

RESTORE: The Bodyweight Strength Program - Week 5 Training

This week's Training Goal:

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

Level

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

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

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.

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

Level

*Perform the movement for ~60 to 90-seconds of Time Under Load.

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

THREE is:

* 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.

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 2

Day 3

REST today.

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 4

Day 5

REST today.

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 6

Day 7

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat