exercises performed with a full range of motion:
 - Pull-ups/chin-ups: full extension at the bottom; chest touching the bar at the top
 - Pushups: chest to floor on the bottom; full extension at the top
 - Squats: hip below the knees at the bottom; full extension at the top

Pull-ups, Pushups, Squats, Repeat

- Each round consists of pull-ups, then pushups, then squats, then repeat for as many rounds as required. For example:
 - Round 1: 5 pull-ups, 10 pushups, 15 squats
 - Round 2: 5 pull-ups, 10 pushups, 15 squats
 - Round 3: 5 pull-ups, 10 pushups, 15 squats
- 3 rounds on Monday
- 4 rounds on Wednesday
- 5 rounds on Friday
- Rest as needed, but try to keep it to 1 minute or less of rest between rounds
 - Your goal is to complete 5+ rounds at level 10 without stopping for rest between exercises or rounds.

Repeat levels as necessary

- Stay on each level until you can complete all required repetitions before moving up to the next level.

Stick with the plan

- Continue with your training until you can complete all five rounds of level 10 – 10 pullups, 20 pushups, and 30 squats – without rest.
- Once you can complete level 10, you are ready to progress to an advanced bodyweight workout, barbell or kettlebell training.
- You can continue adding rounds or reps to this program, especially if you want a workout you can easily follow while traveling or with minimal equipment.



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	Monday: 3 rounds	Wednesday: 4 rounds	Friday: 5 rounds
Level 1	1 pull-up 2 pushups 3 squats	1 chin-up 2 pushups 3 squats	1 pull-up 2 pushups 3 squats
Level 2	2 chin-ups 4 pushups 6 squats	2 pull-ups 4 pushups 6 squats	2 chin-ups 4 pushups 6 squats
Level 3	3 pull-ups 6 pushups 9 squats	3 chin-ups 6 pushups 9 squats	3 pull-ups 6 pushups 9 squats
Level 4	4 chin-ups 8 pushups 12 squats	4 pull-ups 8 pushups 12 squats	4 chin-ups 8 pushups 12 squats
Level 5	5 pull-ups 10 pushups 15 squats	5 chin-ups 10 pushups 15 squats	5 pull-ups 10 pushups 15 squats
Level 6	6 chin-ups 12 pushups 18 squats	6 pull-ups 12 pushups 18 squats	6 chin-ups 12 pushups 18 squats
Level 7	7 pull-ups 14 pushups 21 squats	7 chin-ups 14 pushups 21 squats	7 pull-ups 14 pushups 21 squats
Level 8	8 chin-ups 16 pushups 24 squats	8 pull-ups 16 pushups 24 squats	8 chin-ups 16 pushups 24 squats
Level 9	9 pull-ups 18 pushups 27 squats	9 chin-ups 18 pushups 27 squats	9 pull-ups 18 pushups 27 squats
Level 10	10 chin-ups 20 pushups 30 squats	10 pull-ups 20 pushups 30 squats	10 chin-ups 20 pushups 30 squats