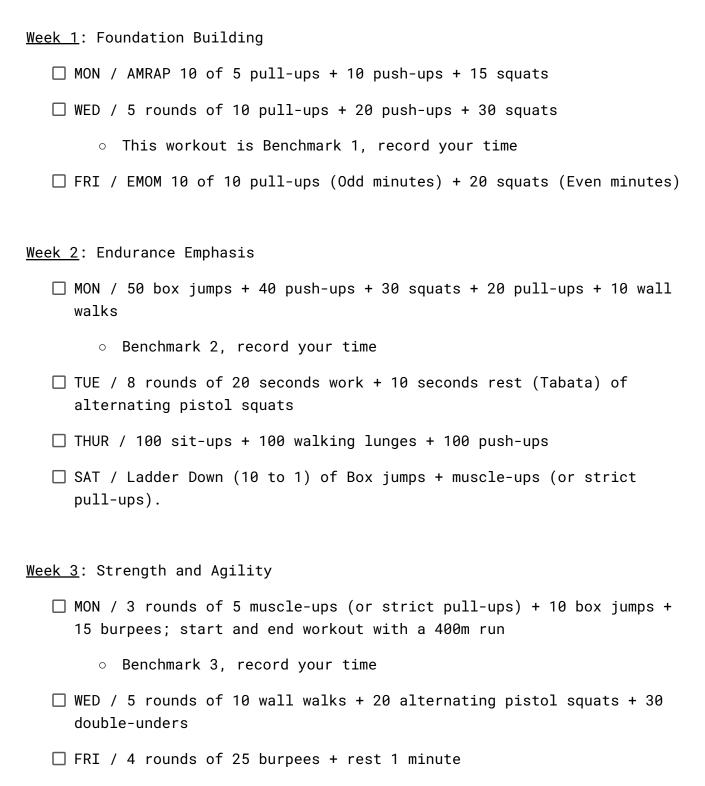
LOW TECH HIGH IMPACT

A Bodyweight-Only Approach to Physical Preparedness





This series of bodyweight-only workouts are structured to progressively challenge your fitness while allowing for adequate recovery and ensuring variety and balance in the types of workouts (AMRAP, EMOM, etc.) and their focus areas (strength, endurance, agility).





Wee	<u>ek</u>	<u>4</u> : High-Intensity Focus
		MON / 100 walking lunges + 90 sit-ups + 80 squats + 70 push-ups + 60 burpees
		TUE / EMOM 12 of 5 muscle-ups (or strict pull-ups) + 15 push-ups
		WED / Pyramid (1 to 10 to 1) of pull-ups + push-ups
		FRI / 100 burpees, stop every 3 minutes and do a 50m sprint or equivalent shuttle run
		SAT / Tabata pull-ups, rest 3 minutes, then Tabata push-ups
Week 5: Recovery		
		MON / AMRAP 12 of 5 muscle-ups (or strict pull-ups) + 10 box jumps + 15 double-unders
		WED / Ladder Up (1 to 10) of burpees + sit-ups + double-unders
		FRI / 5 rounds of Run 400m + rest 1 minute
<u>Week 6</u> : Progressive Overload		<u>6</u> : Progressive Overload
		MON / 30 burpee broad jumps + 30 deck squats + 30 alternating pistol squats + 30 sit-ups
		TUE / EMOM 20 of 12 box jumps (1st minute) + 24 walking lunges (2nd minute)
		THUR / AMRAP 20 of 5 wall walks + 10 deck squats + 15 burpee broad jumps
		SAT / Run 400m + 40 deck squats + run 400m



☐ MON / 6 rounds of 5 bar muscle-ups (or strict pull-ups) + 10 burpees + 15 box jumps \square TUE / Pyramid 10-20-30-40-50-40-30-20-10 reps of double-unders + walking lunges ☐ WED / Ladder Down (10 to 1) of pull-ups + push-ups + squats ☐ FRI / Tabata squats, rest 3 minutes, then Tabata sit-ups \square SAT / 6 rounds of 10 muscle-ups (or strict pull-ups) + 20 sit-ups + rest 1 minute Week 8: Peak Performance \square MON / 5 rounds of 10 pull-ups + 20 push-ups + 30 squats ☐ TUE / 100 burpee pull-ups, stop every 3 minutes and do a 100m sprint or equivalent shuttle run ☐ WED / AMRAP 8 of 10 box jumps + 16 alternating pistol squats ☐ FRI / EMOM 15 of 15 sit-ups (1st minute) + 30 double-unders (2nd minute) + 15 burpees (3rd minute) \square SAT / 50 sit-ups + 75 walking lunges + 100 push-ups + run 800m Week 9: Tapering and Skill Refinement \square MON / 3 rounds of run 400m + 15 burpee broad jumps + 30 sit-ups ☐ WED / Pyramid (1 to 10 to 1) of alternating pistol squats + burpee broad jumps ☐ FRI / 200 double-unders + 100 push-ups + 50 walking lunges + 25

Week 7: Varied Intensity

sit-ups



Week 10: Benchmarks revisited

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MON / Benchmark 1: 5 rounds of 10 pull-ups + 20 push-ups + 30 squats (compare to Week 1)
□ THUR / Benchmark 2: 50 box jumps + 40 push-ups + 30 squats + 20 pull-ups + 10 wall walks (compare to Week 2)
□ SUN / Benchmark 3: 3 rounds of 5 muscle-ups (or strict pull-ups) + 10 box jumps + 15 burpees; start and end workout with a 400m run (compare to Week 3)
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Each workout can be adjusted based on your performance and recovery needs. Listen to your body and scale the exercises as needed. Remember, consistency and proper form are key to progress and injury prevention.

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