

# 30-Day Bodyweight Training Program

SCALABLE FROM BEGINNER TO ADVANCED



INTERNATIONAL  
SPORTS SCIENCES  
ASSOCIATION

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## About the Author

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Josh Bryant is a world-renowned strength coach. He was a record-setting powerlifter strength athlete and has coached multiple world record holders in various strength events. Recently, by demand, Josh has transitioned into working with tactical athletes. Josh is a best-selling author and gives seminars around the world.

# Bodyweight Training



Using bodyweight as resistance is one of the best ways to construct a workout program that will not be affected by quarantines, shelter in place orders, or gyms being inaccessible.

A bodyweight workout can be completed anywhere, anytime and without equipment. Properly applied, bodyweight workouts can help you make real gains in functional strength and synergistically construct an aesthetically-pleasing physique.

## CLOSED KINETIC CHAIN

Bodyweight training is not just something you need to do in lieu of gym access, as many of many clients discovered over the quarantine. It has its own unique benefits over traditional exercises; let's take a look.

Case in point, bodyweight movements are considered closed kinetic chain exercises. In basic terms, a closed kinetic chain exercise is one in which you move, while an open kinetic chain exercise is one in which the weight moves. A bench press is an open kinetic movement because your effort moves the weight (attached to a bar) up and down. Contrasted to a push-up which is a closed kinetic chain movement because your effort moves your body up and down.

## FUNCTIONAL STRENGTH

Closed kinetic movements build real-world strength because they train the body to move its own weight, a requirement for nearly all real-world activity, from lifting yourself off your couch to any nearly any movement in sport.

Long-term, [closed kinetic chain exercises](#) are safer, because they allow your body structure to determine the movement pattern of the joints. This allows for a more natural range of motion that aids in removing excessive stress from the joints and empowers your muscles to perform the workout. With this natural range of motion, joints are less likely to be injured, and muscles more effectively get stronger and grow.

Moreover, most bodyweight exercises are categorized as [compound exercises](#), meaning that they are multi-joint movements that work several muscle groups simultaneously. Performing big compound exercises (as opposed to small, isolated movements) release a large cascade of anabolic hormones and leads to superior strength gains.

The bottom line is, with bodyweight strength training, lack of training equipment, time, transportation, or funds can no longer stop you from reaching your fitness goals, empowering you to master your fitness destiny.

## STRENGTH/CARDIO

Regardless of accessibility to equipment and how many zeros you boast in your checking account, there is one thing you cannot do: create more time. By increasing the density of the workout, i.e., increasing the tempo of bodyweight exercises and decreasing the rest intervals between sets, you can transform a bodyweight training session into a synergistic blend of a high-intensity cardio session and a strength-training session in 30 minutes. With the right effort, you will be amazed at what you accomplish.



## SCALING DOWN

If you or a client is unable to perform a specific bodyweight movement, follow each step below for the individual exercise(s), once you can accomplish each progression within the step, move to the next step (don't skip steps or progressions).

Let's say a client weighs 400 pounds and is fairly novice to strength training and a session calls for 10 push-ups; have that client start off with step 1, progression 1. Once that is mastered, go to step 2. Regardless of quarantines, this gives those unable to do traditional bodyweight exercises an effective tool to use and a way to quantifiably track their progress and overload their training. Emboldened with this knowledge, you have now just opened the door to a vast majority of sedentary clients being able to benefit from bodyweight training!

# Progression In Bodyweight Training



## Progression to Pull-Ups/Chin-Ups

**STEP 1:** Chin-ups/Pull-ups on straight bar (knees bent) - horizontal rows/inverted rows

- Progression 1: 2 sets of 5 reps
- Progression 2: 3 sets of 8 reps
- Progression 3: 3 sets 12 reps
- Progression 4: 3 sets 10 reps (5-second eccentric/lowering phase, explosive pull-up)

**STEP 2:** Chin-ups/Pull-ups on straight bar (feet straight) - horizontal rows

- Progression 1: 2 sets of 5 reps
- Progression 2: 3 sets of 8 reps
- Progression 3: 3 sets 12 reps
- Progression 4: 3 sets 10 reps (5-second eccentric/lowering phase, explosive pull-up)

**STEP 3:** Flexed Arm Hang

- Progression 1: 3 sets flexed arm hang hold 12 seconds, 3 sets 12 inverted rows
- Progression 2: 3 sets flexed arm hang hold 21 seconds, 3 sets 12 inverted rows (3- second eccentric phase)
- Progression 3: 2 sets 30 seconds, 3 sets 12 inverted rows (5-second eccentric phase)

