

BODYWEIGHT

WARRIOR

An Adaptable Guide To
Bodyweight Training

DISCLAIMER

The information in this eBook is presented as a guide from good intention but no results are guaranteed. There are so many variables involved with the application of this program that cause results that can vary greatly from person to person. This is a general program and the author disclaims any liability for injuries, damages or results occurring from the information within this eBook. The methodology, exercises and routines described in this book are for informational purposes only. The methodology, exercises and routines require a good level of physical capability and may be too challenging or even dangerous for some people. Use this information at your own risk.

When downloading The Bodyweight Warrior you hereby acknowledge the risks associated with using this information and agree to not hold the author or representatives accountable for injuries, damages or results of improper use of this information.

Be sure to read all instructions for the methodology, exercises and routines. Please consult a licensed health care professional before using this information.

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ABOUT ME

Hi, my name is Tom Merrick and I'm passionate about bodyweight strength and mobility.

I have over 6 years experience training which has consisted of everything from endurance and cardio to bodybuilding and power lifting. However, it wasn't until 4 years ago that I began utilising bodyweight training and taking a holistic approach to nutrition and life. I immersed myself in research papers, books, podcasts, seminars and formal education. I took this information and started experimenting with all the different ideas that I discovered. This has led to the person I am today, not only in development of my physical strength but my psychological strength too.

After everything I have received from the vast movement community, I decided to give back and start my own YouTube channel to share my experiences and ideas. This is what led to the development of the Bodyweight Warrior.

This e-book will hopefully provide you with the information and tools to focus your energy and help you begin or improve with bodyweight training, I hope you enjoy.



Tom Merrick

WAY OF THE WARRIOR



The Bodyweight Warrior is a combination of two influences in my life, bodyweight strength and mobility and Jungian mature masculine archetypes.

The Warrior archetype is a pattern of behaviour and thought that provides energy to complete goals, fight for worthy causes and achieve greatness.

The warrior energy is aggressive, purposeful, mindful and disciplined. These qualities provide the effort, focus and awareness to effectively train and achieve the goals set out in bodyweight training.

I've created this program to help you focus your warrior energy. It provides a starting point and plan for you to achieve your goals whether you're just starting out, working on skills or wanting to build muscle. All you need to do is harness the warrior energy and get started.



3 PROGRAMS

BEGINNER

Perfect start for those new to bodyweight strength training. Focused around developing foundational strength for future progress. It uses a full body approach to provide a balance of volume and frequency.

Experience: Minimal

SKILLS

Aimed at those who have achieved a base level of bodyweight strength and are looking to develop more specific bodyweight skills such as the planche. It uses an upper / lower split to provide sufficient frequency with more volume and focus.

Experience: 6+ Months

MASS

Aimed at those more focused on building an aesthetic but still functional physique through bodyweight training. It uses a push / pull / legs split to allow for more volume but still provide frequency and adequate recovery.

Experience: 3+ Months



PROGRAM ELEMENTS

HANDSTAND ROUTINE

The handstand is an essential position for many bodyweight moves plus it just looks badass. A handstand routine is incorporated into every program to ensure it's development.

MOBILITY ROUTINE

Good mobility is essential for not only achieving many high level bodyweight moves but also for maintaining a healthy body and longevity of training. A full body mobility routine is built into every program to help maintain structural balance and range of motion.

MAIN TRAINING

The core component of each program varies depending on the programs goal. Each program comes with a detailed workout structure as well as example workouts to get you started.

PROGRAM NOTATION



A1	Push Ups	8r
A2	Bodyweight Rows	6r (2-1-X-1)
Sets: 3	Rest: 60s	

EXERCISES

Exercises grouped with the same letter are performed in a series rather than separately.

*Perform 1 set of push ups,
Rest 60s,
Perform 1 set of rows,
Rest 60s,
Repeat 2 more times,*

Clicking on an exercise links to either a tutorial or demonstration of that exercise.

