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9 WEEK BODYWEIGHT WORKOUT FOR STRENGTH & MUSCLE GAINS

Not only does this bodyweight routine enable you to gain muscle and lose fat, but also helps strengthen your core, improve your range of motion, and make your entire body stronger.

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 9 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-75 Mins

Equipment: Bodyweight

Author: Brad Borland

Link to Workout: <https://www.muscleanstrength.com/workouts/9-week-progressive-bodyweight-workout>

Phase 1: Weeks 1 - 3

Exercise	Sets	Reps
Week 1		
Push-Ups	3	15
Inverted Rows	3	10
Diamond Push-Ups	3	10
Deep Squats (3 Secs Pause at Bottom)	3	15
Single Leg Calf Raises	3	15
Stationary Lunges	3	10
Lying Leg Raises	3	10
Floor Crunches	3	10
Week 2		
Push-Ups	4	15
Inverted Rows	4	10
Diamond Push-Ups	4	10
Deep Squats (3 Secs Pause at Bottom)	4	15
Single Leg Calf Raises	4	15
Stationary Lunges	4	10
Lying Leg Raises	4	10
Floor Crunches	4	10
Week 3		
Push-Ups	4	AMRAP
Inverted Rows	4	AMRAP
Diamond Push-Ups	4	AMRAP
Deep Squats (3 Secs Pause at Bottom)	4	20
Single Leg Calf Raises	4	AMRAP
Stationary Lunges	4	20
Lying Leg Raises	4	15
Floor Crunches	4	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Rest 30 - 60 Secs between sets. AMRAP= As Many Reps As Possible.

Phase 2: Weeks 4 - 6

Exercise	Sets	Reps
Week 4		
Feet Elevated Push-Ups	4	15
Medium-Width Grip Pull-Ups	4	10
Feet Elevated Diamond Push-Ups	4	10
Rear-Foot Elevated Bulgarian Split Squats	4	10
Jump Squats	4	10
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	10
Hanging Leg Raises	4	10
Week 5		
Feet Elevated Push-Ups	4	20
Medium-Width Grip Pull-Ups	4	15
Feet Elevated Diamond Push-Ups	4	15
Rear-Foot Elevated Bulgarian Split Squats	4	15
Jump Squats	4	15
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	15
Hanging Leg Raises	4	15
Week 6		
Feet Elevated Push-Ups	4	AMRAP
Medium-Width Grip Pull-Ups	4	AMRAP
Feet Elevated Diamond Push-Ups	4	AMRAP
Rear-Foot Elevated Bulgarian Split Squats	4	15
Jump Squats	4	15
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	15
Hanging Leg Raises	4	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Rest 30 - 60 Secs between sets.

Phase 3: Weeks 7 - 9

Exercise	Sets	Reps
Week 7		
1a. Feet Elevated Push-Ups	3	15
1b. Medium or Wide-Grip Pull-Ups	3	10
2a. Parallel Bar Dips or Bench Dips	3	15
2b. Reverse-Grip Chin-Ups	3	10
3a. Rear-Foot Elevated Bulgarian Split Squats	3	10
3b. Reverse Lunges	3	10
4a. Box Jumps	3	10
4b. Single Leg Calf Raises	3	15
5a. Bicycle Crunches	3	15
5b. Lying Leg Raises	3	15
Week 8		
1a. Feet Elevated Push-Ups	3	AMRAP
1b. Medium or Wide-Grip Pull-Ups	3	AMRAP
2a. Parallel Bar Dips or Bench Dips	3	AMRAP
2b. Reverse-Grip Chin-Ups	3	AMRAP
3a. Rear-Foot Elevated Bulgarian Split Squats	3	15 - 20
3b. Reverse Lunges	3	15
4a. Box Jumps	3	15
4b. Single Leg Calf Raises	3	20
5a. Bicycle Crunches	3	20
5b. Lying Leg Raises	3	20
Week 9		
1a. Feet Elevated Push-Ups w/ Bands	3	AMRAP
1b. Weighted Medium-Grip Pull-Ups	3	AMRAP
2a. TRX Triceps Extensions	3	AMRAP
2b. TRX Biceps Curls	3	AMRAP
3a. Jump Split Squats	3	20
3b. Weighted Rear-Foot Elevated Bulgarian Split Squats	3	15
4a. Weighted Single Leg Calf Raise	3	15
4b. Kettlebell Sumo Squats	3	20
5a. TRX Pikes	3	15
5b. TRX Leg Tucks	3	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Exercises labeled with a number and letter (e.g. 1a, 1b) are performed back-to-back without rest. After the coupled sets are completed, rest for 30 Secs.