

# RESTORE: The Bodyweight Strength Program - Week 3 Training

This week's Training Goal:

Do the 6-Exercise Bodyweight Circuit on Days 1 -3 - 5 and 7 this week at **Level 2**. Rest on days 2 - 4 and 6.

Level  
TWO is:

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

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

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

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

## Your Training Diary

Day 1

	Time Under Load (seconds)	Your Training Notes
Push Up		
Chin Up		
Table Bridge		
Pike Push Up		
Calf Raise		
Squat		

Day 2

**REST today.**

Day 3

Push Up		
Chin Up		
Table Bridge		
Pike Push Up		
Calf Raise		
Squat		

Day 4

**REST today.**

Day 5

Push Up		
Chin Up		
Table Bridge		
Pike Push Up		
Calf Raise		
Squat		

Day 6

**REST today.**

Day 7

Push Up		
Chin Up		
Table Bridge		
Pike Push Up		
Calf Raise		
Squat		