

RESTORE: The Bodyweight Strength Program - Week 1 Training

This week's Training Goal:

Do the 6-Exercise Bodyweight Circuit every day this week at Level 1

*Perform the movement for ~30-seconds of Time Under Load.

*Pause at the easier range-of-motion.

Level ONE is:

*5 – 2 – 5 or 2 – 5 – 2 count, which is 5 seconds descending or ascending, 2 second pause, 5 seconds ascending or descending. The direction you're moving will be determined by which movement you're doing. For example, for a push up you'll be lowering to start. For a bridge, you'll be rising up.

Your Training Diary

Time Under Load (seconds)

Your Training Notes

Day 1

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 2

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 3

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 4

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 5

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 6

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 7

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat