Lean & Muscular 4 week bodyweight training program
NOTICE: You do NOT have the right to re-print or re-sell this workout program.

You may however pass it on to other fitness enthusiasts, or anyone you feel may benefit from it.

You may not edit, extract, claim as your own or sell any of the content herein.

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Disclaimer:

YOU MUST GET YOUR PHYSICIAN’S APPROVAL BEFORE BEGINNING THIS EXERCISE PROGRAM

I am not a medical doctor, registered dietician, or any other kind of medical professional. Never take any of the advice outlined here over that of your medical practitioner. The advice and exercise regimen outlined in this program is as the result of my own independent study and years of experience and personal experimentation.

These recommendations are not medical guidelines, but are for educational purposes only. You must consult your physician before beginning this program or if you have any medical condition that contraindicates physical activity. This program is designed for healthy individuals over the age of 18 years.

All forms of exercise pose some inherent risks. The author advises readers to take responsibility for their safety and to be aware of and know their limits.

Do not take risks beyond your level of aptitude, training and fitness. The exercises and dietary advice contained in this guide and the nutritional guide, “SECRETS OF NUTRITION” are not meant to replace any exercise routine, therapy or dietary regimen that may have been prescribed by your physician.

Don’t perform any exercise unless you have been shown the proper technique personally by a certified personal trainer. Don’t perform any exercise without proper instruction. Always do a warm-up prior to any strength or interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medication, you must speak to your physician before starting any exercise program, including this one. If at any point you experience any light-headedness, dizziness or shortness of breath while exercising, stop the movement and consult your physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30 years old. Discuss all nutritional changes with your physician or a registered dietician.

If your physician recommends that you don’t follow this training program, please follow his advice.
HOW THIS PROGRAM WORKS:

This is an all-bodyweight program. You do not require any gym equipment to follow the exercises in the program. There are however, a couple of things you could purchase that will make the program easier and more convenient, making your overall workout experience more pleasant, these include:

1. A pull-up/chin-up bar (if you choose not to purchase one, do your pull-ups on a door frame, jungle gym, tree branch or whatever you can hang from and pull yourself upwards.
2. An exercise/Yoga mat
3. A stop watch with countdown timer (although there are many smart phone apps that you can download that will suffice) – The GymBoss timer is ideal.

The program lasts 4 weeks and has you working out 3-4 times per week, for 30-45 minutes per session. Get one day’s rest between workouts. Ideally, try to do the key workouts on Monday, Wednesday and Friday.

You will get out of the program what you put into it. Minimal rest is often required between sets and exercises, and it will be tough, but push through – if you take your time and rest more than is necessary, you will not get the best possible results from the program.

The program serves as a 4 week primer to greater things, it will get you fit, help you lose fat, improve your overall conditioning, strength, strength-endurance and help you build lean muscle.

It assumes you have a basic level of fitness. If you have been on the couch for the last year, buried under a pile of pizza boxes, you may need to reduce the number of reps drastically and increase your amount of rest between sets/exercises.

The program has 3 key workouts per week and then make use of Tabata workouts too. I will explain what a Tabata is in just a moment.

The Tabatas can be done after the key workouts (if you still have the energy), or you can do them at any time of the day when you find it convenient.

There are 4 Tabata workouts per week.

What is a Tabata?

A Tabata is workout protocol, i.e. a way of working out. To perform a Tabata, you take an exercise and perform it intensely for 20 seconds, take 10 seconds rest and then repeat 8 times, for a total of 4 minutes. ~ 4 minutes might not sound like much, but it you are working hard enough it can feel like a lifetime.

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The Lean & Muscular 4 week bodyweight training program

HOW TO USE THIS PROGRAM:

As mentioned, there are 3 key workouts per week, these will form the core of the program. The Tabata workouts are the cherry on top.

**Week 1:**

- The workouts in week 1 consist of a 10 exercise circuit, which you will do 2 times.
- Do either the specified number of reps, or do the exercise for the time listed, completing as many reps as you safely can in the time period.
- If the number or time is specified only once, that is the number of reps/time for both circuits.

**Week 2:**

- The workouts in week 2 consist of a 10 exercise circuit, which you will do 3 times.
- The reps/time is usually reduced for the 3rd round.
- Complete each exercise for the prescribed number of repetitions before moving on to the next exercise. If the number of repetitions is listed only once, that is the number of reps to complete for all 3 rounds.
- Where reps, or times are separated by a comma, each respective number or time separated by the comma is what you do in each respective round. I.e. AMRAP 45 sec, 45 sec, 30 sec means do as many reps as possible in 45 seconds for the first 2 rounds and then as many reps as possible for 30 seconds in the final round.

**Week 3 and 4:**

- The rules and protocol for weeks 3 and 4 are essentially the same as for week 2, with the only real change being that the number of reps and time is increased and the combination of exercises starts to become more challenging.
HOW TO USE THIS PROGRAM.....continued:

The Tabata workouts:

The Tabata workouts are 4 minute workouts that can either be done after your key workout, or at any other time during the day.