REPS

Reps will come in several forms:

10r = 10 reps

10s = 10 seconds

10r + 10s = 10 reps with a 10 second hold on the last rep

Exercise intensity should allow the first set with 1-2 reps in the tank and failure being reached on the last 1-2 sets.

TEMPO

All reps should be performed with control through range of motion but specific tempo is given where necessary. For example, per rep:

*2s eccentric,
1s isometric pause,
Explosive concentric,
1s isometric pause.*

For more information watch [Poliquin's explanation on YouTube.](#)

CUSTOMISATION

NO ONE SIZE FITS ALL

Everyone is different and requires an approach which caters for their own individual ability, recovery capacity and training preference. These programs are designed as a starting point to help you figure out what works. Each program comes with a detailed workout structure that can be adapted to meet your individual needs.

EXERCISES

The workout structure for each program will provide an open ended routine which prescribes movement patterns instead of exercises. Simply select an exercise that fits a given movement pattern and build your own routine. The exercise groupings can also be arranged to meet your specific goals.

B1	Horizontal Push	2-12r	B1	Pike Push Ups	8r
B2	Horizontal Pull	2-12r	B2	Vertical Pull	2-12r
Sets: 2-5	Rest: 60-120s		Sets: 2-5	Rest: 60-120s	
C1	Pike Push Ups	8r	C1	Horizontal Push	2-12r
C2	Vertical Pull	2-12r	C2	Horizontal Pull	2-12r
Sets: 2-5	Rest: 60-120s		Sets: 2-5	Rest: 60-120s	

SETS AND REPS

Balancing the volume and intensity of training is important. The workout structure prescribes a wide rep and set range to allow for various goals and recovery capacities. I recommend roughly following Prilepin's chart as well as [Steven Low's adapted bodyweight charts](#) and [Scott Dixon's adapted hypertrophy chart](#) to find the right training load for you.

Prilepin's Chart:

Percent	Reps Per Set	Optimal	Total Range
55-65	6-12	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10



HANDSTAND ROUTINE

FREQUENCY

This routine can be performed on a daily basis to help develop the handstand. This daily training can be either the full routine or a deload. It is important to find a balance that works for you. I recommend performing the full routine 3 times a week and slowly increasing as your body adapts.

IMPORTANCE OF TRYING

The most important part of this routine is the 5-10 minutes of attempting a freestanding handstand. Drilling a handstand against the wall is a good accessory but nothing beats trying.

INTENSITY

This routine is a practice not a workout. It is performed in addition to the main training routine so you should not be overly fatigued from this practice. If you find you are overreaching with this routine reduce the sets and intensity to find the right level of stimulus to provide progress.

For full details watch my [handstand tutorial on YouTube](#).

STANDARD ROUTINE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Bodyline Drill	20-30s
Sets: 1	Rest: Minimal	

BALANCE

B1	Handstand Progression Hold	20-60s
Sets: 1-3	Rest: 60-90s	
C1	Freestanding Handstand Attempts	5-10 mins
Sets: 1-3	Rest: 60-90s	

CONDITIONING

D1	L-Sit Progression	10-30s
Sets: 1-3	Rest: 60-90s	
E1	Emmet Louis's Shoulder Mobility Routine	As prescribed
Sets: 1	Rest: Minimal	

SESSION VOLUME

When performing a "deload" session perform the minimal number of sets per exercise grouping. This works on mobilising the shoulders and providing pre-hab for the wrists. For full details watch my [handstand tutorial on YouTube](#).

PROGRESSION

Once the freestanding handstand is consistent then more advanced moves can be drilled instead of freestanding attempts. Working towards a press to handstand is a good option. For progressions and drills watch my [press to handstand tutorial on YouTube](#).



MOBILITY ROUTINE

MINIMUM EFFECTIVE DOSE

This routine can be performed on a daily basis however this is not necessary for everyone, especially beginners. Those with high mobility goals will want to incorporate more frequency but those just wanting to maintain range of motion and structural balance will see large benefits with a 2 times a week frequency.

