



# Strength Gain — 6 Week Training Program

(BODYWEIGHT ONLY, WITH OPTIONAL DUMBBELL [DB] EXERCISES)

## Special Instructions:

We've designed this six-week strength gain training program to include three full-body, bodyweight-only workouts (along with progressions for each). In most cases, you'll be doing two or three strength training workouts per week, alternating between the three workouts we've written (Workouts A, B, and C). The number of times you alternate will depend on the number of times you train each week, as the examples below illustrate.

2 DAYS PER WEEK	3 DAYS PER WEEK	2-3 DAYS PER WEEK
Week 1: AB	Week 1: ABC	Week 1: AB
Week 2: CA	Week 2: ABC	Week 2: CAB
Week 3: BC	Week 3: ABC	Week 3: CA
Week 4: AB	Week 4: ABC	Week 4: BCA
Week 5: CA	Week 5: ABC	Week 5: BC
Week 6: BC	Week 6: ABC	Week 6: ABC

Throughout this program, we use numbers and letters to denote exercise order. If an exercise has the number 1 in front of it, it's in the first set of exercises you perform. The letters denote the order in which you perform the exercises in the set.

Some exercises are performed as a **superset**, meaning they're paired with another exercise. If there are three exercises performed in a series, that's a **triset**.

For example, Workout A begins with a superset. Exercise 1A is a Paused Bodyweight Squat (or a Paused DB Squat, if you have access to dumbbells) and Exercise 1B is a Walk Out with Turn and Reach. That means you perform one set of Exercise 1A, rest 30–60 seconds, perform one set of Exercise 1B, rest 30–60 seconds, and repeat until you've done the designated number of sets. Then you move on to the next set of exercises.

The set and repetition information is written in the following format: #sets x #reps x special instructions for reps. So in Workout A, Exercise 1A, 3 x 8 x 2-sec hold indicates 3 sets of 8 reps of a 2-second hold.

### Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Single-Leg Squat to Box</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
1B	<u>Walkout or Walkout to Push-Up</u>	3 x 6-10	3-4 x 8-10	4 x 8-12	30-60 sec

# Workout A - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Paused Bodyweight Squat</u> or <u>Paused DB Squat</u>	*3 x 8 x 2 sec hold	3-4 x 8-10 x 2 sec hold	4 x 8-10 x 2 sec hold	60-90 sec
1B	<u>Walk Out with Turn and Reach</u>	3x 5-6/side	3-4 x 5-6/side	4 x 5-6/side	60-90 sec
2A	<u>Single-Leg Hip Thrust</u>	3 x 10 -12/side	3-4 x 10-12/side	4 x 12/side	60-90 sec
2B	<u>YTLI Raises</u>	3 x 6-8/ each letter	3-4 x 6-8/ each letter	4 x 6-8/ each letter	60-90 sec
3A	<u>Incline Slow Mountain Climber</u> or <u>Slow Mountain Climber</u>	3 x 8-10/side	3-4 x 8-10/side	4 x 10/side	30-60 sec
3B	<u>Prone Back Extension</u>	3 x 8-10	3-4 x 8-10	3-4 x 10	30-60 sec

\*3 x 8 x 2-sec = 3 sets of 8 reps of 2-second holds

## WORKOUT NOTES

# Workout B - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Incline Push-Up</u> or <u>Push-Up</u>	3 x 10-12	4 x 10-12	4 x 12	60-90 sec
1B	<u>Frog Pump</u>	3 x 10-12	4 x 10-12	4 x 12	60-90 sec
2A	<u>Bear Crawl</u>	3 x 6-10 steps/arm	4 x 6-10 steps/arm	4 x 8-10 steps/arm	60-90 sec
2B	<u>Lateral Step-Up</u> or <u>DB Lateral Step-Up</u>	3 x 8-10/side	4 x 8-10/side	4 x 10/side	60-90 sec
3A	<u>Bird Dog</u>	3 x 8-10/side	4 x 8-10/side	4 x 10/side	30-60 sec
3B	<u>Side Plank</u>  Hold each plank for the prescribed duration before lowering. Rest briefly and reset for the next rep.	*3 x 4 x 15-sec hold/side	4 x 3-4 x 15-20- sec hold/side	4 x 3 x 20-sec hold/side	30-60 sec
3C	<u>Clamshells</u>	3 x 12-15/side	4 x 12-15/side	4 x 15/side	30-60 sec

\*3 x 4 x 15-sec hold / side = 3 sets of 4 reps of 15-second holds per side

## WORKOUT NOTES



# Workout C - Full Body

EXERCISE		WEEKS 1-2	WEEKS 3-4	WEEKS 5-6	REST
1A	<u>Single-Leg Romanian Deadlift</u> or <u>DB Single-Leg Romanian Deadlift</u>	3 x 8-10/side	4 x 8-10/side	4 x 10/side	60-90 sec
1B	<u>Downward Dog to High Plank</u> or <u>Downward Dog Push-up</u>	3 x 8-10	4 x 8-10	4 x 10	
2A	<u>Split Squat</u> or <u>DB Split Squat</u>	3 x 8-10/side	4 x 8-10/side	4 x 10/side	60-90 sec
2B	<u>Wall Slide</u>	3 x 8-10	4 x 8-10	4 x 10	60-90 sec
3A	<u>Standing Bodyweight Calf Raise</u> or <u>Single-Leg Standing DB Calf Raise</u>	3 x 10-12	3-4 x 12	4 x 12-15	
3B	<u>Dead Bug (Arms only)</u> or <u>Dead Bug (Arms and Legs)</u>	3 x 5-6/side	3-4 x 5-6/side	4 x 5-6/side	30-60 sec
3C	<u>Hand Taps</u> or <u>Shoulder Taps</u>	3 x 10-12/side	3-4 x 12/side	4 x 12-15/side	

\*3 x 4 x 15-sec hold / side = 3 sets of 4 reps of 15-second holds per side

## WORKOUT NOTES

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