

# “The Bodyweight Boost 2.0!”

**WARNING: The following bodyweight workouts inside have been shown to make tough athletes cry. Proceed at your own risk..**

Created by Alex Maroko and the Speed Secrets Inner Circle. Copyright 2011. All rights reserved.

Disclaimer: All physical activity has an inherent risk. Please consult with your physician before beginning any physical activity program, even one that kicks as much ass as this one.



## Hey and welcome to the brand-new “28 Day Bodyweight Boost 2.0!”.

Over the next 4 weeks, you’re going to do some wild bodyweight workouts that will likely leave you wondering why you didn’t spend MORE time on bodyweight training in the past than you have been (which is fine, it’s *never* too late..).

If you do some bodyweight training already, that’s great, but the workout you’re going to be following for the next 28-Days here will be STRICTLY bodyweight-only, and as you’ll soon see, they are going to have some very interesting and transformative effect on your body..

Just take a look at gymnasts and sprinters..

Both are EXTREMELEY lean and VERY strong/muscular (especially gymnasts).

Their entire sport revolves around moving their own body through space while performing feats of strength the average person couldn’t even dream of doing, and their physiques don’t lie either; those dudes are ripped and jacked :-)

Now it is hard for a lot of athletes to believe they can get great results by just their own bodyweight... (no weights, no cables, no bands, no machines)... But trust me on this one -- you will seriously enjoy your end results here.

Bodyweight training is killer because:

1. It’s great for athletes who simply don’t have access to a gym or any fancy equipment and..
2. It’s the perfect way to change things up and take a break from the heavy weights.

After all, sometimes the barbell can take it’s toll on the body and you can’t always train 100%, all out with heavy weights day in and day out or you risk injury. This is a great way to “de-load” the body, still improve strength, while allowing the joints and mind to recover from previous hard training months.

Not only this, but more people in general could serve to get better at moving their own bodies through space. It’s way too common to see an average person and/or young athlete not be able to do 10 proper pull ups, 25 REAL push ups, etc without crumbling over. It’s baloney if you ask me, but no worries -- we’re ‘bout to change that right now, eh?

Now you may be thinking.. “How can we really get stronger, faster, quicker, by only training with our own bodyweight?”

Well, know this old exercise-physiology saying: “Fatigue masks fitness” .

In other words, when you are always in the “over-reaching” stage of training, i.e. always going to failure on barbell lifts, using “forced” reps from spotters (IT’S ALL YOU BRO!), training without any sort of deload or recovery week, you’re constantly creating more fatigue for your body to recover from.

This will NEVER allow the body to show it’s true athleticism (since it’s never fully recovered) and you most likely will feel tired, beat up, lethargic, and lack any motivation to train. When you take a break from this type of training and incorporate styles of training such as athletic bodyweight exercises, you allow yourself to regenerate and recover so the true DOMINATE athlete in you can shine.

*Sound good?!*

Thought so.

Now, let’s talk very briefly about the what, why, when, how, and other “need-to-know” stuff real quick...

What (Equipment, Theory)

Let’s face it, not everyone has all of the fancy gadgets, gizmos, and other pieces of training equipment out there. Not only are some of those pieces of equipment not always necessary, but they are often really expensive.

You can still get killer workouts by being very creative in your workouts and by making minor adjustments in hand/foot position, grip, stance, angle, reps, sets, time, rest break, etc. Not only that, but the human body recovers much faster after a bodyweight training session than from a traditional heavy weight training session. Both are good, but sometimes the athlete needs to be prepared to play at any time. This is great for athletes in-season, during camp, or even after the competitive season to allow the athlete to gradually work back into resistance training before hitting the weights again.

The only equipment you will need is the following:

- Your bodyweight
- A pull up/chin up bar, dip bars (optional, but recommended), good area to do some outdoor workouts at i.e. park, football field, school, etc.

That’s it.

And real quick, you’ll be training 3 days per week on non-consecutive days (M,W, F or T, Th, S).

On your off days, you can (should) practice your bodyweight movements but keep them a little on the lower volume side and just have fun. If you’re feeling really sore/tired, don’t do as much.

If you feel good, do a little more. But keep in mind you'll have a hard training day every other day.

Do the program exactly as follows. Don't change anything, don't mix the workouts around into each other, and don't blend them together to make your own recipe. Just do them the way it's been written, and we'll be all good to go!