WHEREVER, WHENEVER

This routine works as a mobilising workout warm up, cool down or just performed throughout the day in 5 minute segments. It requires little to no equipment and can be performed in less than 20 minutes. Doing the routine is the important thing so find what works for your lifestyle.

INTENSITY

This routine is a practice not a workout. It is performed in addition to the main training routine so you should not be overly fatigued from this practice. If you find you are overreaching with this routine reduce the sets and intensity to find the right level of stimulus to provide progress.

For full details watch [the full routine on YouTube](#).

STANDARD ROUTINE

MOBILITY

A1	Spinal Articulations	5r per direction
A2	Passive Hang	30-60s
B1	Yuri Marmmerstein's Shoulder Band Routine	10r per arm
C1	My Wrist Routine	10r + 10s per position
D1	Butcher's Block	10r + 10s / 30s
D2	Table Rock Stretch	10r + 10s
E1	Prone Thoracic Rotation	10r + 10s per side
E2	Lumbar Rotation	10-20r
F1	Hip Swivels	5-10r + 10s per side
F2	Cossack Squat	5r per side
G1	Bent Leg Hip Flexor Rocks	10r + 10-30s per side
G2	Loaded Hamstring Fold	10r + 10s per side
H1	Ido Portal Squat Clinic 2.0	10r per position

Sets: 1-2

Rest: As needed

SESSION VOLUME

1 set of each exercise is plenty of volume to see progress in mobility however if you have restrictions in a certain movement then more sets can be performed of that exercise. For full details watch [the full routine on YouTube](#).

PROGRESSION

This routine is useful for generally mobilising but lacks focus for those with specific goals. Although I still recommend performing this routine regularly it can be replaced with a full body loaded mobility routine. This provides more focused and intense mobilisation of specific movements required for more advanced bodyweight skills. For guidance and more information watch my [loaded mobility tutorial on YouTube](#).



BEGINNER PROGRAM

FULL BODY APPROACH

Full body is my recommend approach for beginners because it focuses on working primarily compound movements on a frequent basis. The more often you work a movement the better you will get at it. Working compound exercises regularly builds strength that is transferable to similar movements creating a solid base to progress with bodyweight training. Similar options to this routine would include the tried and tested [Reddit r/bodyweightfitness recommended routine](#).

RECOVERY IS KEY

You have a limited recovery capacity and will only progress with what you can fully recover from. Both the workout structure and example workouts provide a range of volume and it is important to find a level that provides enough stimulus and minimal junk volume; more is not always better. Always start with the lowest number of sets and slowly progress.

To assess recovery muscle soreness should last no longer than 48 hours. If muscle soreness persists past this point then reduce the volume. Central Nervous System (CNS) recovery is harder to assess. I recommend using Heart Rate Variability (HRV) to track your CNS recovery and optimise your training. **For full details and guidance watch my ["Train Smarter, Not Harder" video on YouTube](#).**

PROGRAM STRUCTURE

WEEKLY SPLIT

The full body program focuses on 3 main training sessions per week. In addition to these sessions are the recommended handstand and mobility routines. Frequency for these routines are suggested at 3 and 2 times a week as shown below. This example weekly split shows the suggested workout layout and frequency. Modify to meet your own needs and recovery ability.

Session	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Handstand	■		■		■		
Mobility		■		■		■	
Full Body	■		■		■		

PERIODISATION

This is the often forgotten aspect of training. Applying both progressive overload and timed deloads helps optimise progress and recovery.

Start by using the lowest range of sets and reps prescribed for each exercise. As you train and get stronger aim to increase first the reps per set then increase the number of sets for that exercise. For example:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Push Up	2x6r	2x7r	2x8r	3x6r	1x8r	3x6r
Total Reps	12	14	16	18	8 (deload)	18

DELOAD

This is important to aid CNS recovery following an intense training cycle of progressive overload. I recommend taking a full week deload every 4-6 weeks. The exact length will vary depending on training experience, cycle intensity and recovery capacity. When you notice fatigue accumulating and performance dropping it is time for a deload. On a deload week perform the same training program but with 50% or less of the volume, as shown in the example above.

FULL BODY STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Horizontal Push	3-12r
B2	Horizontal Pull	3-12r
Sets: 2-5	Rest: 60-180s	
C1	Vertical Push	3-12r
C2	Vertical Pull	3-12r
Sets: 2-5	Rest: 60-180s	
D1	Lower Body Anterior	3-15r
D2	Lower Body Posterior	3-15r
Sets: 2-5	Rest: 60-180s	

CORE

E1	Anterior Core	6-20r
E2	Posterior Core	6-20r
Sets: 2-4	Rest: 30-90s	

BASIC EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Push Ups	6-8r
B2	Bodyweight Rows	6-8r
Sets: 2-3	Rest: 90s	
C1	Bench Dips	6-8r (2-1-X-1)
C2	Pull Up Negatives	2-3r x 2-3s
Sets: 2-3	Rest: 90s	
D1	Multi-Directional Lunge (Bodyweight)	1-2r per position
D2	Hip Thrust	8-12r (2-1-1-2)
Sets: 2-3	Rest: 90s	

CORE

E1	Hollow Body Hold	30s
E2	Arch Body Hold	30s
Sets: 2-3	Rest: 60s	

SKILLS EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Lean	12-15s
B2	False Grip Ring Rows	6-8r (2-1-X-1)
Sets: 2-4	Rest: 120s	
C1	Parallel Bar Dip	6-8r
C2	Scapula Pull Up	3-4r (2-1-1-2)
Sets: 2-4	Rest: 120s	
D1	Shrimp Squat (Beginner)	6-8r
D2	Single Leg Hip Thrust	6-8r
Sets: 2-4	Rest: 90s	

CORE

E1	Hanging Leg Raises	8-12r + 10s
E2	Arch Body Hold	30s
Sets: 2-3	Rest: 60s	

SKILLS PROGRAM



BODYWEIGHT SKILLS

Skills like the planche, front and back lever and handstand variations are some of the most impressive movements in bodyweight training and moves that many aspire to achieve. Following the same principles as the full body program frequency is kept high but is split into upper and lower workouts to provide more time to focus on developing skills.

Bodyweight skills vary in difficulty but one thing remains the same, they take time to develop. Although progress will be relatively linear don't expect to master these skills in 1 or even 3 months. Some may take years to develop so be patient and stay consistent. For more details watch my [skills training tips video on YouTube](#).

RECOVERY IS KEY

You have a limited recovery capacity and will only progress with what you can fully recover from. Both the workout structure and example workouts provide a range of volume and it is important to find a level that provides enough stimulus and minimal junk volume; more is not always better. Always start with the lowest number of sets and slowly progress.

To assess recovery muscle soreness should last no longer than 48 hours. If muscle soreness persists past this point then reduce the volume. Central Nervous System (CNS) recovery is harder to assess. I recommend using Heart Rate Variability (HRV) to track your CNS recovery and optimise your training. For full details and guidance watch my ["Train Smarter, Not Harder" video on YouTube](#).

PROGRAM STRUCTURE

WEEKLY SPLIT

The skills program focuses on 5 main training sessions per week. In addition to these sessions are the recommended handstand and mobility routines. Frequency for these routines are suggested at 4 times a week as they become increasingly important for skills progressions. This example weekly split shows the suggested workout layout and frequency. Modify to meet your own needs and recovery ability.

Session	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Handstand	■		■		■	■	
Mobility		■		■		■	
Upper Body	■		■		■		
Lower Body		■		■			

PERIODISATION

This is the often forgotten aspect of training. Applying both progressive overload and timed deloads helps optimise progress and recovery.

Start by using the lowest range of sets and reps prescribed for each exercise. As you train and get stronger aim to increase first the reps per set then increase the number of sets for that exercise. For example:

	Week 1	Week 2	Week 3	Week 4	Week 5
Push Up	3x6r	3x7r	3x8r	2x8r	3x8r
Total Reps	18	21	24	16 (deload)	18

DELOAD

This is important to aid CNS recovery following an intense training cycle of progressive overload. I recommend taking a full week deload every 4 weeks. The exact length will vary depending on training experience, cycle intensity and recovery capacity. When you notice fatigue accumulating and performance dropping it is time for a deload. On a deload week perform the same training program but with 50% or less of the volume, as shown in the example above.