If you are to do the Tabata workout after one of the key workouts, I suggest recovering for 10 minutes before doing the Tabata, to ensure that you have the energy to put maximum effort into the Tabata.

There are 4 Tabata workouts per week.

Try to perform 3 of the Tabata workouts on the same day as your key workout, the other Tabata can be done on any other day of the week.

The Tabatas will utilize 1 bodyweight movement, which you will perform for 20 seconds at a maximum effort, you will then rest 10 seconds and repeat 8 times.

An example:

20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds
20 seconds Burpees, rest 10 seconds

The exact Tabata workouts you will perform each week, and a description of how to do the exercises is outlined in the Workouts and Exercise Description section.
WHY THE PROGRAM WORKS:

The program relies largely on the concept of metabolic conditioning and high-intensity interval training. Workouts of this nature cause the body to burn calories for up to 40 hours after your workout, due to the fact that they cause a large metabolic disturbance. In order for your body to correct this disturbance, it needs a lot of calories!

If you are working out 3-4 times per week, it basically means you are constantly burning calories.

If you’d like to read in more detail about high-intensity interval training and why it is superior for fat-loss, check out this article http://www.leanandmuscular.org/why-you-need-to-do-interval-training.php on the Lean and Muscular site.

In addition to the metabolic conditioning effect you will get from these workouts, there is also a lot of resistance training that occurs during the workouts, which will build muscle. Some added muscle will help raise your basal metabolic rate, resulting in your body burning more calories everyday.

This program will work equally well for both men and women, the principles remain the same.

Ladies, do not be afraid of resistance training, you will not suddenly get big muscles, I promise! The women with the best bodies do a great deal of resistance training. For more on why women should do weight training read this: http://www.leanandmuscular.org/weight-training-and-women.php

The program is tough, and if you have only been doing steady-state cardio on the elliptical, treadmill, stepper or whatever as your way of working out, this will be a shock to the system.

But stick to it, even if you really struggle with some of the exercises.

If you can’t perform the exercise listed in the given workout for whatever reason, email me at: leanandmuscular@gmail.com and I will gladly provide an alternative or help you figure out a way to work up to performing the exercise.

For many of the exercises that people struggle with, I have listed a modified or easier version for you to try until you are able to work up to the actual exercise listed in the program. These easier versions are listed with the original exercise in the Exercise description section.

The program also makes use of progressive overload, whereby you keep challenging yourself more and more, forcing your body to adapt. This is done by increasing the number of reps and time a certain exercise is performed for.

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**WHY THE PROGRAM WORKS**......continued:

It is very important that you note your number of reps and make notes where appropriate. I have provided a space in the tables for each workout where you can make comments.

It is important that you make comments, noting down whether you could get to the **prescribed number of reps in one attempt or if you had to take a break half way through, how many breaks you had to take etc etc.**

The reason behind doing this is so that you can track your progress and set targets for yourself. By always trying to beat your previous performance, you force your body to keep adapting, which leads to increased muscle growth, improved conditioning and more fat burning.

An example of how you would make these notes and comments.

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push ups</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

The prescription is to do 20 reps of push ups for each round

Suitable comments:

“20 on first round, Made it to 12 on second round, rested for a few seconds, did 5 more, had to rest again and then did last 3

Of course you can make your own shorthand or abbreviated notes, I wrote them out in detail so you could understand the kind of things you should note down.

By noting it down like this, next time you will know to try and do **more than 12 before having to rest.** Even if you can only get to 13, **that’s progress!**
RECORD YOUR RESULTS!

To track your progress and properly reap all the rewards of your hard work, you should record your results and do before and after measurements and photos!

BEFORE:

Waist Measurement: _____________

Weight: _______________

Thigh Measurement: _______________

Upper Arm Measurement: _______________
RECORD YOUR RESULTS!

To track your progress and properly reap all the rewards of your hard work, you should record your results and do before and after measurements and photos!

AFTER:

Waist Measurement: _____________

Weight: ________________

Thigh Measurement: __________________

Upper Arm Measurement: ________________
RECORD YOUR RESULTS!

To track your progress and properly reap all the rewards of your hard work, you should record your results and do before and after measurements and photos!

PHOTOS:

BEFORE:

AFTER:

I’d love to know how the program worked for you, cos I know if you stick to it, your results will blow you away!

_The person with the best results every quarter will win 16 weeks of FREE personal training from me_ *

Mail me your before and after pics and measurements: leanandmuscular@gmail.com

* Terms and conditions apply
TIPS FOR BEGINNERS, INTERMEDIATE AND ADVANCED TRAINERS:

This program is by no means an easy program, and following it to the T might be too much for some people, especially if you are a beginner and are not accustomed to calisthenics, interval and bodyweight training.

It does require an intermediate level of fitness if you are to follow it exactly.

However, if you are a beginner, do not despair, it is easily modified to make it suitable for your level. The same can be said for people of an advanced level of fitness – if you find it too easy, you can modify it as well.

**Modifications for beginners:**

If doing 2 rounds in the first week is too much, do only 1 round. Try to work your way up to being able to complete 2 rounds at the end of 4 weeks. If you can do 2 rounds at the end of week 4, you are then able to follow the program as prescribed.

Do what you are comfortable with, the main thing is to progress each week and do a little more than you did previously.

If you have to rest more than prescribed, do so, the main thing is keep progressing and working your way up to following the prescribed program.

If you need help in modifying it to suit your fitness level, email me: leanandmuscular@gmail.com

**Modifications for advanced trainers:**

If you are at an advanced level, you should have a fairly good understanding of your level and what you can and can’t handle.

What I suggest is that you still follow week 1 as prescribed to gauge how you will handle the program, and if you find it ridiculously easy, then you can modify it for weeks 2 through 4 by adding 10-15 reps for each of the exercises and increasing the times to 60+ seconds where prescribed.

If you are already a champ when it comes to push ups, substitute the regular push ups for Spiderman or Scorpion Push ups. You can even try and do the prescribed number with triple-stop push ups.

If you really are a fitness fiend, make some of those modifications mentioned above and add a 4th round...

Again, if you have any questions regarding modifications and substitutions, email me: leanandmuscular@gmail.com
**TIPS FOR SAFE TRAINING**

1. Always have a warm-up before doing these workouts, you need to prepare your body for what is coming, and a warm-up is vitally important in preventing injury.

2. Never perform an exercise that you aren’t sure how to do.

3. Start off easier for the first round or couple of sets of a given exercise to get used to the movement and ‘get into the groove’ of it. This is especially important if you have not done that exercise before.

4. If anything feels uncomfortable or causes pain, don’t do that exercise, email me leanandmuscular@gmail.com if you need a substitution.

5. Make sure you get adequate rest and enough sleep (at least 8 hours per night)

6. Make sure you **work as hard on your nutrition as you do on your training**, consult your nutrition guide, “SECRETS OF NUTRITION”

7. If you have any doubts as to whether you can handle this program, or if you have ANY health issues, see your doctor first.
Lean & Muscular 4 week bodyweight training program

THE WORKOUTS – WEEK 1

Instructions:

1. Complete each exercise for the prescribed number of repetitions or prescribed amount of time before moving on to the next exercise.

2. Rest only long enough to record your comments or number of repetitions – there should not be more than 20 seconds of rest.

3. If you cannot complete the prescribed number, rest for a few seconds and then complete a few more reps, repeating the process until you get to the prescribed number of reps.

4. If you are too weak to perform one of the exercises, attempt one of the alternatives or easier versions mentioned in the exercise description section.

5. After completing the full circuit of 10 exercises, take a 90 seconds – 2 minute break, shaking out your arms and legs and doing a bit of light stretching.

6. Repeat the circuit a second time, doing the same number of prescribed reps/time.

7. Make sure you have a proper warm-up.
# THE WORKOUTS – WEEK 1

## Week 1: Workout #1

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>2. 80-20 speed squats</td>
<td>20 per leg</td>
<td></td>
</tr>
<tr>
<td>3. Planks</td>
<td>40 seconds</td>
<td></td>
</tr>
<tr>
<td>4. Chin-ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>5. Jumping Jacks</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>6. Groucho Walk</td>
<td>45 seconds</td>
<td></td>
</tr>
<tr>
<td>7. Pike Push ups</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>8. Burpees</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>9. Plank with leg raise</td>
<td>40 seconds</td>
<td></td>
</tr>
<tr>
<td>10. Jump Squats</td>
<td>20</td>
<td></td>
</tr>
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**THE WORKOUTS – WEEK 1**

*Week 1: Workout #2*

<table>
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<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Touch-down lunges</td>
<td>15 per side</td>
<td></td>
</tr>
<tr>
<td>2. Mountain climbers</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>3. Burpee &amp; side – raise combo</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>4. Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>5. Plank to push up</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>6. Chin ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>7. Leg Raises</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>8. Side-to-side bunny hops</td>
<td>40 seconds</td>
<td></td>
</tr>
<tr>
<td>9. Push ups with hip touch</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>10. Step throughs</td>
<td>15 per side</td>
<td></td>
</tr>
</tbody>
</table>
**THE WORKOUTS – WEEK 1**

**Week 1: Workout #3**

<table>
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<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wide Fly Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>2. Jump squats</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>3. Chin ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>4. Burpees</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>5. Hip-bridge</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>6. Ab-hip thrust</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>7. Diamond push-ups</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>8. Prisoner squats</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>9. Lunge</td>
<td>15 per side</td>
<td></td>
</tr>
<tr>
<td>10. Plank with leg raise</td>
<td>40 seconds</td>
<td></td>
</tr>
</tbody>
</table>
THE WORKOUTS – WEEK 2

Instructions:

1. Complete each exercise for the prescribed number of repetitions before moving on to the next exercise. If the number of repetitions is listed only once, that is the number of reps to complete for all 3 rounds.