These sessions typically won't last you any longer than 30-45 minutes at a time, meaning less time in the gym and more time doing other things you enjoy just as much.

- You'll see the workouts listed by week (1, 2, 3, and 4), and day (1, 2, and 3). Just follow it one day at a time in order and keep moving ahead.
- Each week gets a little bit more challenging and tricky, but stick with it and be consistent! These will test your strength much more than you ever thought possible, so dig deep and keep fighting!
- Have fun and ROCK OUT.

Good luck boss.

Alex

***Speed Secrets Inner Circle***

# “The 28 Day Bodyweight Boost 2.0 Athletes Workout Program”

## *Day 1 Workout*

1A.) Bodyweight Squat 5 x 20

1B.) Squat Jumps 5 x 10

2A.) Push Ups 5 x 20

2B.) Clap Push Ups 5 x 10

3A.) Pull Ups x 50 reps

4.) Pull Up Iso-Hold 2 x Max Time

5.) Planks 2 x 60 seconds

## ***Day 2 Workout***

1A.) Close Stance, Full Squat 4 x 20-25

2A.) Vertical Jumps 3 x 10

2B.) Lunge Jump 3 x 10/leg

3A.) Feet Elevated Push Ups x 100 reps

3B.) Burpee to Pull Up 3 x 12, (30 seconds rest between sets.)

## ***Day 3 Workout***

1A.) Dips/Chin Ups, Sub-Maximal reps on each, alternated back and forth for 8 minutes.

2A.) Split Squat, (back leg elevated on bench) 3 x 10.

3A.) Split Squat Iso Hold 3 x 5-15 seconds/leg.

4A.) Sit Ups x 100 repetitions.

5A.) Jumping Jacks 8 rounds x 20 seconds work, 10 seconds rest.

## Week 2

### *Day 1 Workout*

1A.) Find the nearest hill in your area, mark distance of 30-40 yards out from starting point. Run up that hill and walk back down for 15 minutes. Rest as needed but record how many you get.

2A.) Push Ups, (feet elevated on bench, backpack, etc.) 4 x Sub Max Repetitions.

2B.) Chin Ups, Mixed Grip, 4 x Sub Max reps.

## ***Day 2 Workout***

*\*Warm up with 3-5 50 yard runs at around 50-60% effort after your warm up and prior to your exercises below.*

1A.) Walking Lunge 3 x 40 yards.

2A.) Bear Crawl 4 x 50 yards

2B.) Crab Walk 4 x 50 yards

3A.) Planks 2 x 90 seconds, Side Plank 2 x 60 seconds (1 per side).

## ***Day 3 Workout***

Perform as many rounds as possible in 10 minutes, then rest 3-5 minutes before moving to next circuit:

1A.) Chin Ups x 10

1B.) Bar Dips x 10

1C.) Burpees x 10

Perform as many rounds as possible in 10 minutes:

2A.) Pull Ups x 8

2B.) Box Jump x 5

2C.) Knees to Elbows x 8

## Week 3

### *Day 1 Workout*

1A. Bodyweight Squat x 100 repetitions

2A. Mixed Grip Push-Ups x 100 repetitions

2B. Mixed Grip Chin-Ups x 100 repetitions

- Doesn't matter how many sets, just get all of the reps. (mixed grip means one hand is facing normal, and the other hand is facing YOU).

3A.) Glute Bridges 3 x 15 with 3 second pause at top/peak contraction.

## ***Day 2 Workout***

1A.) Prisoner Squat x 10 (bodyweight squats with your hands on the back of your head)

1B.) Reverse Lunge x 10/leg

1C.) Hindu Push Up x 10

1D.) Knees to Elbows x 10

- Repeat above circuit for 20 minutes, looking to get as many rounds as possible in that time frame.

## ***Day 3 Workout***

1A.) Wide Stance (Sumo) Vertical Jumps x 5

1B.) Standing Long Jump x 5

1C.) Plyo Push Up, Hands on Bench x 5

- Get As many quality sets and repetitions as you can in 10 minutes.

2A.) 12 x 100 yard runs @75% effort, 25 full sit ups between each run.

