

RESTORE: The Bodyweight Strength Program - Week 2 Training

This week's Training Goal:

Do the 6-Exercise Bodyweight Circuit on Days 2 -3 - 4 and 6 this week at Level 1 or at Level 2 (if you are truly ready). Rest on day 1 - 5 and 7.

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.

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

*Pause at the *easier* range-of-motion.

*Note: With ~30-seconds of TUL, this would equal 2 to 3 reps.

Level TWO is:

*2 - 5 - 2 count - the same as level one: 5-seconds descending or ascending, 2-second pause, 5-seconds in the opposite direction.

*Perform the movement for ~45-seconds of Time Under Load.

* Pause at the *harder* range-of-motion.

*Note: With ~45- seconds of TUL, this would equal 3 to 4 reps.

Your Training Diary

Time Under Load (seconds)

Your Training Notes

Day 1

REST today.

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 5

REST today.

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 7

REST today.