2. Where reps, or times are separated by a comma, each respective number or time separated by the comma is what you do in each respective round. I.e. AMRAP 45 sec, 45 sec, 30 sec means do as many reps as possible in 45 seconds for the first 2 rounds and then as many reps as possible for 30 seconds in the final round.

3. Rest only long enough to record your comments or number of repetitions – there should not be more than 20 seconds of rest between exercises.

4. If you cannot complete the prescribed number, rest for a few seconds and then complete a few more reps, repeating the process until you get to the prescribed number of reps. You may require several ‘rests’ in the 3rd round, but keep going till you get to the magic number!

5. If you are too weak to perform one of the exercises, attempt one of the alternatives or easier versions mentioned in the exercise description section.

6. After completing the full circuit of 10 exercises, take a 90 seconds – 2 minute break, shaking out your arms and legs and doing a bit of light stretching.

7. Repeat the circuit a total of 3 times.

8. Make sure you have a proper warm-up.

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THE WORKOUTS – WEEK 2

Week 2: Workout #1

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>2. Mountain climbers</td>
<td>AMRAP*, 45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>3. Planks</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>4. Burpees</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>5. Jumping Jacks</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>6. Chin ups</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>7. Diamond push ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>8. Jump squats</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>9. Hip bridge</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>10. Seated crouchy frog</td>
<td>12</td>
<td></td>
</tr>
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</table>
THE WORKOUTS – WEEK 2

Week 2: Workout #2

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chin ups</td>
<td>10, 8, 8</td>
<td></td>
</tr>
<tr>
<td>2. Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>3. Reverse lunge and knee raise</td>
<td>20 per side</td>
<td></td>
</tr>
<tr>
<td>4. Touch down lunge</td>
<td>20 per side</td>
<td></td>
</tr>
<tr>
<td>5. Seated bicycles</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>6. Plank with alternate leg raise</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>7. Pike Push ups</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>8. Spider climbers</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>9. Burpees</td>
<td>20, 15, 10</td>
<td></td>
</tr>
<tr>
<td>10. Supermans</td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>
**THE WORKOUTS – WEEK 2**

*Week 2: Workout #3*

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Burpees</td>
<td>20, 20, 15</td>
<td></td>
</tr>
<tr>
<td>2. Bodyweight RDL</td>
<td>20 per side</td>
<td></td>
</tr>
<tr>
<td>3. Split squat</td>
<td>20 per side</td>
<td></td>
</tr>
<tr>
<td>4. Wide Fly Push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>5. Leg raises</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>6. Mountain climbers</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>7. Groucho walk</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>8. Seated bicycles</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
<tr>
<td>9. Chin ups</td>
<td>10, 8, 8</td>
<td></td>
</tr>
<tr>
<td>10. Jumping Jacks</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
</tbody>
</table>
Lean & Muscular 4 week bodyweight training program

THE WORKOUTS – WEEK 3

Instructions:

1. Complete each exercise for the prescribed number of repetitions before moving on to the next exercise. If the number of repetitions is listed only once, that is the number of reps to complete for all 3 rounds.

2. Where reps, or times are separated by a comma, each respective number or time separated by the comma is what you do in each respective round. I.e. AMRAP 45 sec, 45 sec, 45 sec means do as many reps as possible in 45 seconds.

3. Rest only long enough to record your comments or number of repetitions – there should not be more than 20 seconds of rest between exercises.

4. If you cannot complete the prescribed number, rest for a few seconds and then complete a few more reps, repeating the process until you get to the prescribed number of reps. You may require several ‘rests’ in the 3rd round, but keep going till you get to the magic number!

5. If you are too weak to perform one of the exercises, attempt one of the alternatives or easier versions mentioned in the exercise description section.

6. After completing the full circuit of 10 exercises, take a 90 seconds – 2 minute break, shaking out your arms and legs and doing a bit of light stretching.

7. Repeat the circuit a total of 3 times.

8. Make sure you have a proper warm-up.
Lean & Muscular 4 week bodyweight training program

THE WORKOUTS – WEEK 3:

Week 3: Workout #1

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Push ups</td>
<td>25, 20, 20</td>
<td></td>
</tr>
<tr>
<td>2. Reverse Lunge &amp; knee raise</td>
<td>25 per side</td>
<td></td>
</tr>
<tr>
<td>3. Plank with leg raise</td>
<td>45 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>4. Chin ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>5. Jumping Jacks</td>
<td>45 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>6. Groucho walk</td>
<td>45 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>7. Pike Push ups</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>8. Burpees</td>
<td>20, 20, 15</td>
<td></td>
</tr>
<tr>
<td>9. Leg raises</td>
<td>20, 15, 15</td>
<td></td>
</tr>
<tr>
<td>10. Prisoner Lunges</td>
<td>25 per side</td>
<td></td>
</tr>
</tbody>
</table>

