

RESTORE: The Bodyweight Strength Program - Week 4 Training

This week's Training Goal:

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

Level
THREE is:

*Perform the movement for ~60 to 90-seconds of Time Under Load.
 * Pause at the *harder* range-of-motion.
 * 5 – 3 – 5 count (progressing to a 3-second pause at the harder range of motion).
 * Note: With ~60-seconds of TUL, this would equal 4 to 5 reps.

Your Training Diary

Time Under Load (seconds)

Your Training Notes

Day 1

REST today.

Day 2

REST today.

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

REST today.

Day 6

REST today.

Day 7

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat