

LOW TECH HIGH IMPACT

A Bodyweight-Only Approach to Physical Preparedness



T E P P O



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).

Week 1: Foundation Building

- MON / AMRAP 10 of 5 pull-ups + 10 push-ups + 15 squats
- WED / 5 rounds of 10 pull-ups + 20 push-ups + 30 squats
 - This workout is Benchmark 1, record your time
- FRI / EMOM 10 of 10 pull-ups (Odd minutes) + 20 squats (Even minutes)

Week 2: Endurance Emphasis

- MON / 50 box jumps + 40 push-ups + 30 squats + 20 pull-ups + 10 wall walks
 - Benchmark 2, record your time
- TUE / 8 rounds of 20 seconds work + 10 seconds rest (Tabata) of alternating pistol squats
- THUR / 100 sit-ups + 100 walking lunges + 100 push-ups
- SAT / Ladder Down (10 to 1) of Box jumps + muscle-ups (or strict pull-ups).

Week 3: Strength and Agility

- MON / 3 rounds of 5 muscle-ups (or strict pull-ups) + 10 box jumps + 15 burpees; start and end workout with a 400m run
 - Benchmark 3, record your time
- WED / 5 rounds of 10 wall walks + 20 alternating pistol squats + 30 double-unders
- FRI / 4 rounds of 25 burpees + rest 1 minute



Week 4: 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

Week 6: 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



Week 7: Varied Intensity

- MON / 6 rounds of 5 bar muscle-ups (or strict pull-ups) + 10 burpees + 15 box jumps
- 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
- SAT / 6 rounds of 10 muscle-ups (or strict pull-ups) + 20 sit-ups + rest 1 minute

Week 8: Peak Performance

- 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)
- SAT / 50 sit-ups + 75 walking lunges + 100 push-ups + run 800m

Week 9: Tapering and Skill Refinement

- 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 sit-ups



Week 10: Benchmarks revisited

- 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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