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**THE WORKOUTS – WEEK 3:**

**Week 3: Workout #2**

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Prisoner Lunges</td>
<td>25 per side</td>
<td></td>
</tr>
<tr>
<td>2. Burpee and side-raise combo</td>
<td>20, 20, 15</td>
<td></td>
</tr>
<tr>
<td>3. Push ups</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>4. Chin ups</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>5. Plank to Push up</td>
<td>20, 15, 15</td>
<td></td>
</tr>
<tr>
<td>6. Leg raises</td>
<td>20, 15, 15</td>
<td></td>
</tr>
<tr>
<td>7. Step throughs</td>
<td>20, 20, 15</td>
<td></td>
</tr>
<tr>
<td>8. T – Push ups</td>
<td>15, 12, 12</td>
<td></td>
</tr>
<tr>
<td>9. Burpee Pull ups</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
# THE WORKOUTS – WEEK 3:

## Week 3: Workout #3

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wide Fly Push ups</td>
<td>20, 15, 15</td>
<td></td>
</tr>
<tr>
<td>2. Jump squats</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>3. Chin ups</td>
<td>10, 8, 8</td>
<td></td>
</tr>
<tr>
<td>4. Burpees</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>5. Hip Bridge</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>6. Seated Crouchy Frog</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>7. Pike Push ups</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>8. Seated Bicycle</td>
<td>45 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>9. Touch down lunge</td>
<td>25 per side</td>
<td></td>
</tr>
<tr>
<td>10. Wall squat</td>
<td>45 sec, 45 sec, 30 sec</td>
<td></td>
</tr>
</tbody>
</table>

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THE WORKOUTS – WEEK 4

Instructions:

1. Complete each exercise for the prescribed number of repetitions before moving on to the next exercise. **If the number of repetitions is listed only once, that is the number of reps to complete for all 3 rounds**

2. Where reps, or times are separated by a comma, each respective number or time separated by the comma is what you do in each respective round. I.e. AMRAP 60 sec, 45 sec, 45 sec means do as many reps as possible in 45 seconds.

3. Rest only long enough to record your comments or number of repetitions – there should not be more than 20 seconds of rest between exercises.

4. If you cannot complete the prescribed number, rest for a few seconds and then complete a few more reps, repeating the process until you get to the prescribed number of reps. You may require several ‘rests’ in the 3rd round, but keep going till you get to the magic number!

5. If you are too weak to perform one of the exercises, attempt one of the alternatives or easier versions mentioned in the exercise description section.

6. After completing the full circuit of 10 exercises, take a 90 seconds – 2 minute break, shaking out your arms and legs and doing a bit of light stretching.

7. Repeat the circuit a **total of 3 times**

8. Make sure you have a proper warm-up
The Workouts – Week 4:

Week 4: Workout #1

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Push ups</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>2. Burpees</td>
<td>25, 20, 20</td>
<td></td>
</tr>
<tr>
<td>3. Chin ups</td>
<td>12, 10, 8</td>
<td></td>
</tr>
<tr>
<td>4. Split Squats</td>
<td>25 per side</td>
<td></td>
</tr>
<tr>
<td>5. Alternate leg &amp; arm raise</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>6. Mountain climbers</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>7. Jump Squat with extra high jump</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>8. Wide fly push ups</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>9. Plank with alt leg raise</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>10. Burpees (no push up)</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
## THE WORKOUTS – WEEK 4:

### Week 4: Workout #2

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Plank to Push up</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>2. Groucho Walk</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>3. Plank</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>4. Burpee &amp; side raise combo</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>5. Prisoner Squats</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>6. Seated Bicycles</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>7. Mountain Climbers</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>8. Touch down lunges</td>
<td>30 per side, 25 per side, 25 per side</td>
<td></td>
</tr>
<tr>
<td>9. Supermans</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>10. Seated crouchy frog</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
# Lean & Muscular 4 week bodyweight training program

## THE WORKOUTS – WEEK 4:

### Week 4: Workout #3

<table>
<thead>
<tr>
<th>Exercise</th>
<th># Reps</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Burpees</td>
<td>30, 20, 20</td>
<td></td>
</tr>
<tr>
<td>2. Step throughs</td>
<td>15 per side</td>
<td></td>
</tr>
<tr>
<td>3. Wide fly push ups</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>4. Reverse lunges with knee raise</td>
<td>25 per side</td>
<td></td>
</tr>
<tr>
<td>5. Burpee &amp; side raise combo</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>6. Mountain climbers</td>
<td>60 sec, 45 sec, 45 sec</td>
<td></td>
</tr>
<tr>
<td>7. Pull ups</td>
<td>12, 12, 10</td>
<td></td>
</tr>
<tr>
<td>8. 80-20 speed squats</td>
<td>30 per side, 25 per side, 20 per side</td>
<td></td>
</tr>
<tr>
<td>9. Leg raises</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>10. Hip Bridge</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>
THE TABATA WORKOUTS

Complete any one of these workouts after your main workout (or at any other time of day, but preferably after the main workout). Perform the remaining one any other day of the week.

If you are doing a Tabata after your main workout, rest 10 minutes before doing the Tabata.