**STEP 4:** Eccentric Chin-ups/Pull-ups

- Progression 1: Band-assisted chin-ups 3x3, eccentric chin-ups (jump up lower to full extension, take 5 seconds) 3 sets 4 reps
- Progression: 2: Band-assisted chin-ups 4x4, eccentric chin-ups (jump up lower to full extension, take 7 seconds) 3 sets 4 reps
- Progression 3: Band-assisted chin-ups 5x5, eccentric chin-ups (jump up lower to full extension, take 8 seconds) 3 sets 4 reps

Now you are ready to do legit pull-ups/chin-ups. While the terms pull-up and chin-up can be used interchangeably, a pull-up is performed with an overhand grip (pronated), a chin-up with an underhand grip (supinated). If you want to perform chin-ups, do the exercises above with an underhand grip. If you want to perform a pull-up, do the exercises above with an overhand grip. We suggest mastering the chin-up before the pull-up, because the pull-up is typically more difficult.

## Progression to One-Armed Pull-Ups/Chin-Ups

After you master the pull-up/chin-up, you can progress to a one-armed variation. Have a band hanging from a bar, one hand grips the band and the other hand grips the bar. Pull yourself up. Once that gets easier, move your hand further down the band. This provides less assistance. Another variation is to progress toward the one-arm pull up (just like Rocky Balboa). Grip the offhand on the wrist. As this gets easier, move your hand down toward your forearm.

## Progression to Pistol Squats

**STEP 1:** Use a box to do a pistol squat (touch butt to box like a box squat). For the next set, put non-squatting leg straight out in front of you, squatting down on opposite leg.

- Progression 1: 1/4 squat x 2 x 10 reps (each leg)/both ways
- Progression 2: 1/2 squat x 2 x 8 reps (each leg)/both ways
- Progression 3: 2/3 squat x 2 x 7 reps (each leg)/both ways
- Progression 4: 3/4 squat x 2 x 6 reps (each leg)/both ways
- Progression 5: 7/8 squat x 2 x 6 reps (each leg)/both ways
- Progression 6: Full squat x 2 x 6 reps (each leg)/both ways

**STEP 2:** Use bands around a power rack to grab for stability.

- Progression 1: 1/2 squat x 2 x 8 reps (each leg)
- Progression 2: 3/4 squat x 2 x 8 reps (each leg)
- Progression 3: Full squat x 2 x 6 reps (each leg)
- Progression 4: As you get more comfortable, use a thinner band

**STEP 3:** Time to do a pistol squat!

## Progression to Push-Ups

**STEP 1:** Wall push-ups with feet close to wall.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 2:** Wall push-ups with feet further away from wall.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 3:** Knee push-ups with feet on ground.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 4:** Knee push-ups with feet raised up and knees on ground.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 5:** Time to do a real push-up!



## Progression to Handstand Push-Ups

**STEP 1:** Downward dog position (a yoga position in which your face is down and butt is up, with hands and feet on the floor), with head between shoulders. Drive head forward to ground and touch, then push up.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 2:** Start elevating feet higher by using a small plyometric box. Keep head between shoulders and drive head forward toward the ground. Touch your head to the ground and push up.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 3:** Continue to elevate to a higher plyometric box.

- Progression 1: 2 x 10 reps
- Progression 2: 2 x 15 reps
- Progression 3: 2 x 10 reps (5-second eccentric)

**STEP 4:** Time to do an authentic hand stand push-up!

## Progression to One-Armed Push-Ups

Of course, you must be able to complete a regular push-up!

**STEP 1:** Wall one-armed push-ups with feet close to wall.

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 2:** One-armed wall push-ups with feet further from wall.

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 3:** One-armed push-ups on knees with feet on ground.

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 4:** One-armed push-ups on knees with feet raised up and knees on ground.

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 5:** One-armed push-up using a box or object to place one hand on while the other hand is on the ground (medicine ball works great).

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 6:** Wrap a band around a power rack, step through it and pull the band around your chest. Do one-armed push-ups with band giving assistance on the way up.

- Progression 1: 2 x 10 reps (each arm)
- Progression 2: 2 x 15 reps (each arm)
- Progression 3: 2 x 10 reps (5-second eccentric) (each arm)

**STEP 7:** Time to do a real one-armed push-up!

Not all these exercises are in our program at the end of this content, but it is something to try post-completion of the program. Plus, it plants the seeds of knowledge so you can design your own set of progressions for other bodyweight movements.

