

RESTORE: The Bodyweight Strength Program - Week 8 Training

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

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.	