

My Favorite Bodyweight Workouts

This is a collection of some of my favorite bodyweight workouts I have ever put myself through. Most of them are geared towards conditioning and fat loss.

Secret Training Methods

A word about effectiveness. These workouts DO cause rapid changes in your body and can make you perform like a machine when done on a consistent basis. I'm not going to claim you will [lose 30 pounds in 30 days](#) or that this is the shortest route to a [ripped six pack](#) even though both of those ARE probably true. Claims of that nature are not the purpose of this report.

What's the purpose? To have a lot of fun doing some really wacked out workouts that produce results using only your bodyweight!

Future Additions

It's my hope that this little gem of a book will grow in the years to come. If you have DONE (I don't care what you have heard about) a workout, or have a video, please email it to me and I will include it in future additions.

Name the exercises, time to completion or any other factors that make the workout so awesome.

Here is the email: buildingbodies@hotmail.com Let me know what it is about by putting "Killer Workout Dude" in the subject line. Something like that I won't delete!

A Note About Being Advanced

Being advanced is about intensity. Being advanced is not about standing on one foot and patting your head while you rub your abs with a foam roller.

Being advanced is not about how complicated or ingenious your program is. Being advanced is about how much of your heart you put into ANYTHING.

Intensity is achieved by applied resistance, speed, power output, time under load and time to completion of certain tasks.

You are training intense like an advanced trainer if:

- If you are breathing like you just pulled a freight train up a hill
- You are sweating like a desert troop in full kit including ballistic plates.
- You feel like your lungs are leaking turpentine.
- You can taste the enamel of your teeth.
- You cough and then start looking for the closest garbage can.
- You lose hearing temporarily in one or both ears.
- You have trouble focusing on stationary objects like after you had a dozen brews.
- You don't think its safe to drive after training.
- You wish you weren't driving a standard after your workout.

If you just read that and don't know what the hell I'm talking about, then you are still working in the beginner to intermediate realm and that's perfectly o.k. I just make those statements so that people don't confuse being advanced with how complicated a workout routine is. It's about how hard you train while you are training. Get to those places of "glory on the battle field" and see if the body, performance and energy you haven't achieved with other programs doesn't come faster than a fat kid called to supper.

Where All These Routines Came From

All the routines that you've got your paws on came from my last 15 years of working out. I picked up a few good ones from when I did competitive bodybuilding. I created a lot of them for my commando cardio class. I learned a lot from CrossFit, gymnastics and parkour. Some came from training athletes and MMA guys. A good portion of them came from my infantry days in the Canadian Army.

At any rate, where they came from doesn't matter as much as where they will TAKE YOU.

These workouts can be thrown together in a standard routine of your own making. You could also skip from one to another and keep your body guessing, that's what I do. What you will end up with is a body that performs like a machine, with an above average amount of muscle and very low body fat.

So without further delay, lets take a look at the routines.

How They Are Labeled

All the workouts here obviously work everything. Lungs, muscles power output, but some are more geared towards certain goals than others. Then there will be a designation as to what is mostly achieved by doing the workout like so:

- BB (muscle growth and stimulation)
- CC (cardio conditioning slash performance)
- GTI (Get Through It. These work just about everything but the real challenge is CAN YOU MAKE IT THROUGH?)

If you need to learn how to do any of these exercises they can all be found at <http://www.fasterleanerstronger.com>

Leg Orientated - GTI

The Tripod

- Lunge 100 feet
- Do 50 Squats to below parallel (use a 20 lb medicine ball or equivalent to keep depth honest)
- 25 Hyperextensions / back extension or last choice, stiff legged deadlifts.
- Repeat 5 times without any rest.

Vertical – BB-CC

This one is done with no rest until all sets are completed for all three rounds. First round is 21 reps, second round is 15 reps and the last round is 9 reps.

- Squat cleans (deeper than usual clean) Use anything that isn't bolted down for resistance.
- Burpee's
- Bodyweight squats

The Burner – CC-BB

This is probably one of the hardest ones in this collection. Its hard because you are racing the clock. If you pace yourself, it really isn't that bad. If however you try to get it done in under 20 minutes, it will beat the tar out of you.

