

LEVELS →		BEGINNER		INTERMEDIATE		ADVANCED	
Workout type ↴		12-15 reps per set	SETS	10-15 reps per set	SETS	8-12 reps per set	SETS
M	Strength Upper body (push/pull)	1. Bent-knee dip (using chair) or wall push-up 2. Incline pike push-up 3. Door row (using towel) or assisted chin/pull-up (machine or resist. band) 4. Partial door row (using towel) or assisted partial chin/pull-up (machine or resistance band)	3 2 3 2	1. Assisted dip (using machine or resist. band) or incline push-up 2. Pike push-up or shoulder press (using free weights, machine or resistance band) 3. Assisted chin-up (mach./resist. band) or Australian pull-up 4. Assisted partial chin-up (machine or resistance band)	2-3 1-2 2-3 1-2	1. Dip 2. Decline pike push-up 3. Chin-up or pull-up 4. Partial chin-up	1-2 1 1-2 1
T	Cardio (HIIT)	17 mins		17 mins		17 mins	
W	Strength Lower body (push/pull) Overall body (push/pull)	1. Chair squat or partial bodyweight squat 2. Good morning exercise or lying leg-curl 3. Straight bridge or shoulder bridge	3 2-3 2-3	1. Assisted pistol squat (using chair) or bodyweight squat 2. Assisted single-leg bent-over balance touch (using chair) or bodyweight leg-curl 3. Assisted Romanian single-leg deadlift (using sliders) 4. Neck bridge	2 1-2 1-2 1-2	1. Single-leg (pistol) squat 2. Single-leg bent-over balance touch 3. Single-leg deadlift 4. Back bridge	1 1 1 1
Th	*Cardio (LISS/MISS)	30-40 mins		30-40 mins		30-40 mins	
F	Strength Upper body (push/pull)	Same as for Monday					
Sa	Rest	—		—		—	
Su	Cardio (LISS/MISS)	45 mins		45 mins		45 mins	

NOTE: There are literally countless exercise type possibilities, depending on your level and whether you prefer bodyweight-training or using machines (which mimic the same movements). The advanced level lists my personal favorites. I've also included what I see as the most logical regressions for the beginner and intermediate levels. Again, these can be done at home or in a gym, using appropriate machinery. If you can do the more advanced moves before the recommended time, great! You shouldn't hold back just because of the prescribed time guidelines. But even if you're ready to leapfrog the beginner level, you should still aim to devote 12 weeks to the program, whether that's 4 weeks per level, or 8 weeks intermediate and 4 weeks advanced. Specialized training, including variable speed methods or other isolation techniques, fall outside the scope of this book. Also, as long as you fulfil the overall plan, feel free to reorder your "free day" to another day. *Switch between 2-3 cardio sessions a week if you're at maintenance weight, or if you want add mass.