**Week 1: Tabata workouts**

**Tabata #1:**

1. 20 Seconds Bodyweight squats, rest 10 seconds
2. 20 Seconds Bodyweight squats, rest 10 seconds
3. 20 Seconds Bodyweight squats, rest 10 seconds
4. 20 Seconds Bodyweight squats, rest 10 seconds
5. 20 Seconds Bodyweight squats, rest 10 seconds
6. 20 Seconds Bodyweight squats, rest 10 seconds
7. 20 Seconds Bodyweight squats, rest 10 seconds
8. 20 Seconds Bodyweight squats, rest 10 seconds

**Tabata #2:**

1. 20 seconds mountain climbers, 10 seconds rest
2. 20 seconds mountain climbers, 10 seconds rest
3. 20 seconds mountain climbers, 10 seconds rest
4. 20 seconds mountain climbers, 10 seconds rest
5. 20 seconds mountain climbers, 10 seconds rest
6. 20 seconds mountain climbers, 10 seconds rest
7. 20 seconds mountain climbers, 10 seconds rest
8. 20 seconds mountain climbers, 10 seconds rest

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THE TABATA WORKOUTS

Week 1: Tabata workouts

Tabata #3:
1. 20 Prisoner squats, rest 10 seconds
2. 20 Prisoner squats, rest 10 seconds
3. 20 Prisoner squats, rest 10 seconds
4. 20 Prisoner squats, rest 10 seconds
5. 20 Prisoner squats, rest 10 seconds
6. 20 Prisoner squats, rest 10 seconds
7. 20 Prisoner squats, rest 10 seconds
8. 20 Prisoner squats, rest 10 seconds

Tabata #4:
1. 20 seconds Burpees, 10 seconds rest
2. 20 seconds Burpees, 10 seconds rest
3. 20 seconds Burpees, 10 seconds rest
4. 20 seconds Burpees, 10 seconds rest
5. 20 seconds Burpees, 10 seconds rest
6. 20 seconds Burpees, 10 seconds rest
7. 20 seconds Burpees, 10 seconds rest
8. 20 seconds Burpees, 10 seconds rest
THE TABATA WORKOUTS

Week 2: Tabata workouts

Tabata #1:

1. 20 seconds Jump squats, rest 10 seconds
2. 20 seconds Jump squats, rest 10 seconds
3. 20 seconds Jump squats, rest 10 seconds
4. 20 seconds Jump squats, rest 10 seconds
5. 20 seconds Jump squats, rest 10 seconds
6. 20 seconds Jump squats, rest 10 seconds
7. 20 seconds Jump squats, rest 10 seconds
8. 20 seconds Jump squats, rest 10 seconds

Tabata #2:

1. 20 seconds Step-Throughs, 10 seconds rest
2. 20 seconds Step-Throughs, 10 seconds rest
3. 20 seconds Step-Throughs, 10 seconds rest
4. 20 seconds Step-Throughs, 10 seconds rest
5. 20 seconds Step-Throughs, 10 seconds rest
6. 20 seconds Step-Throughs, 10 seconds rest
7. 20 seconds Step-Throughs, 10 seconds rest
8. 20 seconds Step-Throughs, 10 seconds rest
THE TABATA WORKOUTS

Week 2: Tabata workouts

Tabata #3:

1. 20 Jumping Jacks, rest 10 seconds
2. 20 Jumping Jacks, rest 10 seconds
3. 20 Jumping Jacks, rest 10 seconds
4. 20 Jumping Jacks, rest 10 seconds
5. 20 Jumping Jacks, rest 10 seconds
6. 20 Jumping Jacks, rest 10 seconds
7. 20 Jumping Jacks, rest 10 seconds
8. 20 Jumping Jacks, rest 10 seconds

Tabata # 4:

1. 20 seconds Burpees, 10 seconds rest
2. 20 seconds Burpees, 10 seconds rest
3. 20 seconds Burpees, 10 seconds rest
4. 20 seconds Burpees, 10 seconds rest
5. 20 seconds Burpees, 10 seconds rest
6. 20 seconds Burpees, 10 seconds rest
7. 20 seconds Burpees, 10 seconds rest
8. 20 seconds Burpees, 10 seconds rest

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THE TABATA WORKOUTS

Week 3: Tabata workouts

Tabata #1:

1. 20 seconds Prisoner Squats, rest 10 seconds
2. 20 seconds Prisoner Squats, rest 10 seconds
3. 20 seconds Prisoner Squats, rest 10 seconds
4. 20 seconds Prisoner Squats, rest 10 seconds
5. 20 seconds Prisoner Squats, rest 10 seconds
6. 20 seconds Prisoner Squats, rest 10 seconds
7. 20 seconds Prisoner Squats, rest 10 seconds
8. 20 seconds Prisoner Squats, rest 10 seconds

Tabata #2:

1. 20 seconds Grouch Walk, 10 seconds rest
2. 20 seconds Grouch Walk, 10 seconds rest
3. 20 seconds Grouch Walk, 10 seconds rest
4. 20 seconds Grouch Walk, 10 seconds rest
5. 20 seconds Grouch Walk, 10 seconds rest
6. 20 seconds Grouch Walk, 10 seconds rest
7. 20 seconds Grouch Walk, 10 seconds rest
8. 20 seconds Grouch Walk, 10 seconds rest
THE TABATA WORKOUTS