# Scaling Up



The biggest misconception about bodyweight training is that it is not scalable; as you have already seen, you can scale it down, let's look at how to scale it up!

## Focus on Tempo

Slowly lowering yourself increases intensity with prolonged tension and ups the mind-muscle link. If you really want to crank things up, execute bodyweight exercises with maximum speed on the concentric in a compensatory acceleration style, think gravity-defying plyometrics push-ups where you literally get airborne.

## Move from the Midline

More distance between muscles and what you are trying to lift decreases mechanical advantage. Case in point, lunges with your hands above your head are more difficult than with your hands by your side.

## Use Paused Reps

A one-second pause eliminates nearly half of all assisting elastic-like energy stored on the negative. Next time you do pull-ups, hold the rep for a second or two at the top of the movement—as you will see, it becomes much more difficult!

## Increase Range of Motion

This increases the mechanical work you perform and emphasizes the stretch. An example of this principle in action is push-ups with your hands and feet on elevated boxes. As you go down, you lower your torso between the boxes (where the floor would normally stop you).

## Go Unilateral

This builds better balance and core stability, and it exploits the bilateral deficit. Simply, it is much more difficult because of increased strength and coordination demands. Still in doubt? Do a traditional push-up then try a single-limbed one.

## Add Resistance

Ever see someone do band-assisted pull-ups? For cops, tactical and combat athletes have been executing bodyweight movements with additional external load; a SWAT team member may do his pull-ups with his gear on to duplicate the reality of climbing a fence with an additional 60 pounds. Even stuck at home, you could do pull-ups with a backpack full of books on a tree limb or push-ups with your significant other pushing down on your back as you attempt to navigate your way against gravity. The possibilities are endless.

All you need is you, the desire to get better, and the willingness to work!



# ISSA 30-Day Bodyweight Training Program



“Get through the set. Get through the set. Get through the set.” This is usually what runs through your mind when trying to hit a target number of reps. Particularly with something you are new to, like an all bodyweight training program.

If your goals include maximizing your physique and/or performance, the mindset of getting through the set is a quick one-way trip on the road to nowhere! EXECUTION is everything.

Perform all these sets for a specific amount of time; beginners will go slower, the more advanced will go faster. All you need to focus on is perfect reps; six great ones, beats 12 mediocre ones any day of the week!

With this in mind, instead of continually adding reps as you progress week to week, we will increase the time you execute perfect reps by slowly ratcheting up the length of the sets and gradually decreasing the rest interval. Your workouts will never increase in duration.

The progressive overload method we are using is called density. Density refers to the amount of work you do in a specified period of time. Each 30-minute workout, your work-to-rest ratio will increase, effectively increasing training; this is one of the most highly-effective, yet underutilized, methods of overload.

Execute each training sessions once per week, taking off one day between sessions. Advanced athletes with a high work capacity can execute days one, two, and three in a row, take one day off and repeat.

This is a four-week program and your ISSA family is very excited to hear about and see your results. If something is too easy or difficult, you know have the tools to scale the program to your individual needs. Now let's get to work!

## Week 1

Perform each exercise for 15 seconds and rest 45 seconds

### Week 1 - Day 1

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Push Ups	1	15 seconds	0:00	Do as many reps as possible within specified time.
Push Ups	1	15 seconds	1:00	
Leg Raises	1	15 seconds	2:00	
Leg Raises	1	15 seconds	3:00	
Inverted Row	1	15 seconds	4:00	
Inverted Row	1	15 seconds	5:00	

## Exercise Notes

**Push-up:** Keep your body rigid and straight with your hands placed approximately shoulder-width apart (like a plank position). Lower your body until your chest nears the floor at the bottom of the movement and then return up to the starting position. Keep this a fluid motion, keeping the core muscle activated the entire time.

**Leg Raises:** Jump up, grab a pull-up bar, and hang until your body is motionless. While flexing your lats and abs, ensure your arms are straight. Bend your knees in a controlled fashion (two seconds up and two seconds down), raise your knees to your chest, and return to the starting position. If this is too difficult, do this movement on the floor lying down; if it is too easy do them with your legs straight out.

**Inverted Row:** This is essentially the opposite of a push-up. Position yourself under a barbell, table, parallel bar, or anything you can effectively grab. The surface you are grabbing should be directly above your chest. Grab the bar with a shoulder-width grip. Bring the hips off the ground in a neutral position and initiate the row by slightly contracting the scapula. As you execute the row, lead with the chest and drive the elbows to the ground. Pull yourself up about a half inch shy of touching the bar to your chest. Lower yourself under control and repeat.

