

BODYWEIGHT MAX-STIMULUS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Day	Core Day	Leg Day	Pull Day	Off	Full Body	Off

Key:

To Technical Failure – Stop at the point that your form breaks down

To failure – Stop at the point of “isometric failure”

Yielding isometric – Extremely slow repetition

push day

[Warm Up]

2 x One-Armed Push Ups to Technical Failure (Both Sides) OR Archer Push Ups to Technical Failure

1 Minute Rest Between

2 x 20 Clapping Push Ups OR Explosive Push Ups

1 Minute Rest Between

2 x 20 Pseudo Planche Push Up

1 Minute Rest Between

2 x 20 Pike Push Ups to Technical Failure

1 Minute Rest Between

3 x Mechanical Drop Set: 3 x Push Ups to Failure > Push Ups on the Knees > Isometric hold

1 Minute Rest Between

2 x Yielding Isometric Push Up (1 Minute)

2 Minute Rest Between

Tabata HIIT Finisher: Shadow boxing

pull day

[Warm Up]

2 x 10 Explosive Pull Ups OR Muscle Ups

1.5 Minute Rest Between

2 x Rocking Chin Ups to Technical Failure (Both Sides) OR OHP

1 Minute Rest Between

**2 x Headbangers to Technical Failure
OR Bodyweight Row to Technical Failure**

1 Minute Rest Between

5 x Pull Ups to Failure

1 Minute Rest Between

1 x Yielding Isometric Pull Up (1 Minute)

1 Minute Rest Between

1 x Yielding Isometric Chin Up (1 Minute)

1 Minute Rest Between

1 x Pronated Grip Hang OR Finger Tip Hang (1 Minute)

leg day

[Warm Up]

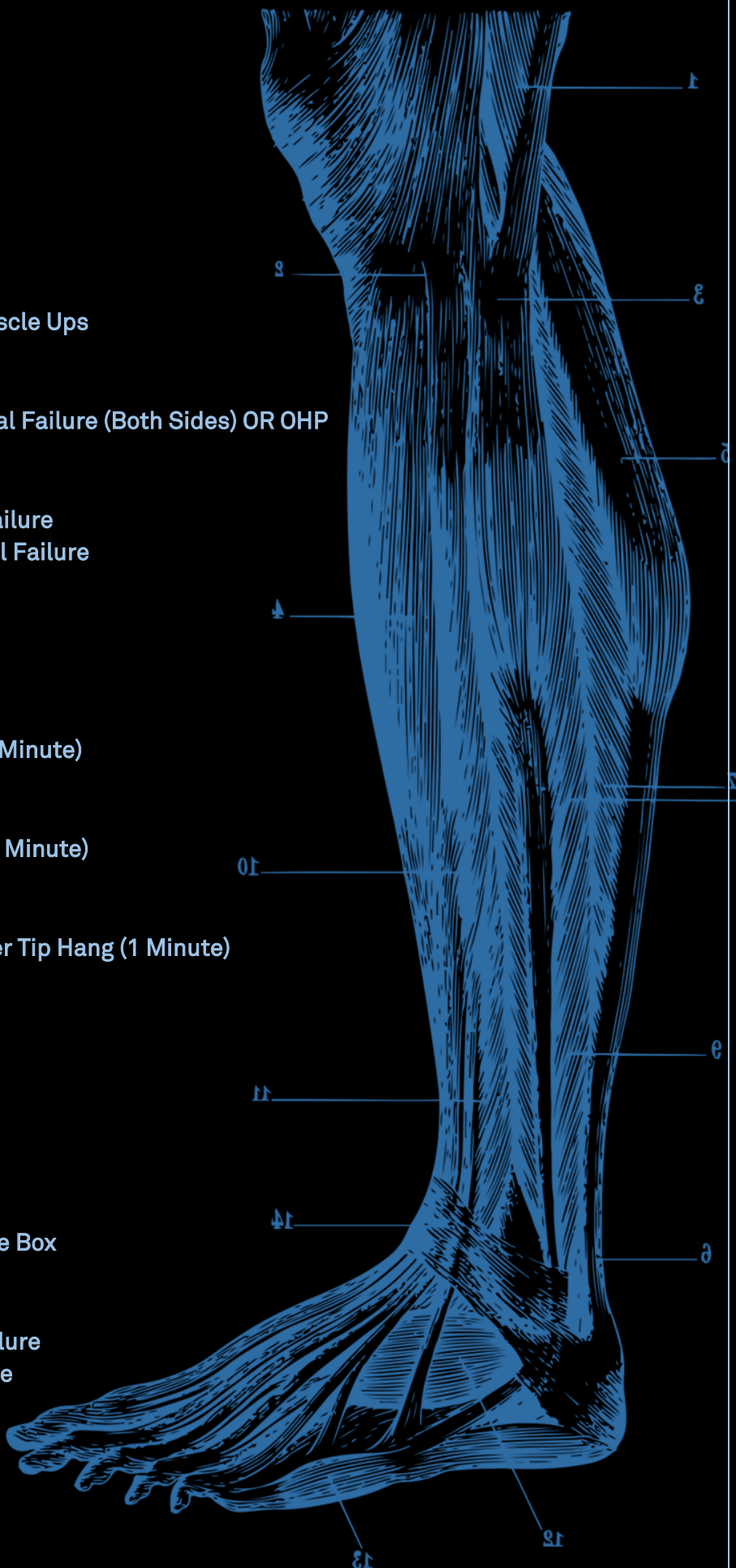
2 x 10 Jump Squat OR Jack in the Box

1 Minute Rest Between

**2 x Pistol Squat to Technical Failure
OR Cossack Squat OR Side Lunge**

1 Minute Rest Between

**2 x Bulgarian Split Squats to
Technical Failure OR Sumo
Squats to Technical Failure**



1 Minute Rest Between

2 x Lunge Walk (1 Minute)

1 Minute Rest Between

2 x Air Squats to Technical Failure

2 Minute Rest Between

Tabata HIIT Finisher: High Knees



core day

[Warm Up]

Perform the whole thing as a circuit with a 1 minute rest between:

1 x V-Sit Ups to Failure OR Leg Raised Sit Ups to Failure

1 x Bicycle Sit Ups to Failure

1 x Isometric Hold Hollow Body (1 Minute)

Repeat 3 Times

2 x 10 Pike Pulses

1 Minute Rest Between

2 x 15 Supermans

1 Minute Rest Between

2 x Mechanical Drop Set: Hanging Around the Worlds > Hanging Leg Raises > Hanging Frog Kicks



full body day

[Warm up]

2 x Optional: Handstand Push Ups (Legs Against Wall if Necessary)

1.5 Minutes Between

2 x Muscle Ups to Technical Failure OR Ring Dips OR Dips

1 Minute Rest

2 x L-Sits (1 Minute) OR V-Sits (1 Minute)

1 Minute Rest

3 x Burpees (1 Minute)

2 Minute Rest

2 x Lizard Crawls to Failure

1 Minute Rest Between

2 x Optional: Rope Climbs to Technical Failure

1 Minute Rest Between

Tabata HIIT Finisher: Kettlebell Swings OR Tuck Jumps