Three rounds for time of:

35 Double-unders

Thrusters, 25 reps (Use a heavy backpack, sandbag, brick, whatever!)
15 Pull-ups

Shoot for under 20 minutes, sub 15 minutes is rocking. The double unders is what will slow you down unless your lungs collapse first. When you get really fatigued, the coordination needed to have the rope pass under your feet twice starts to fall apart. Then you get frustrated because the time is ticking away and your frustration makes it all the harder to relax and get the timing right.

Full Body Jammers – BB-CC

The Big Three

If you're a powerlifter, actually you're probably not a powerlifter, this isn't really your bag. Any way, this isn't the traditional Big Three, the squat, deadlift and bench press. This is another big three. The squat clean, chest dip and pull ups.

Pull ups are over hand and chin ups and under handed grip. So this one is a heavier one, but of course we still have to put a bit of suck in there so it is a triset and you get to rest as long as it takes your partner to do his 3 exercises in a row.

The reps are 15/12/9. I go 9 instead of ten because by the time you get there, it is very cool to know its only a single digit rep count to go.

Squat Clean (Use anything not bolted down for resistance)

Chest Dips (between chairs works great, so does the kitchen counter at the corners)

Pull ups with bodyweight.

(Any time you see chinups, if you don't have a doorway chinup bar, you can place a broomstick across two chairs, lie beneath it on the floor and pull yourself up. You can also throw a towel over a basement beam and hold onto the towel.)

You and your partner should be able to complete this in a combined time of 20-25 minutes. Then you can just lay there and stare at the ceiling.

QM + – Not Quarter Master But Quadrupedal Movement – CC-GTI

Quadrupedal Movement is using all four of your limbs to move. You will be on the floor on all fours like a dog. It provides greater stability and often sets up for quicker or more powerful movement, especially when changing height quickly. Great for obstacle courses and FIBUA (fighting in built up areas). An example would be dropping to all fours before dropping off a wall, or after popping up on a wall, using your hands for a few steps before moving to an upright position.

All Movements are done for 2 minutes with a 1 minute break. Each movement is repeated 4 times before moving onto the next.

- Lope (same side leg and arm move at same time.)
- Alligators (opposite hand and foot move at same time)
- Gallop (both hands hit and pull and then both legs follow like a rabbit)
- The cross (take a 45 degree angle to the direction you are traveling and then do a cross between the gallop and the lope.) One foot hits, then the other, then hand, hand. You'll look like a gorilla running kind of sideways.
- Take a complete 2 minute break and then...
- Get a 50 foot long space (25 x 2 or 10 x 5, whatever) and do burpee races. You do a burpee and jump forward and keep doing it until you reach the finish line. Rest 30 seconds and repeat 4 more times with a 30 second rest after each race.
- Barf

Anywhere Anytime – CC- BB

This is a favorite of mine. Grab a stopwatch and set it at a one minute countdown. You are going to go for twenty minutes straight. Every minute, one the minute you are going to do:

- 5 chin-ups with a towel not a bar. Loop the towel over the bar and hold onto that. One hand on each end.
- 10 pushups
- 15 bodyweight squats (below parallel)

At first you will probably end up with about a 30 second break before the minute is up. Around rounds 10-13, you'll notice that time getting lower and lower. By the end of it, you'll really have to put out to keep ahead of the clock.

This is one routine that I've yet to conquer. The hands go on the chins, if the back doesn't go first. You might get a little lung burn too...

CrossFit's – Mary – BB- CC

- 5 HSPU'S

- 10 Pistols (one leg squats – alternating, 5 per leg)
- 15 Chin-ups (I do them holding a towel, not a bar)

We do this one for 30 minutes and complete as many rounds as possible. In our "aerobics room" at the gym we have no chin-up bars so we improvise. We take down two heavy bags and throw a towel through the chains and do chins on that. We also have 20 foot ceilings with rafters. With those we throw some rope around it, tie it off in a loop and melt the ends of the rope. Then we can throw a towel through the rope and hold onto that for chins.

Works like a charm.

Smack That - CC

- 10 Burpees with pushup and a jumping knee tuck
- 10 squat cleans (whatever you can find for resistance). You could also use a 20 lb med ball.
- 7 rounds, no break.

Do it for time and beat it each workout. The other option is to try and keep the time the same and continually up the weight on the squat cleans. It depends on what is more important to you, size or speed...hopefully both.

