

IN-HOME BODY WEIGHT WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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In-Home Body Weight Workout Routine

Training Volume:

5 days a week

- 25 Plank to Push-Ups
- 25 Pull-Ups
- 50 Push-Ups
- 50 Air Squats
- 50 Sit Ups
- 50 Step Ups
- 50 Push-Ups
- 25 Pull-Ups
- 25 Plank to Push-Ups

Workout Instructions

I don't know if anyone thinks this routine looks familiar, but it should. This format was used for the 300 movie, which we've now seen two workout routines for (one was a revamp). That being said, we know this is a circuit.

A circuit, as we should know, is constant movement. That means you're not taking rest time between each "set", because there aren't any sets here. This is just one straight routine; all the way through.

That might sound scary.

Don't worry though, that brings us to the topic of scaling.

Scaling

I've already discussed scaling for pull-ups, that much we know. But, I also want to touch on the scaling for the rest of the workout. Being that it's all body weight movements your goal is to obviously be able to do the full movement (and even possibly weighted eventually).

Pull Ups: Assist band or Body Weight Rows or Pike Push-Ups

Push-ups: Knee Push-Ups

Plank to Push-Ups: 30-60 Second Plank Hold

Pauses and Breaks

Now finally we get to that part about not taking any breaks. The best way to scale this for beginners is to pace. I know I said no breaks, but technically speaking you're going to need to "break" them up. When first starting out you can do 5-10 at a time, stop, pause, breathe, and continue. This doesn't mean stop for 30-60 seconds, but this is a pause to allow you to keep moving.

Alright, that's basically all you need to know to get going.