## Week 1 - Day 2

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Squats	1	15 seconds	0:00	Do as many reps as possible within specified time.
Squats	1	15 seconds	1:00	
Lunges	1	15 seconds	2:00	
Lunges	1	15 seconds	3:00	
Lateral Lunges	1	15 seconds	4:00	
Lateral Lunges	1	15 seconds	5:00	

## Exercise Notes

**Squats:** Stand with your feet shoulder-width apart and your toes slightly pointed outward. Keeping your torso erect, place your hands behind your head, while pulling your shoulders and elbows back. From here, squat down as low as possible while maintaining a flat back, hold the bottom position for one second and repeat.

**Lunges:** Start by standing with your feet shoulder-width apart and then stepping forward with one leg and bending at the knee. After which, you return to the starting position and perform a lunge with the opposite leg. When performing this exercise, keep the back straight, the eyes looking forward, and focus on getting a good stretch.

**Lateral Lunges:** Stand with feet together and your hands in front of your chest. Take a large step out to the right, instantaneously lowering into a lunge, dropping hips back and bending your right knee to track directly in line with right foot. Keep your left leg straight, with both feet pointing forward. Push off the right foot to straighten the right leg, step right foot next to left, and return to starting position. Alternate sides.

## Week 1 - Day 3

Repeat this cycle twice until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Pull-ups	1	15 seconds	0:00	Do as many reps as possible within specified time.
Burpees	1	15 seconds	1:00	
Hindu Push-ups	1	15 seconds	2:00	
Burpees	1	15 seconds	3:00	
Leg Raises	1	15 seconds	4:00	
Burpees	1	15 seconds	5:00	
Leg Raises	1	15 seconds	6:00	
Burpees	1	15 seconds	7:00	
Pull-ups	1	15 seconds	8:00	
Burpees	1	15 seconds	9:00	
Lunges	1	15 seconds	10:00	
Burpees	1	15 seconds	11:00	
Leg Raises	1	15 seconds	12:00	
Burpees	1	15 seconds	13:00	
Burpress	1	15 seconds	14:00	

### Exercise Notes

Burpees are four count, executed in the following style:

- Count 1 - Drop into a squat position and place your hands on the ground.
- Count 2 - In one rapid motion, push your feet straight back into a plank (push-up position).
- Count 3 - In one quick movement, again return to the squat position.
- Count 4 - Return to the original starting position.



**Pull-up:** The classic pull-up is executed with palms wrapped around the bar and facing away from the body. On the bottom of the exercise, the arms are fully extended. Pull your body up, squeeze your back, open your chest, and get your chin over the bar. After which, lower yourself back to the starting position. These can also be done with a neutral grip (palms facing or supinated).

**Hindu Push-ups:** Get into the push-up position with your feet hip-width apart. Now, keep your core tight and back flat. From here, push your torso backward and move your butt up to form an inverted U or get in the downward dog position. Bend your elbows to move your upper chest close to the ground while still keeping your butt up in the air. Now, drop your butt down, so that your body will be in a straight line. Straighten your arms and push your chest in the upward direction, forming an upward-facing dog position; hold this position, then push back to the starting point and repeat.

## Week 2

Perform the same exercises with the same start time. The exercises will be completed within 20 seconds and with a 40-second rest.

### Week 2 - Day 1

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Push-ups	1	20 seconds	0:00	Do as many reps as possible within specified time.
Push-ups	1	20 seconds	1:00	
Leg Raises	1	20 seconds	2:00	
Leg Raises	1	20 seconds	3:00	
Inverted Row	1	20 seconds	4:00	
Inverted Row	1	20 seconds	5:00	

### Week 2- Day 2

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Squats	1	20 seconds	0:00	Do as many reps as possible within specified time.
Squats	1	20 seconds	1:00	

# UNIT FOUR

EXERCISE	SETS	TIME	MINUTES	NOTES
Lunges	1	20 seconds	2:00	Do as many reps as possible within specified time.
Lunges	1	20 seconds	3:00	
Lateral Lunges	1	20 seconds	4:00	
Lateral Lunges	1	20 seconds	5:00	