Floor Dance – BB- CC- GTI

So simple yet so hard. This is a combination of HSPU'S and Chinups. You're racing the clock on this one doing the two exercises in superset style. The only difference is you do not rest after the superset. I guess that makes it circuit training then doesn't it? Not your regular "Curves or Goodlife" circuit eh? Complete it as fast as you can.

Chinups (or the broomstick trick)
HSPU'S Bodyweight

The reps are 21/15/9 Get all three sets done as fast as you can. You can see a video of this workout on the website here using deadlifts instead of chinups:

<http://buildingbodies.ca/exercise/index.php/the-11-minute-workout/>

Boot Camp Conditioning Routine - CC

**The 3x30
Light Dumbbells**

The weights for this need to be so light that you can even use two cans of soup!

Start off with one minute of:

- Jumping Jacks
- Bodyweight Squats
- Sit-ups
- Pushups
- Stretch

Pushups

Jump Squats

Sit-ups

3 sets of 30 reps, no rest.

Lateral raises

Squatting position Dumbbell curls

Bench Dips

3 sets of 30 reps with one minute of jumping jacks in-between.

Hip rolls on bench x 30

Twisting crunches x 30

Bridge or plank 1:00

Do this three times through nonstop.

Hop up on bench jump squats x 30

Single leg step up – 30 per leg

3 sets nonstop

Burpees on bench 3 x 20

Boot strappers 3 x 20

Jumping knee touches for 1:00 just for a little active cardio!

If you need more, move onto some calves. If you can find a step then great, you can rock out 3 sets of standing single leg calf raises supersetted with some static squat hold seated calf raises. Hit them for 30 reps per set.

Advanced Conditioning Workout Routine – CC - GTI

The House of Pain Deck of Cards Workout

Start off with one minute of:

- Jumping Jacks
- Bodyweight Squats
- Sit-ups
- Pushups

Assign each suit of the deck with an exercise. Here is what I usually pick.

- Clubs – Burpees on bench or floor
- Spades – Walkouts
- Hearts – Sit-ups
- Diamonds – Pushups

This is the easiest assignment. Whatever number card you pick, you do the number of the card with the exercise for that suit. For example, the jack of clubs would be 10 Burpees. All face cards are 10. Black jokers are 100 squats in 4 minutes. Red jokers are 75 sit-ups and every five you flip to do a pushup in 4 minutes. You do ten cards nonstop and then take a 30 second break.

If all is going well there, then try this.

- Clubs – Burpees off the floor
- Spades – Dive Bombers or Hindu Pushups. This is a killer if done right.
- Hearts – Sit-up then standup and do two punches (jab, straight) and two kicks (left and right).
- Diamonds – Jumping lunges

Start fast and attempt to complete all the cards and jokers by the end of 60 minutes. If you start to fade on the high impact exercises, throw in a rest. You do this by automatically adding the equal amount of jumping jacks followed by step-ups as the previous card had you doing. For example: An eight of hearts would mean 8 sit-ups, 8 jumping jacks and 8step-ups, then flip the next card.

There you go. A couple great conditioning routines that can be done anywhere and anytime with no equipment at all. Get ready to fight!

Centurion

You are going to do 100 reps of the first exercise of each pair. Here is the catch. Every 5 repetitions, you do ONE rep of the second exercise in the pair. You keep going that way until you reach a total of 100 repetitions on the first exercise. Then without rest, you move onto the second pair of exercises and so on and so forth until you are completed. This one is incredibly hard! **The day you finish this routine is the day you can truly say you are FIT.**

Jumping Jacks To Sit-ups
 Sit-ups To Squats
 Squats To Pushups
 Pushups – Burpees
 Burpees - lunges

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HSPU's – HANDSTAND PUSH UPS.

The handstand pushup is a type of press-up exercise where the body is positioned in a handstand. The feet are either placed against a wall for support or, if the exercise is performed free-standing, held in the air. Handstand pushups require significant strength, and also balance and control if performed free-standing.

The movement can be considered a bodyweight parallel to the military press, while the regular pushup would be a parallel to the bench press.

Handstand pushups increase the load on the triceps brachii muscles significantly over regular pushups, with the arms having to hold almost 100% of the body's weight rather than an average of 60% during normal pushups. Load is also shifted from the Pectoralis major muscle to the Anterior deltoids due to the shoulders exerting in adduction while externally rotated, rather than transverse flexion. The trapezius are also involved in elevating the shoulders.