## Week 4

### *Day 1 Workout*

1A.) 1-Leg Assisted Pistol Squat 3 x 6-12/leg

1B.) Lunge Jumps 3 x 6/leg

2A.) Mixed Grip Pull Up 3 – 4 x Sub Max

2B.) Push Ups w/ added range of motion (hands on plates) 3 – 4 x Sub Max

3A.) Burpee + 2 Long Jumps 3 x 15, rest 30-60 seconds between sets.

## ***Day 2 Workout***

1A.) Prisoner Squat x 20

1B.) Off-Set Push Up (1 hand elevated) x 10/side

1C.) Close Grip Chin Up x 10

1D.) Lying Leg Raise x 20

- Perform as many quality reps and rounds as you can in 15 minutes.

2A.) Plank 1 x 2 – 3 minutes: Front, Side (Left), and Side (Right).

## ***Day 3 Workout***

1A.) Wide Stance (Sumo) Vertical Jumps x 5

1B.) Standing Long Jump x 5

1C.) Plyo Push Up, Hands on Bench x 5

- Get As many quality sets and repetitions as you can in 10 minutes.

2A.) 8 x 200 yard runs @ 75% effort, 25 full sit ups between each run.

Exercise Description/Demonstration Links (via YouTube) -- (some of these videos are kind of funny too, lol, but you still get the picture, no problem):

Bodyweight Squat

<http://www.youtube.com/watch?v=wn2wp-OWi-k>

Squat Jumps

<http://www.youtube.com/watch?v=v2jcg0Y6--U>

Push Ups

<http://www.youtube.com/watch?v=jumbk7Hh9gA>

Clap Push Ups

<http://www.youtube.com/watch?v=Hu-33CeHH0Y>

Pull Ups

[http://www.youtube.com/watch?v=HQa7iV9sE\\_w](http://www.youtube.com/watch?v=HQa7iV9sE_w)

Pull Up Iso-Hold

<http://www.youtube.com/watch?v=agwZe0Mt4IE>

Planks

<http://www.youtube.com/watch?v=AR9vRt7XOtY>

Close Stance, Full Squat

<http://www.youtube.com/watch?v=1cUkxyIFAvG>

Lunge Jump

<http://www.youtube.com/watch?v=Wh4iRGeglcc>

Feet Elevated Push Ups

<http://www.youtube.com/watch?v=qVfjexplnKE>

Burpee to Pull Up

<http://www.youtube.com/watch?v=cdS1CPtI3N0>

Dips

<http://www.youtube.com/watch?v=9k3NfBFnZG0>

Chin Ups

<http://www.youtube.com/watch?v=mLUYrOiJ8i4>

Split Squat

<http://www.youtube.com/watch?v=AKe29tTKGyw>

Split Squat Iso Hold

<http://www.youtube.com/watch?v=o7-m2cvrZ-A>

Sit Ups

<http://www.youtube.com/watch?v=UUfi2GVswu8>

Jumping Jacks

[http://www.youtube.com/watch?v=dmYwZH\\_BNd0](http://www.youtube.com/watch?v=dmYwZH_BNd0)

Walking Lunge

<http://www.youtube.com/watch?v=KtyfKFLS-gY>

Bear Crawl

<http://www.youtube.com/watch?v=GQWNc97swb4>

Crab Walk

<http://www.youtube.com/watch?v=hyWs1BxJKGI>

Burpees

<http://www.youtube.com/watch?v=hyWs1BxJKGI>

Box Jumps

<http://www.youtube.com/watch?v=sPmbWaysIDc>

Knee-to-Elbow

<http://www.youtube.com/watch?v=DPLDu989Cx8>

Glute Bridges

[http://www.youtube.com/watch?v=xHGj0\\_UDmsI](http://www.youtube.com/watch?v=xHGj0_UDmsI)

Reverse Lunge

<http://www.youtube.com/watch?v=yVt2w5iljUs>

Hindu Pushups

<http://www.youtube.com/watch?v=gns87PFW7zU>

Standing Long Jump

<http://www.youtube.com/watch?v=0AbdZ9V33Ek>

Plyo Pushup

<http://www.youtube.com/watch?v=o8RwoAD5V1c>

1-Leg Assisted Pistol Squat

<http://www.youtube.com/watch?v=LYqVxUdlwX4>

Lying Leg Raise

<http://www.youtube.com/watch?v=1CQg5cyrL3Q>