

minimal equipment programs

This document contains alternate versions of the programs, designed for use with minimal equipment. If you don't have access to a gym, you can follow this version instead.

You will still need: dumbbells (fairly heavy) and a pull up bar.

THE WORKOUTS

Key
1RM = 1 Rep Maximum
70%1RM = 70% of your one rep max
12F = Means 12 (or however many) repetitions using a weight that will cause you to fail at this point.
AMRAP = As Many Reps As Possible – Perform as many reps as you can, minimizing rest time, in a set time period
Failure = The point at which form seriously deteriorates
* = “times” or “multiplied”
3 * 10 * Failure = This is how a typical exercise is written. This means 3 sets of 10 reps, each one using enough weight that this is the failure point.
[] = Drop sets live inside square brackets. No rests between these exercises.
= This denotes “Or”
> = Used to show drop sets. Press Up > Press Up On Knees means you drop straight to press ups on the knees with no rest in between. Bench press * Failure > Failure > Failure means you lower the weight 3 times in order to keep going past failure.
< = Means “up to” as in “up to 1 minute”
{ } = Additional notes go inside curly brackets

THE O.N.E. WORKOUT

O.N.E. stands for 'Only Necessary Exercise'. The idea is that if this is the *only* thing you can manage to do in the day, then it will be better than nothing.

Simply, the workout is:

- 1 bodyweight compound 'push' exercise (press ups, handstand push ups, ring dips, clapping push ups)
- 1 bodyweight compound 'pull' exercise (pull ups, chin ups, inverted push ups¹)
- 1 bodyweight legs workout (jumping squats, 1 legged squats, jack in the box)

I simply take these and do 3 sets of each, for a high number of reps (100 fast push ups, 15 pull ups, 20 jumping squats). The whole thing should take about 10 minutes. If you prefer, you can perform it more like a circuit and do 30 seconds of each +30 second rest, 5 times round.

Point is: this routine means that every muscle group gets at least a *little* attention and you're also doing a lot of reps so you'll be getting some resistance cardio in there too. As the name suggests, this should essentially cover all the basics – all the "necessary" exercise.

¹ An inverted push up means holding onto a bar that is suspended about waist height from the ground. You hold onto it with an overhand grip and pull your upper body upward, keeping your heels on the floor and body straight. It is so named because it looks like you're doing a press up upside down!

PUMP/VOLUME ROUTINE

Push Day – 30 second rests

Mechanical Drop Set: [Dumbbell Press * 10 * Failure > Failure > Press Ups * Failure] * 3

Shoulder Press 3 * 10 * 80%F

Mechanical Drop Set: [Dumbbell Flyes * 12 * Failure > Dumbbell Press * Failure] * 3
{Lying on the floor is fine}

Drop Set: [Clapping Push Ups * Failure > Press Ups * Failure > Burns] * 2

Tricep Kickbacks 3 * 15 * 80%F

Mechanical Drop Set [Single Arm Tricep Dips * Failure > Tricep Dip * Failure] * 3

Push Ups on Knees * 100

10 Minutes Shadow boxing

Pull Day - 30 second rests

Mechanical Drop Set: [Pull Ups * Failure > Assisted Pull Ups * Failure] {Stand on a chair, or jump up and lower slowly}

Bent Dumbbell Rows 3 * Failure

Mechanical Drop Set: [Bicep Curls * 12 * Failure > Hammer Curls * Failure > Cheat Curls * Failure] * 3

Chin Ups 2 * Failure

Drop Set: [Pronated Dumbbell Curl * 10 * Failure > Failure > Failure > Burns] * 2

Chin Ups 2 * Failure

Flush Set: Upward Rows * 50

10 Minutes Jump Rope

Legs/Core – 30 second rests

Squat 3 * 10R * 70%F | Leg Press 3 * 10R * Failure

Squat Jump 3 * Failure

Ab Crunches 3 * 25

Lunge Walking With Dumbbells 2 * Failure

Mechanical Drop Set: [Hanging Leg Raises W/Weight * Failure > Hanging Leg Raises * Failure > Frog Kicks * Failure]