In free-standing handstand pushups, the core muscles and hand muscles are both used to keep the body balanced, from falling over back, forward, or to either side, and to maintain posture. This makes it a much stronger exercise for the wrist flexors, core and legs compared to regular pushups.

Due to the difficulty of the exercise, it is common to begin training with simpler, related movements, such as holding a static handstand position, performing the movement with a reduced range of motion, and performing only the eccentric portion of the movement.

The range of motion of a handstand pushup can be increased by placing the hands on objects elevated from the floor, such as chairs. This allows the head to be lowered below the level of the palms, greatly increasing the difficulty of the movement. Difficulty can also be increased by adding further resistance, either in the form of weights attached to the torso or legs, or resistance bands.

PISTOLS – A freestanding one-legged squat where the non-lifting leg is held in free space. In the beginning you can put a support a varying levels of depth under your butt and gradually lower it as you get stronger. You can also hold onto a door frame or squat rack.

BURPEE

The burpee is a calisthenic exercise performed to increase strength and explosiveness. Performed in repetitions, it also improves cardio-vascular fitness.

1. Start in a push up position.
2. Quickly jump feet forward to a squatting position, like in a squat thrust.
3. Jump high into the air, bringing your knees up to your chest.
4. Land with feet together, on the balls of your feet.
5. Drop back to a squat.
6. Jump feet back to position #1.
7. Repeat many times.

With practice the exercise can be done in a fluid, constant movement without pauses. This exercise can be performed in a relatively small area. Many variations can be added, such as performing a push up between steps #1 and #2 which is the version always used in my clients training and in the [Fat to Fit Program](#).

HINDU PUSHUPS

Start the Hindu pushup with your legs wide apart, your hands planted on the ground and your midsection raised high into the air so that your body forms an inverted "V."

Make sure to keep your head down so you don't strain your neck. Swoop down from the starting position in a controlled and paced way. The descent places lots of tension on your arms and upper chest so you might be tempted to just fall into the descent. Despite this, you should maintain control so that you end up in the down position with your back straight. From here, swing forward so that you arch your back and look up to the ceiling.

Push back up. This final stage is where the difference between the Hindu and the famous dive-bomber pushup comes in to play. While the dive-bomber requires that you bend your arms to come back to the starting position, with the Hindu version you keep your arms straight and bend your back to get to the starting position.

Get back to the starting position and repeat. Once you're back in your starting position you should immediately descend into the swoop and begin the process again.

WALKOUTS

This is a simple one that will probably be better understood by watching the video that you can see here:

<http://buildingbodies.ca/exercise/index.php/bodyweight-exercise-walkouts/>

From the standing position, bend over so both hands are on the floor. From here, "walk" your hands out until you are in the pushup position. At this point you have two options; do a pushup or simply pause briefly. Whatever version you choose, immediately reverse the movement and go back to standing. Interlock your fingers and press them out overhead in a totally "arms locked" position.

JUMPING LUNGES

Everything about jumping lunges is the same as a normal lunge except that the switching of the legs is done mid-air as you hop up from the bottom position of one leg and land in the bottom position of the other leg. You can even do it three way style in which you would go, lunge/hop, lunge/hop land in the bottom of a squat/hop back to the beginning lunge leg.

This Is The End

That should keep you pumped with some new workouts for a while. You can rotate them up in several different ways;

- Three on one off
- Every other day
- Two on one off
- Five on, weekends off (if you keep it light..but who wants to do that!)

When you mix them up with the [Fat 2 Fit Program](#), you could get scientific or simply do the workout that will prioritize the only body parts that aren't sore. More often than not, when hitting these kinds of workouts, you keep training until you hit the day that when you wake up, everything is pumped and stiff. That's your rest day.

On your rest days, if you are an overachiever, this is probably the only time you can sit on the couch and play X-Box without feeling like you're a slug. Enjoy it, that's what rest days are for.

Play hard and train hard. Do everything with intensity, including life.



Ray Burton

[BuildingBodies Personal Training](#)

<http://www.sixpackabdominals.com>

<http://www.fasterleanerstronger.com>

<http://www.fatfitprogram.com>