Week 3: Tabata workouts

Tabata #3:

1. 20 seconds Burpees, rest 10 seconds
2. 20 seconds Burpees, rest 10 seconds
3. 20 seconds Burpees, rest 10 seconds
4. 20 seconds Burpees, rest 10 seconds
5. 20 seconds Burpees, rest 10 seconds
6. 20 seconds Burpees, rest 10 seconds
7. 20 seconds Burpees, rest 10 seconds
8. 20 seconds Burpees, rest 10 seconds

Tabata # 4:

1. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
2. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
3. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
4. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
5. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
6. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
7. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
8. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
THE TABATA WORKOUTS

Week 4: Tabata workouts

Tabata #1:
1. 20 seconds Burpees, rest 10 seconds
2. 20 seconds Burpees, rest 10 seconds
3. 20 seconds Burpees, rest 10 seconds
4. 20 seconds Burpees, rest 10 seconds
5. 20 seconds Burpees, rest 10 seconds
6. 20 seconds Burpees, rest 10 seconds
7. 20 seconds Burpees, rest 10 seconds
8. 20 seconds Burpees, rest 10 seconds

Tabata #2:
1. 20 seconds Jump squats, rest 10 seconds
2. 20 seconds Jump squats, rest 10 seconds
3. 20 seconds Jump squats, rest 10 seconds
4. 20 seconds Jump squats, rest 10 seconds
5. 20 seconds Jump squats, rest 10 seconds
6. 20 seconds Jump squats, rest 10 seconds
7. 20 seconds Jump squats, rest 10 seconds
8. 20 seconds Jump squats, rest 10 seconds
THE TABATA WORKOUTS

Week 4: Tabata workouts

Tabata #3:

1. 20 seconds Step-Throughs, rest 10 seconds
2. 20 seconds Step-Throughs, rest 10 seconds
3. 20 seconds Step-Throughs, rest 10 seconds
4. 20 seconds Step-Throughs, rest 10 seconds
5. 20 seconds Step-Throughs, rest 10 seconds
6. 20 seconds Step-Throughs, rest 10 seconds
7. 20 seconds Step-Throughs, rest 10 seconds
8. 20 seconds Step-Throughs, rest 10 seconds

Tabata # 4:

1. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
2. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
3. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
4. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
5. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
6. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
7. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest
8. 20 seconds 80-20 speed squats (alternate legs each round), 10 seconds rest

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EXERCISE DESCRIPTIONS

**Push ups:**

A:
1. Assume the position shown as in Picture A.
2. Do not let your hips sag excessively to the ground.
3. Tighten your core as you brace for the descent.

B:
1. Slowly and in a controlled manner, lower yourself to the position shown in picture B.
2. Your elbows should bend to at least 90 degrees.
3. Go to at least a fist’s width from the ground.
4. Return to the starting position shown in picture A.

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**EXERCISE DESCRIPTIONS**

**If you are unable to do push ups:**

**A:**

1. Assume the position shown as in Picture A.
2. Do not let you hips sag excessively to the ground
3. Tighten your core as you brace for the descent

**B:**

1. Slowly and in a controlled manner, lower yourself to the position shown in picture B
2. Your elbows should bend to at least 90 degrees
3. Go to at least a fist’s width from the ground
4. Return to the starting position shown in picture A
**EXERCISE DESCRIPTIONS**

**80-20 Speed Squats:**

**A:**

1. Assume the position shown as in Picture A, with your legs slightly split
2. Try to shift in such a way so that 80% of your weight sits on your front heel, and 20% on the ball of your rear foot.
3. Tighten your core as you brace for the descent

**B:**

1. Squat down, keeping the weight on your front heel and your back straight.
2. Pause momentarily at the bottom
3. Return to starting position
4. Do all of the prescribed reps for one leg and then reverse and do the prescribed reps for the other leg.

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EXERCISE DESCRIPTIONS

Planks:

1. Assume the position as shown
2. Try to keep your body in as straight a line as possible, from your heels to your head.
3. Brace your core and hold for the prescribed time.
EXERCISE DESCRIPTIONS

Chin ups/Pull ups

A:

1. Hang from the pull-up bar as shown in position A
2. Use either an over hand or under hand grip – whichever is easier for you
3. Lift your feet off the ground.

