

# RESTORE: The Bodyweight Strength Program - Week 7 Training

This week's Training Goal: Do the 6-Exercise Bodyweight Circuit on Days 2 - 4 - and 6 this week at **Level 3 OR Level 4**.  
Rest on days 1 - 3 - 5 and 7.

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.

Level FOUR is: \*Perform the movement for ~90 to 120-seconds of Time Under Load.  
\* Pause at the *harder* range-of-motion.  
\* 5 – 5 – 5 count (progressing to a full 5-second pause at the harder range of motion).  
\* Note: With ~90-seconds of TUL, this would equal 5 to 6 reps.

## Your Training Diary

Time Under Load (seconds)

Your Training Notes

Day 1

**REST today.**

Day 2

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 3

**REST today.**

Day 4

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 5

**REST today.**

Day 6

Push Up

Chin Up

Table Bridge

Pike Push Up

Calf Raise

Squat

Day 7

**REST today.**