

## Bodyweight training Plan Instructions

1. We advise you to complete a warm up of 10 minutes, something of your own choosing that raises your heart rate and get all of your joints moving safely.
2. This plan exists for those who do not have access to a gym, or any training equipment at home. We can however make use of some common household items and innovate some cool training tricks.
3. Complete ALL exercises in the list one after the other and then rest at the end (you will get a few seconds rest as you set up the next exercise)
4. Complete the number of rounds/sets as listed in the plan
5. We also recommend that you do a 10 minute cool down stretching your body and bringing your heart rate down
6. If you have any joint issues please avoid doing any plyometric exercises (jumping/impact)
7. Be safe, exercise conscientiously and if you have any concerns please contact Nicola at Rossell Fitness.

## Tempo

Tempo is presented as 4 digits, this is the speed at which you complete the movement. This will not be relevant to all movements, and in those cases the plan will state either FAST, SLOW, I HOLD or N/A

Tempo phase	Description
Eccentric	The lowering/negative portion of the lift. (Descending down into a squat or bringing the bar back to the ground in a deadlift)
Isometric/Pause	This occurs between the completion of the eccentric and beginning of the concentric portion of the lift
Concentric	The contraction against load to lift the load (Standing up in a deadlift, pulling the bar off the ground in a deadlift)
Isometric/Pause	This occurs between the completion of the concentric and the beginning of the eccentric portion of the lift

As such, tempo is listed as a 4 digit number with each number referring to the amount of time you must spend on each portion of the lift.

For example:

3011 - would denote a 3 second eccentric, no pause between eccentric and concentric, 1 second concentric, and 1 second of pause before doing the next eccentric

2020 - would denote a 2 second eccentric, no pause between eccentric and concentric, 2 second concentric, and no pause before doing the next eccentric

## Exercise codes

Code	Code explained
RIR	Reps in reserve. Have 'this many' reps left in the tank in each set (ie do not go to complete failure)
RB	Resistance band
SB	Stability ball
BW	Body weight
DB	Dumbbell
KB	Kettlebell
E	Each leg / each arm

## Household items

Example household items and innovative uses

Bath towel	Battle ropes
Stairs	Hand step ups, incline press ups
Chair/sofa	Tricep dips, rear foot elevated lunges

## Disclaimer

Any reposting of this program without express consent of Rossell Fitness is strictly prohibited. This program is to be performed with care and only after consultation with a medical doctor to ensure you are healthy enough for vigorous exercise.

Rossell Fitness does not assume any responsibility for injuries or health complications incurred during training.

# The Training Plan WEEK 1

Week 1. Day 1. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Air squats	3211	BW	15	0	3	2			
Press ups	3211	BW	15	0	3	2			
Lunges	3211	BW	20	0	3	2			
Tricep dips	2111	BW	10	0	3	2			
V sits	1111	BW	15	0	3	2			
Elbow plank hold	HOLD	BW	45s	60	3	-			

Week 1. Day 2. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Wide leg air squats	3211	BW	15	0	3	2			
Incline press ups	2111	BW	15	0	3	2			
Lateral lunges	3211	BW	20	0	3	2			
Squat thrusts	FAST	BW	30	0	3	2			
Legs up crunches	3221	BW	10	0	3	2			
Side plank L+R	HOLD	BW	30s	60	3	-			

Week 1. Day 3. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Single leg squats	3211	BW	14	0	3	2			
Hand step ups	1111	BW	10	0	3	2			
Rear foot elevated lunges	3111	BW	20	0	3	2			
Sprint mountain climbers	FAST	BW	50	0	3	2			
Squat jumps	FAST	BW	12	0	3	2			
Hand plank knee to elbow	2222	BW	20	60	3	2			

# The Training Plan WEEK 2

Week 2. Day 1. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Air squats	3211	BW	15	0	3	2			
Press ups	4211	BW	15	0	3	2			
Lunges	3211	BW	20	0	3	2			
Tricep dips	2111	BW	10	0	3	2			
Lying V leg openers	3221	BW	15	0	3	2			
Elbow plank hold	HOLD	BW	55s	60	3	-			

Week 2 Day 2. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Wide leg air squats	4311	BW	15	0	3	2			
Incline press ups	2111	BW	15	0	3	2			
Cossack lunges	3211	BW	20	0	3	2			
Burpees	FAST	BW	12	0	3	2			
Legs up crunches	3221	BW	12	0	3	2			
Side plank L+R	HOLD	BW	35s	60	3	-			

Week 2. Day 3. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Single leg squats	3211	BW	14	0	3	2			
Plank on hands Y walkout	3131	BW	8	0	3	2			
4 point lunges	3211	BW	20	0	3	2			
Sprint mountain climbers	FAST	BW	60	0	3	2			
Lunge jumps	FAST	BW	14	0	3	2			
Hand plank shoulder tap	1111	BW	20	60	3	2			

# The Training Plan WEEK 3

Week 3. Day 1. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Air squats	3211	BW	18	0	3	2			
Press ups	3311	BW	18	0	3	2			
Lunges	3211	BW	24	0	3	2			
Tricep dips	2111	BW	12	0	3	2			
V sits	1111	BW	20	0	3	2			
Elbow plank hold	HOLD	BW	60s	60	3	-			

Week 3. Day 2. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Wide leg air squats	3211	BW	18	0	3	2			
Incline press ups	2111	BW	18	0	3	2			
Lateral lunges	3211	BW	24	0	3	2			
Squat thrusts	FAST	BW	40	0	3	2			
Legs up crunches	3221	BW	15	0	3	2			
Side plank L+R	HOLD	BW	40s	60	3	-			

Week 3. Day 3. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Single leg squats	3211	BW	16	0	3	2			
Hand step ups	1111	BW	12	0	3	2			
Rear foot elevated lunges	3111	BW	22	0	3	2			
Sprint mountain climbers	FAST	BW	70	0	3	2			
Squat jumps	FAST	BW	15	0	3	2			
Hand plank knee to elbow	2222	BW	22	60	3	2			

# The Training Plan WEEK 4 – De-load week

Week 4. Day 1. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Air squats	3211	BW	10	0	3	2			
Press ups	2111	BW	10	0	3	2			
Lunges	3211	BW	20	0	3	2			
Tricep dips	2111	BW	10	0	3	2			
Lying V leg openers	3221	BW	10	0	3	2			
Elbow plank hold	HOLD	BW	45s	90	3	-			

Week 4. Day 2. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Wide leg air squats	3211	BW	10	0	3	2			
Incline press ups	2111	BW	10	0	3	2			
Cossack lunges	3211	BW	20	0	3	2			
Burpees	FAST	BW	10	0	3	2			
Legs up crunches	3221	BW	10	0	3	2			
Side plank L+R	HOLD	BW	30s	90	3	-			

Week 4. Day 3. Bodyweight									
Exercise	Tempo	Weight (kg)	Reps	Rest	Sets	RIR	Completed?		
Single leg squats	3211	BW	10	0	3	2			
Plank on hands Y walkout	3131	BW	6	0	3	2			
4 point lunges	3211	BW	12E	0	3	2			
Sprint mountain climbers	FAST	BW	50	0	3	2			
Lunge jumps	FAST	BW	10	0	3	2			
Hand plank shoulder tap	1111	BW	20	90	3	2			