UPPER BODY STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Progression	3-8r
B2	Front Lever Progression	3-8r
Sets: 2-5	Rest: 60-180s	
C1	Handstand Push Up Progression	3-8r
C2	One Arm Chin Up Progression	3-8r
Sets: 2-5	Rest: 60-180s	
D1	External Rotation	3-12r
D2	Bridge Progression	3-12r
Sets: 2-3	Rest: 60-90s	

LOWER BODY STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Squat Routine	10r per position
A3	Fire Hydrant Circles	3r per direction, per side
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Explosive Movement	3-15r
Sets: 2-5	Rest: 60-120s	
C1	Anterior Dominant	3-15r
C2	Posterior Dominant	3-15r
Sets: 2-5	Rest: 60-120s	

CORE

D1	Anterior Core	3-20r
D2	Posterior Core	3-20r
Sets: 2-3	Rest: 60s	

MOBILITY (Optional)

E1	Full Body Mobility Routine	As per routine
	or	
E1	Basic Loaded Mobility Routine	As per routine
Sets: 1	Rest: As needed	

UPPER BODY EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Lean To Press	4-6r (2-2-1-2)
B2	Tuck Front Lever Pulls	4-6r (3-1-X-1)
Sets: 4-5	Rest: 180s	
C1	Elevated Pike Push Ups	6-8r
C2	Mantle Chin Up	3-4r per arm (3-1-X-1)
Sets: 3-4	Rest: 120s	
D1	LYTPs	5r per position (2-1-1-2)
D2	Elevated Bridge Hold	20-30s
Sets: 2-3	Rest: 30-90s	

LOWER BODY EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Squat Routine	10r per position
A3	Fire Hydrant Circles	3r per direction, per side
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Box Jumps	4-6r
Sets: 4-5	Rest: 120s	
C1	Shrimp Squat (Intermediate)	6-8r
C2	Natural Hamstring Curl	6-8r
Sets: 3-4	Rest: 120s	

CORE

D1	Pike Compressions	10r + 10s
D2	Reverse Hyper Extensions	10r + 10s
Sets: 2-3	Rest: 60s	

MOBILITY (Optional)

E1	Basic Loaded Mobility Routine	As per routine
Sets: 1-3	Rest: As needed	



MASS PROGRAM

MASS BUILDING APPROACH

There are 3 main mechanisms of muscle growth; muscle damage, metabolic stress and mechanical tension. The mass program uses a push / pull / legs split to allow more muscle group specific muscle damage but with a twice weekly frequency which provides adequate recovery. Metabolic stress and mechanical tension is applied through the use of reduced rest periods and controlled rep tempos.

Nutrition is going to play a large role in body composition and it is suggested to maintain a caloric surplus to encourage muscle growth. Adequate protein and carbohydrates to refuel and repair from training is essential.

RECOVERY IS KEY

You have a limited recovery capacity and will only progress with what you can fully recover from. Both the workout structure and example workouts provide a range of volume and it is important to find a level that provides enough stimulus and minimal junk volume; more is not always better. Always start with the lowest number of sets and slowly progress.

To assess recovery muscle soreness should last no longer than 48 hours. If muscle soreness persists past this point then reduce the volume. Central Nervous System (CNS) recovery is harder to assess. I recommend using Heart Rate Variability (HRV) to track your CNS recovery and optimise your training. **For full details and guidance watch [my "Train Smarter, Not Harder" video on YouTube.](#)**

PROGRAM STRUCTURE

WEEKLY SPLIT

The mass program focuses on 6 main training sessions per week. In addition to these sessions are the recommended handstand and mobility routines. Frequency for these routines are suggested at 2 times a week and although useful are not essential for development of muscle mass. This example weekly split shows the suggested workout layout and frequency. Modify to meet your own needs and recovery ability.

