



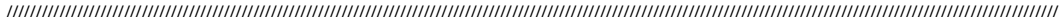
BEGINNER

BODYWEIGHT

WORKOUT

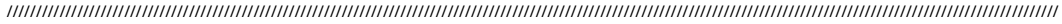
*travel*  
**STRONG**

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# Welcome.



If you're reading this, then you've already taken the first step towards a fitter and healthier life. I understand that getting in shape can be difficult, and this is especially true when you are travelling. But just because it isn't easy doesn't mean it's not possible. Far from it.

**I have created the *'Beginner Bodyweight Workout'* to make it as easy as possible for you to lose weight, build muscle and improve your health without using any equipment, or even having a gym membership.**

Spending every waking minute in the gym is the old way of doing things. Still effective? Absolutely. Necessary? Not even close. Today, more and more people are starting to recognise the effectiveness of bodyweight training.

Used throughout history by everyone from athletes to soldiers, bodyweight workouts are an extremely effective way of losing body fat, getting stronger, building muscle, or achieving a mix of all those goals.

Typically, bodyweight exercises are performed in a *circuit*, which means you move from one exercise to the next with little rest in between. Every exercise utilizes numerous muscle groups, ramps up your heart rate, and burns a tonne of calories.

In short, circuit training burns more calories than interval training, which in itself burns WAY more calories than traditional cardio. It is an awesome way to build muscle, and *the* most effective way of losing weight.

The '*Beginner Bodyweight Workout*' can be performed in your house, bedroom, out at a park, in your parents' basement, wherever. **Just make sure you are cleared by your personal physician for physical activity before attempting these exercises. Proceed at your own risk!**

# Scheduling.

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All you need is 3 days a week. That's it.

If you've ever picked up a fitness magazine you'll probably be thinking that 3 days isn't enough. That you need be training at least 5 days a week, perhaps even twice a day.

But don't be fooled. Time and time again, research has shown that training *properly* 3 days a week is more than enough to make amazing changes to your physique. It's not that training 5 days a week doesn't work, but those routines are designed for people who have been training for several years (aka bodybuilders).

Training for 3 days with the '*Beginner Bodyweight Workout*' will allow you to make a lot of progress *if* you stick with it.

Too many people jump around looking for the 'hottest new routine' and never make any progress. Don't be one of them.

You will be doing the same workout every other day, which means you'll quickly get better at the most important exercises and you'll easily be able to track your progress.

Training for 3 days means you will have 4 days off a week, including the weekends.

A typical week will look like this:

**Monday // Workout**

**Tuesday // Rest**

**Wednesday // Workout**

**Thursday // Rest**

**Friday // Workout**

**Saturday // Rest**

**Sunday // Rest**

The following weeks will all follow exactly the same schedule.

Keep in mind that you can perform these workouts at any time on a given day, making it easy to squeeze in a workout whenever you get chance.

As long as you commit to doing 3 quick workouts a week, you'll be well on your way to a fitter and healthier life.

***"80% of success is showing up" – Woody Allen***

# Warm-Up.

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Before we get to the good stuff, we need to talk about warming-up.

It is absolutely crucial that you spend 5-10 minutes warming-up. If you're short on time, you should either cut your workout short or wait a day until you do both the warm-up and workout properly.

If you skip your warm-up you are just asking for injury in the long run. A proper warm-up prepares your body for exercise and increases blood flow to and temperature of the muscles. This in turn means improved strength and power development, making your workouts more effective. Who doesn't want that?

You can run in place, jump rope, do a few push ups, or jog up and down your stairs. The idea isn't to wear yourself out completely, but to get your heart rate elevated. You'll know you're ready when you break a sweat.

**After the warm up, you can move on to the workout.**

# Workout.

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Perform exercises 1-6 in order, resting for 30 seconds between each. This is one circuit. **Perform a total of 4 circuits**, resting 90 seconds between each. This workout should take you approximately 20 minutes.

*If you're unsure how to perform any of the exercises skip ahead to the next chapter.*

1. Bodyweight Squats - 10 reps
2. Push-Ups - 10 reps
3. Lunges – 20 reps (10 with each leg)
4. Lying Hip-Raise – 10 reps
5. Plank – hold for 15 seconds
6. Star Jumps/Jumping Jacks – 15 reps

After you've completed 4 circuits, make sure you spend 5-10 minutes stretching.

As mentioned in the 'Scheduling' chapter, you should perform this workout 3 times a week, and never on consecutive days. **Muscle isn't built when you're exercising; it is built when you're resting.**



# Exercise Technique.

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There is a right way, and a wrong way. Squats and push-ups, in particular, are technical exercises, and can be dangerous if not learned correctly.