Sissy Squats 2 * 8

Burpees 3 * Failure

Bicycle Sit Ups 3 * 25

10 Minutes High Knees

Full Body – 30 second rests

Press Ups * 30 | Failure

Dumbbell Clean and Press * 10

Burpees * 10

Dumbbell Rows * 10

Dumbbell Curls * 10

Squat Jumps * 10 | Failure

Pull Ups * 10

Hanging Leg Raises * 10

Tricep Dips * 10

Plank 1 Minute

Rest 30 seconds and repeat entire program two more times

POWER TRAINING ROUTINE

This is very difficult to perform without access to very heavy barbells. However, we are going to do the best possible.

Full Body – 1-2 minute rests as needed

Foam Rolling

Dumbbell Deadlift Warm Up Set 1 * 10 * 10%1RM

Dumbbell Deadlift 4 * 4 * 90%1RM {Or as heavy as possible with explosive intent and very slow eccentrics}

One Arm Pull Ups 2 * Failure {If you can't do a one armed pull up, help yourself as minimally as possible with the spare hand. Do for both sides.}

Dumbbell Press Warm Up Set 1 * 10 * 10%1RM

Pseudo Planche Push Ups 3 * Failure

Quasi Isometric Air Squat 1 Minute

Explosive Air Squat 2 * 10

Pistol Squats 2 * Failure {Both Sides}

Mobility Routine

Spot Strength (Performed Twice) – 1 minute rests

This workout is designed to target the areas not specifically hit with a typical big lifts style routine.

Foam Rolling

Pull Up Bar Face Pulls 2 * 10

Shrugs 2 * Heavy As Possible

Squatting Press 2 * 70%1RM

Bent Press 2 * 70%1RM

Overhead Farmer's Walks 5 * 1 Minute (AMRAP)

Explosive Chin Ups 3 * Failure

Mobility Routine

Overload Workout – 1.5 minute rests

This workout is designed to increase the weight you are used to moving, and to strengthen tendons and bones. It also improves work capacity.

Foam Rolling

Ballistic Isometric Bar Bend 1 Minute {Attempt to bend dumbbell}

Pull Ups Hanging From Fingers 2 * Failure

Shoulder Press 2 * Heavy As Possible * Failure

Suitcase Carries 5 * 1 Minute (AMRAP)

Overhead Carries 4 * 1 Minute (AMRAP)

Weighted Lunge Walking 5 * 1 Minute (AMRAP) {Barbell across shoulders}

Clapping Push Ups 3 * 10

Jump Squats 3 * 10

Mobility Routine

POWERFUL MOVEMENT ROUTINE

Note that the expectation for these workouts is not that you are able to do full planche. Practicing planche progressions might mean holding pseudo planche or crow pose – easier versions to develop the necessary core and straight arm strength. Refer to the bodyweight training document for progressions.

Push Day – 1 minute rests

Foam Rolling | Dynamic Stretching

Handstand Push Ups 2 * Failure | Handstand Push Ups Against Wall * 2 * Failure

Planche Progressions 1 minute * 2

Straight Arm Press/Progressions 1 minute * 2

Shoulder Press 3 * 8 {Stop just short of failure}

Drop Set [Clapping Push Ups * Failure > Archer Push Ups * Failure > Push Ups * Failure] * 3

Drop Set [1 Arm Tricep Dip * Failure > Tricep Dips * Failure > L-Sit * Failure]

Finger Push Ups 2 * 8

Mobility Routine

Leg Day – 1 minute rests

Foam Rolling

Dynamic Stretching

High knees * 2 minutes warm up

Squat / Leg Press 3 * 3 * 90% 1RM

Air squats/Hindu Squats ATG 1 * 10

Bodyweight Glute Bridges 2 * 10 * 30-40% 1RM

Pistol Squats 2 * 10 (or failure)

Weighted Step-Ups | Weighted Lunges 2 x 8

Squat Tuck Jumps 3 * 10 {max height}

Sprints 3 * 1 Minute

Dumbbell Clean and Press 3 * 10 * 70%1RM

Mobility routine

Pull Day – 1 minute rests

Foam Rolling | Dynamic Stretching

Front Lever Progressions 1 Minute * 3

1 Armed Chin Ups / Progressions 2 x 6

Pull Ups 1 Minute * 2 {AMRAP}

Bicep Curls 2 * 8

Rows 2 * 8

Chin Ups 3 * Failure

Drop Set [Clapping Pull Ups * Failure > Archer Pull Ups * Failure > Pull Ups * Failure > Pull Up Negatives * Failure]

Wrist Curls 2 * 10

Pronated Wrist Curls 2 * 10

2 * 1 Minute Hang

Mobility Routine

Core Day – 1 minute rests

Foam Rolling | Dynamic Stretching

Front Lever Pull Ups 2 * Failure

Hollow body hold 2 * > 1 Minute

Weighted Frog Kicks 2 * 10F

Mechanical Drop Set [Leg raises * Failure > Frog kicks * Failure]

V-Sit > 1 Minute

Around the worlds 2 * 10 {Hanging legs drawn in a circle}

Side Plank Oblique Twist 2 * 10

Pike Pulses 2 * 20

Supermans 2 * 10

Bicycle Sit 1 * Failure

Shadow Boxing 10 Minutes

Mobility Routine

Full Body – 1 minute rests

Muscle Ups / Progressions 2 * Failure

Straight Leg Dumbbell Deadlifts 2 * 70%1RM

Dumbbell Bent Press 2 * 6 {Stop Short of Failure}

Squatting Dumbbell Press 2 * 6 {Stop Short of Failure}

Briefcase Carry 2 * 1 Minute (AMRAP) {Hold a dumbbell in one hand and walk}

Overhead Dumbbell Lunge Walk 2 * 1 Minute (AMRAP)

Pull Up Bar Face Pulls 2 * 6

Mobility Routine

SUPERFUNCTIONAL ROUTINE

Pull Day – 40 second rests

Dynamic Stretching

5 Minute Bodyscan Meditation

Cartwheels * 10

Dumbbell Deadlift 2 * 8 * 70%1RM

Planche Progressions Holds 2 * Failure | Front Level / Front Tuck Lever Holds 2 * Failure

Explosive Pull Ups 2 * 1 Minute AMRAP

Pronated Grip Curls 2 * Failure {Use a very slow eccentric – counting to 5}

Drop Set [Alternating Dumbbell Curls 10 * Failure > Hammer Curls² * Failure > Cheat Hammer Curls³ * Failure > Chin Ups * Failure] * 2 {Same weight for drop set}

Dumbbell Rows 2 * 8 * Failure

Drop Set [Pull Ups * Failure > Inverted Push Ups * Failure] * 2 {Hang a rope from the pull up bar or a towel in order to do inverted push ups/bodyweight rows}

Quasi Isometric Pull Up 1 Minute

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

Legs and Core Day – 40 second rests

Foam Rolling

5 Minute Bodyscan Meditation

Dumbbell Squat Press 2 * 4 reps at 80%F

Pistol Squats * Failure {Eyes Closed}

Overhead Weighted Lunge Walk 2 * Failure

Jump Squats 2 * 15

Calf Jumps 2 * 15

Raised One-Legged Weighted Calf Raises 2 * 15F

Pike Pulses 3 * 10 | V-Sit 2 * > 1 Minutes

Drop Set [Hanging Leg Raises * Failure > Frog Kicks * Failure] * 2

Bicycle Crunches * 50

Hollow Body Hold 2 * 1 Minute

Quasi Isometric Air Squat 1 Minute {Eyes Closed}

10 Minute Heavy Bag

² Dumbbell curls but with a neutral grip (palms facing in). Curl across the body.

³ Swing the body to lift the weights when you can no longer do so with isolation

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

Push Day – 40 second rests

Dynamic Stretching

5 Minute Bodyscan Meditation

Ballistic Isometric Bar Bend 3 * 6 Seconds * Three joint angles {Attempt to bend your dumbbell}

Dumbbell Press 3 * 8

Handstand Push Ups 2 * Failure | Assisted Handstand Push Ups 2 * Failure {Eyes Closed}

Dumbbell Bent Press 2 * 8F

Drop Set [Dips * Failure – Rest Pause - Dips * Failure > Press Ups * Failure > Burns]

Drop Set [Clapping Press Ups * Failure > Press Ups * Failure]

Drop Set [One Arm Tricep Dips * Failure > Tricep Dips] * 2

Flush Set: Press Ups 3 * 100

Mobility Routine {Eyes closed and combined with kinaesthetic meditation}

Full Body – 40 second rests

5 Minute Bodyscan Meditation

1 Minute Juggling

Muscle Ups / Progressions 2 * Failure

Straight Leg Dumbbell Deadlifts 2 * 5 * 70%1RM

Mechanical Drop Set: [Knuckle Push Ups * Failure > Finger Push Ups * Failure] * 2

Dumbbell Squatting Press 2 * 6 {Stop Short of Failure}

Briefcase Carry 2 * 1 Minute (AMRAP) {Hold a dumbbell in one hand and walk}

Pseudo Planch Push Ups 2 * Failure

Pull Up Bar Face Pulls 2 * 6

Metcon Circuit – 10 Second Rests:

Spider-Man Crawls 1 Minute (AMRAP)

Dumbbell Clean and Press 1 Minute (AMRAP)

1 Arm 1 Leg Push Ups | 1 Arm Push Ups

Bicycle Crunches 1 Minute (AMRAP)

Pull Ups 1 Minute (AMRAP)

Hollow Body 1 Minute - **Rest 1 minute and repeat circuit once**

Advanced: Add training mask or breathe through straw



THE DIETS

Remember:

Men:

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

Women:

$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

To turn this into your AMR, you then multiply that amount by:

- 1.2 if you're sedentary (little or no exercise)
- 1.375 if you're lightly active (you exercise 1-3 times a week)
- 1.55 if you're moderately active (you exercise or work about average)
- 1.725 if you're very active (you train hard for 6-7 days a week)
- 1.9 if you're highly active (you're a physical labourer or a professional athlete)

THE RESET DIET (AUTOMATION DIET)

The aim is to maintain the precise same breakfast and lunch every day, to simplify your diet, and to lose fat weight.

Calculate your calories in, based on the AMR calculation above. Calculating precise amounts to meet calorie targets is time consuming, but by having consistent meals, you can solve this problem. Make a note of your quantities, then prepare the same amount of each day! Revisit monthly to adjust to your new metrics.

Suggested breakfast meal:

Fruity Muesli Cereal

Nutritious | Extremely Quick | Extremely Affordable | Great Source of Energy

This option makes the cut for the density of nutrients – and of course any time you eat a bowl of milk you'll be getting *some* beneficial protein.

To make this one, you are going to take a muesli cereal (no added sugar) and then add:

- Sliced grapes
- Sliced bananas
- Sunflower seeds

This also has the added bonus of being a good source of energy. Adjust quantity such that this makes up 10% of your AMR.

Suggested lunch meal:

Greek Salad

Low Carb | Nutritious | Extremely Quick | Extremely Affordable | Low Calorie

This is very easy to make and is also extremely affordable. It is nutrient dense, simple, and low calorie.

To make a Greek salad, simply cut cucumber, red pepper, and cherry tomatoes into small cubes. Do the same with some feta cheese (just a small amount if you want to keep it low calorie).

Eat with one or two eggs. Prepare the night before and refrigerate.

Stir together and enjoy! Adjust the quantity such that this makes up 20% of your AMR.

Dinner guidance:

Dinner is an opportunity to enjoy what you eat. However, it should be fairly conservative so as to avoid providing the remaining 75% of your calorie intake. It should also still be relatively “simple.” The point is simply that you don’t need to “stress” about this decision.

Total calorie deficit should be around 200-300 calories. However, if it is occasionally over or under that number, this does not hugely matter. The aim is to maintain a calorie deficit over time, not get caught up in the minutiae.

Also: no snacking in between meals with additional calories. Even coffee should be black until evening.

It is always recommended to include one cheat day to improve adherence and prevent adaptation.

THE MUSCLE FUEL DIET (AUTOMATION DIET)

The muscle fuel diet works similarly to the reset diet. The difference is that you are now placing greater emphasis on reaching protein targets, and on providing a calorie surplus. We don’t want to go “overboard,” so we are looking to add 200-300 calories to our AMR and *at least* 1 gram of protein per 1lb of bodyweight. Again, we do this with a consistent breakfast and lunch, then relax in the evening.

Adjust amounts and supplement with protein shake to reach calorie and protein goals.

Suggested breakfast meal:

Scrambled Egg

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

Simply take whole eggs and beat in a jug until mixed. Add butter to a pan and melt. Add eggs to pan and toss to keep them scrambled. Eggs provide the good types of fat that raise testosterone, as well as all the amino acids, choline, and much more.

Adjust quantities to provide 15% of your AMR.

Followed by:

Cottage Cheese + Fruit

High Protein | Nutritious | Extremely Quick | High Calorie | Low Carb | Great Source of Energy

Exactly like it sounds. This is cottage cheese, with fruit in it. Recommended fruits include strawberry, blueberry, and banana.

The cottage cheese is again a fantastic source of protein (casein protein specifically, which is slow release). Adding fruit improves the flavour and provides more recovery-boosting micronutrients.

Adjust quantities to provide 20% of your AMR.

Suggested lunch meal:

Chicken Caesar Salad

High Protein | Low Carb | Nutritious | Extremely Quick | Extremely Affordable

An easy salad + protein meal that you can make is a chicken Caesar salad. To make this one, you just need a cooked chicken breast and a side salad. Make the side salad the same way as before, but now add to it some croutons, cheddar flakes, some avocado, and some olives cut in half.

You can add a Caesar dressing, or you can make your own. To make your own, use some vinegar, a little bit of lemon juice (squeezed from half a lemon), and a pinch of salt and/or olive oil.

Eat with an optional side of bread with butter. Follow with fruit (recommended: apple) and a piece of dark chocolate.

Adjust quantities to provide 35% of your AMR.

Dinner guidance:

Again, the aim is not to worry about dinner, but to aim to reach the goal of 200-300 calories over AMR as often as possible. Enjoy the meals and this time aim for a variety of different foods.

Note: Supplement with the necessary amount of protein shake/increase the amount of chicken and eggs to boost protein and calories.

THE SUPERFUNCTIONAL DIET

The aim of the SuperFunctional diet is to select from a wide-variety of meals, each of which you will adjust to meet your calorie goals. These should provide your precise AMR unless you are actively still trying to lose or gain muscle. AMR should be calculated *prior* to your training however.

The full list of food options is included in the meal plan supplement (or you can make your own). Aim to consume 20% of your AMR for breakfast, 20% for lunch, and 15% on snacks throughout the day. Supplement with protein shake as needed.

The SuperFunctional Diet also recommends a 2X “fasting” day. Here, you will skip breakfast and lunch entirely, aiming for a 16-hour period of no eating. This includes supplements such as BCAAs and even milk in coffee.



BRAIN TRAINING

Level 1

Mindfulness Meditation 10 minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

Level 2

Mindfulness Meditation 5 Minutes

Bodyscan Meditation 5 Minutes

Hakalau Meditation 5 Minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

Level 3

Mindfulness Meditation 5 Minutes

Bodyscan Meditation 5 Minutes

Image Streaming 5 Minutes

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]

Level 4

Mindfulness Meditation 5 Minutes

Hakalau Meditation 5 Minutes | Sense Meditation 5 Minutes {Alternate}

Image Streaming 5 Minutes

Breath Holding O₂ * 3 | Breath Holding CO₂ * 3 {Alternate}

Dual N-Back Training 5 minutes | Mental Chess/Arithmetic 5 minutes

Non-Dominant Handwriting 5 minutes: [Dream Recall | Memory Retrieval]