Session	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Handstand	Orange	Orange		Orange	Orange		
Mobility		Green	Green		Green	Green	
Push	Blue			Blue			
Pull			Blue			Blue	
Legs		Blue			Blue		

PERIODISATION

This is the often forgotten aspect of training. Applying both progressive overload and timed deloads helps optimise progress and recovery.

Start by using the lowest range of sets and reps prescribed for each exercise. As you train and get stronger aim to increase first the reps per set then increase the number of sets for that exercise. For example:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Push Up	2x6r	2x7r	2x8r	3x6r	1x8r	3x6r
Total Reps	12	14	16	18	8 (deload)	18

DELOAD

This is important to aid CNS recovery following an intense training cycle of progressive overload. I recommend taking a full week deload every 4-6 weeks. The exact length will vary depending on training experience, cycle intensity and recovery capacity. When you notice fatigue accumulating and performance dropping it is time for a deload. On a deload week perform the same training program but with 50% or less of the volume, as shown in the example above.

PUSH STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Dip Variation	6-8r
Sets: 3-4	Rest: 90s	
C1	Horizontal Push	8-12r
C2	Vertical Push	8-12r
Sets: 2-4	Rest: 60s	
D1	Tricep Dominant	10-15r
D2	Anterior Core Exercise	10-20r
Sets: 2-3	Rest: 60s	

PULL STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Bodyweight Rows	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Vertical Pull	6-8r
Sets: 3-4	Rest: 90s	
C1	Horizontal Pull	8-12r
C2	External Rotation	8-12r
Sets: 2-4	Rest: 60s	
D1	Bicep Dominant	10-15r
D2	Posterior Core Exercise	10-20r
Sets: 2-3	Rest: 60s	

LEGS STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Squat Routine	10r per position
A3	Fire Hydrant Circles	3r per direction, per side
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Anterior Dominant	6-8r
B2	Posterior Dominant	6-8r
Sets: 3-5	Rest: 90s	
C1	Anterior Dominant	8-15r
C2	Posterior Dominant	8-15r
Sets: 2-4	Rest: 60s	

CORE

D1	Anterior Core	3-20r
D2	Posterior Core	3-20r
Sets: 2-3	Rest: 60s	

PUSH EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Weighted Dips	6-8r (2-1-X-1)
Sets: 3-4	Rest: 90s	
C1	Ring Push Ups	8-10r (2-1-X-1)
C2	Handstand Wall Walks	5-6r
Sets: 2-4	Rest: 60s	
D1	Ring Tricep Dip	10-12r (2-1-X-1)
D2	Planche Lean	20-30s
Sets: 2-3	Rest: 60s	

PULL EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Bodyweight Rows	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Weighted Chin Ups	6-8r (3-1-X-1)
Sets: 3-4	Rest: 90s	
C1	Bulgarian Ring Rows	8-10r (2-1-X-1)
C2	Weighted Cuban Rotations	10-12r (3-2-1-1)
Sets: 2-4	Rest: 60s	
D1	Ring Bicep Curls	10-12r
D2	Arch Body Hold	20-30s
Sets: 2-3	Rest: 60s	

LEGS EXAMPLE

WARM UP

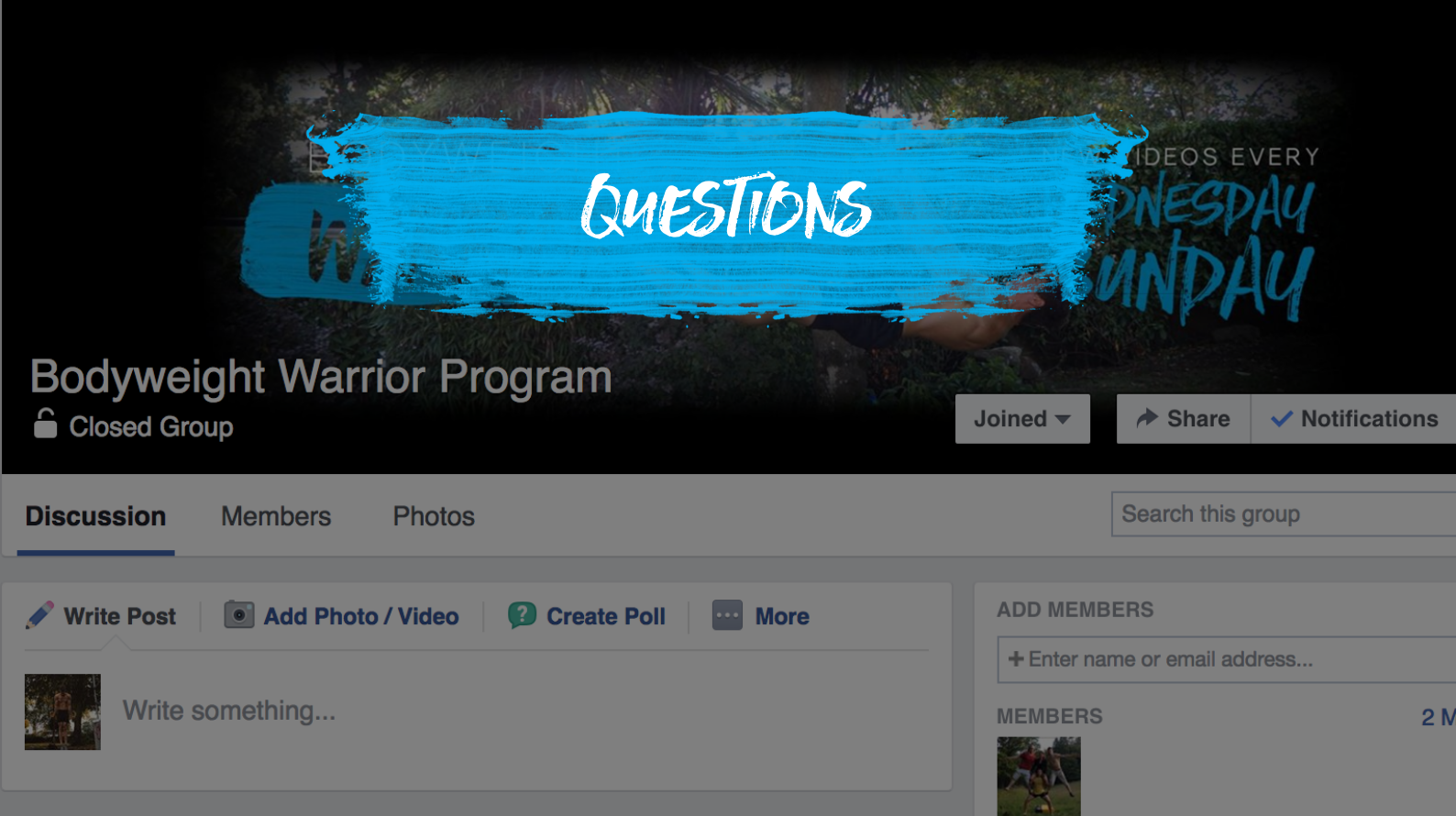
A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Squat Routine	10r per position
A3	Fire Hydrant Circles	3r per direction, per side
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Shrimp Squat (Intermediate)	6-8r
B2	Natural Hamstring Curl	6-8r
Sets: 3-5	Rest: 90s	
C1	Multi-Directional Lunge (Bodyweight)	3-4r per position
C2	Single Leg Hip Thrust	12-15r per leg
Sets: 2-4	Rest: 60s	

CORE

D1	Hanging Leg Raises	8-12r + 10s
D2	Reverse Hyper Extensions	10r + 10s
Sets: 2-3	Rest: 60s	



JOIN THE FACEBOOK GROUP

To help support everyone using this program a private Facebook group has been created to answer questions, share progress and build a community.

If you have any questions, queries or want to share your experience then join!

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