

RESTORE: The Bodyweight Strength Program - Week 6 Training

This week's Training Goal:

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

*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.

Level
THREE is:

Your Training Diary

Time Under Load (seconds)

Your Training Notes

REST today.

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

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

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7