

Working Against Gravity

Welcome! Here's one of my bodyweight workouts, "Working Against Gravity," to help keep things dialed in when going to the gym might not be an option. These workouts provide full body work, with some added conditioning. Make sure to read through the notes. Have fun!

I *highly* recommend grabbing this training primer linked below. It's free and provides a detailed, comprehensive outlook on how to approach your training – how to know if you're doing things right, how to fix them, how to select appropriate weights, and how to kick up the intensity a notch or three.

<http://fivestarrphysique.com/wp-content/uploads/2017/09/FSP-training-primer.pdf>

Below you'll find details on the tempos and rest periods you'll find throughout the workouts. The tempos are particularly crucial – when an exercise calls for a 4-second negative, hold to that – don't cheat the time, and expect to move less weight than you would under a normal tempo.

Approach the workouts in the order present and take a rest day when it's necessary. Ideally, aim for 5-6 lifting sessions per week and avoid doubling up hitting two sessions on the same day. Perform the abdominal and calf workouts as accessory sessions – tack them on to the end of a primary workout, rather than giving them their own day.

And above all – ENJOY!

* Key for tempo: concentric/squeeze/negative/pause

Examples: □ 1/1/3/1 = steady 1 second pacing on all phases with a 3 second negative □ 2/2/1/0 = extended concentric and isometric squeeze with standard negative and no pause between reps

All tempos are 1/1/1/1 unless specifically indicated otherwise

AMRAP 3x5:00						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Reverse Burpees	10				
	Triangle Push Ups	15				
	Walking Lunges	10 ea				
	REST	2:00				
	Plank In and Outs	10				
	Box Dips	15				
	Pistols	10 ea				
	REST	2:00				
	Burpees	10				
	Front Raise into Squat	15				
	Russian Twist	10 ea				

Notes:

- You have 3, 5:00 workouts, each with a 2 minute rest in between. You will cycle through the first 3 movements shooting for as many rounds and reps as possible, rest two minutes, then start your cycle through the next 3 movements, and so on (19 minute total workout time, including rest)
- Pistols – they can be assisted if necessary
- Front Raise into Squat – find a heavy textbook, a child, whatever, do a front raise, hold it, and then squat. You can lower the object between each rep and start again.
- Russian Twist – you can use the same heavy object for the previous movement for this one as well.

For Time...						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Run	400m				
	Hand Stand Push Ups	20				
	Sumo Squats	20				
	Tricycles	20				
	Run	300m				
	Decline Push Ups	20				
	Close Stance Squat	20				
	Hip Dip Planks	20				
	Run	200m				
	Plank Up and Downs	20				
	Pulse Lunge	20 ea				
	Hollow Rocks	20				
	Run	100m				

Notes:

- You finish once all reps are completed.
- Hand Stand Push Ups – can use a chair to do assisted or pike push ups.

AMRAP 30:00						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Glute Bridge	15				
	Bench/chair Dips	15				
	Rest	:15				
	Scissor Flyes	15				
	Standing Row (any)	15				
	Rest	:15				
	Step Ups	15 ea				
	Sit Ups	15				
	Rest	:15				
	Lateral Jump Squats	15				
	Ground to Overhead	15				
	Rest	:15				

- If running isn't an option, and cardio equipment is available, opt for that but add 100m.

Notes:

- Cycle through ALL the movements listed, that will be one round.
- Row – find any heavy object, jug, etc, that works for this.
- Ground to Overhead – use any heavy object for this.