As a beginner, it's important you learn how to do these movements properly. When starting a beginner workout routine like this one, your body needs to learn the movement patterns before increasing the difficulty.

If you don't establish good form and technique in the beginning, you'll be prone to bad habits.

Bad habits, when it comes to your movement patterns, are a recipe for disaster as you get stronger because it puts you at high risk of injury.

## **Let's start with the squat:**

- Stand with your feet shoulder-width apart and put your arms out straight in front of you or behind your head.
- Begin the descent by pushing your hips back and bending at the knees. Look straight ahead and keep your chest up to ensure your back remains in a flat, neutral position. Your back should remain in this neutral position throughout the movement.

- Squat down as low as you can whilst keeping your back straight, and then lift back up to the starting position by driving through your heels.
- Your weight should be on your heels throughout the entire exercise.

## **Push-Up**

- Place your hands on the ground slightly wider than shoulder width and then lower yourself until your chest almost touches the floor.
- To ensure you keep your body straight throughout the movement ensure you squeeze your glutes and tense your abs as if somebody was going to punch you in the stomach.
- Keep your elbows close to your body.

If you can't do a push-up don't panic. Work up to push-ups by doing push-ups against a wall. The technique is exactly the same as above – just against a wall. Place your hands just beyond shoulder-width on the wall and start pressing.

## **Lunges**

- Keep your eyes ahead and upper body vertical.
- Engage your core (as above).
- Step forward with one leg, and lower your hips until both legs are bent at a 90 degree angle.
- Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor.
- Keep the weight in your heels as you push back up to the starting position.

## **Lying Hip-Raise**

- Lie on your back on the floor with your knees bent and your feet flat on the floor.
- Place your arms out to your sides at a 45-degree angle.
- Engage your core (starting to spot the trend?), then raise your hips so your body forms a straight line from your shoulders to your knees.
- Your torso and hips should move as one unit. This means the arch in your lower back should remain the same from start to finish.

## **Plank**

- Get into push-up position on the floor.
- Now bend your elbows 90 degrees and rest your weight on your forearms.
- Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet.
- Focus on tensing your entire body. If you're not shaking, you're not doing it properly.
- Hold the position for the prescribed length of time.

## **Star Jumps/Jumping Jacks**

I'm pretty sure everybody knows how to do these... Jump up and spread your legs apart as you raise your arms to the sides and over your head. Repeat.

# Making Progress.

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In my article [‘How To Build Muscle Without Weights’](#) I wrote about the importance of *progressive overload*.

Progressive overload refers to the concept of placing demands on the body which must be increased gradually over time to continually force your body to adapt to new stressors.

To continually challenge yourself using your bodyweight, you need to apply this principle and find a way to add difficulty. Progressive overload is achieved by adjusting any one of the following variables, or by progressing to tougher bodyweight exercises over time.

Before taking on tougher bodyweight exercises, you should start by adjusting any one of the following:

- **Number of reps** – *Up to a certain point*, adding reps is a very effective way of adding difficulty. Challenge yourself by working towards 30 reps of each prescribed exercise (or 1 minute holding the plank). Once you can perform 30 reps, you should progress to a tougher variation and reduce the reps.
- **Circuits** – Increasing the number of circuits is an effective way of challenging yourself. Once you can perform a total of 6 circuits you should progress to tougher exercises.

- **Rest** – Reducing the amount of time spent resting between each exercise or circuit increases *intensity*. Increasing intensity is a great way of burning more calories in the same time frame.

Working towards advanced bodyweight exercises such as the one-armed push-up, one-armed chin-up, pistol squat, planche, l-sit and front lever will allow you to make consistent progress for years to come. **These advanced bodyweight exercises demand high levels of full body tension that lead to huge strength gains.**

# Good Luck.



As a beginner, it's easy to get distracted. One week you're pumped to do the *Beginner Bodyweight Workout*, and the next you're scouring the internet for the next best workout program.

Don't fall victim to this mind set... unless you don't want to make any progress, and look back over a year to see the same body and fitness levels as before.

You now have everything you need to get started TODAY.

No more wondering "*is this the perfect plan?*" or thinking "*I'll start next week*", you need to make a commitment to change your life for the better.

I've done my best to provide you with everything you need to know to get started, but if you still have questions you can reach me through [Travel Strong](#), [Twitter](#), [Google+](#) or [Facebook](#).

Good luck!

- **Will Owen**