## Week 2- Day 3

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Pull-ups	1	20 seconds	0:00	Do as many reps as possible within specified time.
Burpees	1	20 seconds	1:00	
Hindu Push-ups	1	20 seconds	2:00	
Burpees	1	20 seconds	3:00	
Leg Raises	1	20 seconds	4:00	
Burpees	1	20 seconds	5:00	
Leg Raises	1	20 seconds	6:00	
Burpees	1	20 seconds	7:00	
Pull-ups	1	20 seconds	8:00	
Burpees	1	20 seconds	9:00	
Lunges	1	20 seconds	10:00	
Burpees	1	20 seconds	11:00	
Leg Raises	1	20 seconds	12:00	
Burpees	1	20 seconds	13:00	
Burpress	1	20 seconds	14:00	

## Week 3

Perform the same exercises with the same start time. The exercises will be completed within 25 seconds and with a 35-second rest.

### Week 3 - Day 1

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Push-ups	1	25 seconds	0:00	Do as many reps as possible within specified time.
Push-ups	1	25 seconds	1:00	
Leg Raises	1	25 seconds	2:00	
Leg Raises	1	25 seconds	3:00	
Inverted Row	1	25 seconds	4:00	
Inverted Row	1	25 seconds	5:00	

### Week 3 - Day 2

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Squats	1	25 seconds	0:00	Do as many reps as possible within specified time.
Squats	1	25 seconds	1:00	
Lunges	1	25 seconds	2:00	
Lunges	1	25 seconds	3:00	
Lateral Lunges	1	25 seconds	4:00	
Lateral Lunges	1	25 seconds	5:00	

## Week 3 - Day 3

Repeat this cycle twice until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Pull-ups	1	25 seconds	0:00	Do as many reps as possible within specified time.
Burpees	1	25 seconds	1:00	
Hindu Push-ups	1	25 seconds	2:00	
Burpees	1	25 seconds	3:00	
Leg Raises	1	25 seconds	4:00	
Burpees	1	25 seconds	5:00	
Leg Raises	1	25 seconds	6:00	
Burpees	1	25 seconds	7:00	
Pull-ups	1	25 seconds	8:00	
Burpees	1	25 seconds	9:00	
Lunges	1	25 seconds	10:00	
Burpees	1	25 seconds	11:00	
Leg Raises	1	25 seconds	12:00	
Burpees	1	25 seconds	13:00	
Burpress	1	25 seconds	14:00	

## Week 4

Perform the same exercises with the same start time. The exercises will be completed within 30 seconds and with a 30-second rest.

### Week 4 - Day 1

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Push-ups	1	30 seconds	0:00	Do as many reps as possible within specified time.
Push-ups	1	30 seconds	1:00	



# UNIT FOUR

EXERCISE	SETS	TIME	MINUTES	NOTES
Leg Raises	1	30 seconds	2:00	Do as many reps as possible within specified time.
Leg Raises	1	30 seconds	3:00	
Inverted Row	1	30 seconds	4:00	
Inverted Row	1	30 seconds	5:00	

## Week 4 - Day 2

Repeat this cycle five times until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Squats	1	30 seconds	0:00	Do as many reps as possible within specified time.
Squats	1	30 seconds	1:00	
Lunges	1	30 seconds	2:00	
Lunges	1	30 seconds	3:00	
Lateral Lunges	1	30 seconds	4:00	
Lateral Lunges	1	30 seconds	5:00	

## Week 4 - Day 3

Repeat this cycle twice until 30 minutes is up.

EXERCISE	SETS	TIME	MINUTES	NOTES
Pull-ups	1	25 seconds	0:00	Do as many reps as possible within specified time.
Burpees	1	25 seconds	1:00	
Hindu Push-ups	1	25 seconds	2:00	
Burpees	1	25 seconds	3:00	
Leg Raises	1	25 seconds	4:00	
Burpess	1	25 seconds	5:00	

EXERCISE	SETS	TIME	MINUTES	NOTES
Leg Raises	1	25 seconds	6:00	Do as many reps as possible within specified time.
Burpees	1	25 seconds	7:00	
Pull-ups	1	25 seconds	8:00	
Burpees	1	25 seconds	9:00	
Lunges	1	25 seconds	10:00	
Burpees	1	25 seconds	11:00	
Leg Raises	1	25 seconds	12:00	
Burpees	1	25 seconds	13:00	
Burpress	1	25 seconds	14:00	

## Are You Ready To Do More?

Knowledge is power and you are now empowered to take control of your fitness destiny, regardless of circumstances.

Take your passion for fitness to the next level: **Get certified as a personal trainer with ISSA.** You'll learn the science behind fitness and how to develop programs that will help clients conquer their goals.