

## BODYWEIGHT TRAINING COURSE MATERIAL

Bodyweight Training is a suitable training tool for STRENGTH and MOBILITY. During the courses we mainly discussed how to get stronger:

- Do short sets of challenging / hard repetitions.
- Body TIGHTNESS is key when working with strength movements.
- Focus on three main movements: upper body PUSH, upper body PULL and LOWER BODY.
- Usually around 5 repetitions in a set works just fine.
- Do at least 3 sets for a given movement. During your training program you can do up to 5 sets per movement.
- Training session can be short: 20–30 minutes focusing on the main movements will make you stronger. You don't need to get exhausted to get stronger!
- Use long ranges of CONTROLLED motion for mobility gains. Focus on control especially when doing the negative (eccentric) part of the movement. This will boost your strength development.

### FULL BODY FLOOR WORKOUT:

1. Push up
2. Dead bug
3. Back arch with arm reaches
4. Squat + reverse lunge

PUSH UP



DEAD BUG

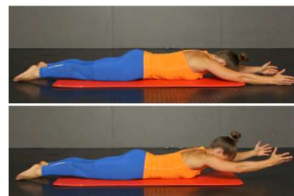


### MOVEMENTS FOR STRENGTH

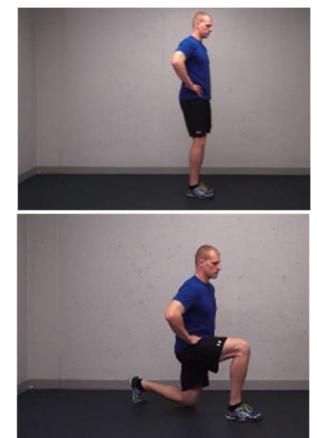
#### UPPER BODY PUSH AND CORE:

- Push up
- Dip
- Tuck / L-sit hold with parallettes
- Hollow body / star with good compression

BACK ARCH



REVERSE LUNGE



#### UPPER BODY PULL:

- Body row (TRX, bar, gym rings)
- Scapular (shoulder blade) pull
- Pull up / chin up with rubber band
- Slow negative pull up / chin up

#### LOWER BODY:

- Pistol squat progression
- Hamstring-back extension
- Back arch
- Squat + reverse lunge