B:

1. Pull yourself up until you chin is above the bar.
2. Slowly lower yourself back to the starting position shown in picture A
EXERCISE DESCRIPTIONS

If you cannot do Chin ups/Pull ups

A:

1. Place a chair under the pull up bar and slightly in front of you.
2. Using the MINIMUM amount of assistance from your leg, pull yourself up until your chin is over the bar.
3. Slowly lower yourself down, preferably not using any leg support.
EXERCISE DESCRIPTIONS

Jumping Jacks:

A:

1. Assume the position as shown with your feet together and body upright.

B:

1. Jump upwards slightly, throwing your arms outward as shown
2. At the same time, move your feet apart as shown
3. When you have reached the fully extended position as shown, return to starting position as shown in Picture A
**EXERCISE DESCRIPTIONS**

**Groucho Walk:**

1. Squat down into the position as shown with your feet angled outwards and back straight.

2. Remaining in the squat position, step forward, keeping your back straight and upright.

3. Maintain the squat position.

4. Step forward with the other leg, maintaining the squat position.

5. Walk forward in this manner for 6 steps.

6. Walk backwards in this position for 6 steps to the starting point.

7. Walk back and forth in this manner for the prescribed time.

---

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EXERCISE DESCRIPTIONS

Pike Push ups:

1. Assume the position as shown, with feet spread out wider than a shoulder’s width and closer to your head than would be the case for a standard push up.

1. Descend as you would for a regular push up, until your forehead touches the ground.
2. Return to starting position
**EXERCISE DESCRIPTIONS**

**A:**

1. From a standing position squat down until your hands touch the ground as shown in Picture B

**B:**

1. Make sure your hands are firmly anchored

**C:**

1. Shoot your legs backwards until you are in the push up position

**D:**

1. Perform a push up and reverse the process, going all the way back up to the standing position.
2. As you start to squat back up into the standing position jump upwards.

3. Once you land back in the standing position, repeat the process.
4. The entire cycle of going from standing to push-up, to jump back to standing position is 1 REP.

---

**Burpees:**

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EXERCISE DESCRIPTIONS

Plank with leg raise:

A:

1. Assume the Plank position as previously described.
2. Lift one foot from the ground until your heel is above your head.
3. Pause and hold momentarily
4. Return foot to the ground and repeat with the other foot.
**EXERCISE DESCRIPTIONS**

**Jump Squats:**

1. From a standing position. Keeping your back straight and without leaning forward excessively, squat down until the top of your thighs are parallel with the ground.

2. Squat back up to the standing position, but jump upwards as you go so that your feet lift off the ground.

3. When you land back in the standing position, that is 1 REP.
Exercises are an essential component of any fitness program. Here are some exercises to include:

**Touch Down Lunges:**

1. From a standing position, lift your arms above your head.
2. Lunge forward as shown in the picture, keeping your arms above your head for the entire time.
3. Return to standing position and repeat with the other leg.

For more information on Lean & Muscular 4 week bodyweight training program, visit [http://www.leanandmuscular.org](http://www.leanandmuscular.org).
EXERCISE DESCRIPTIONS

Mountain Climbers:

A:

1. Assume the push up position.
2. From the push up position, bring your knee towards your armpit as shown
3. Return your foot to its original position

B:

1. Repeat the above process with the other leg.
2. Try to cycle though these positions as fast as possible.
3. 1 cycle of bringing your left and right knee towards the armpit equals 1 REP

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**EXERCISE DESCRIPTIONS**

**Burpee with side raise combo:**

1. Perform a burpee as previously described.
2. The exception is once you return to the top of the push up position after performing the push up, lift each arm up until you form a “T” with your body as shown.
3. Do this with both arms

---

1. After doing the side raise and forming a “T” with both arms, complete the rest of the burpee.

---

[Image of a man performing the burpee with side raise combo]
EXERCISE DESCRIPTIONS

Plank to Push up:

1. Assume a plank position as previously described.
2. From the plank position, push up on 1 arm and get into the push up position as shown in Picture B.
3. The bulk of the force to get into the push up position should come from 1 arm

1. Once in the push up position, return to the plank position, going down on the same arm that you pushed up from.
2. Once back in the plank position, repeat the process, but using the opposite arm
EXERCISE DESCRIPTIONS

**Leg Raises:**

A:

1. Assume the position, lying flat on your back as shown in picture A.

B:

1. Brace your abs and push your lower back and hips into the ground.
2. Lift your feet until your legs form a 90 degree angle with your torso.
3. Return to the starting position, making sure to keep your lower back and hips pushing into the ground.
4. Your torso must not lift off the ground at all during the movement.

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EXERCISE DESCRIPTIONS

Side to Side Bunny Hops:

A: Assume the squat position as shown

B: Using small squats and jumps, keeping your legs bent and without returning to the standing position, hop until you are 90 degrees to your starting position.

C: After reaching a 90 degree position to your original starting position, “hop” in the opposite direction, turning your body until you are facing in the opposite direction.

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EXERCISE DESCRIPTIONS

推胸运动，带臀部接触:

A:

1. 按照之前描述，完成一个推胸。
2. 在推胸的顶端完成后，用一只手向后触碰你的臀部。保持这个位置片刻。
3. 回到推胸的起始位置。

B:

1. 再做一次推胸，然后用另一只手重复。

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EXERCISE DESCRIPTIONS

A:

1. Assume the push up position
2. From the push up position, step through with your right leg as shown

B:

1. Shift your hips and place all of your weight onto 1 hand.
2. You should look almost as if you are about to assume a sitting position as shown, except that all of your weight is supported on your one hand and opposite leg.
3. Reverse the movement, and return to the push up position.

C:

1. Repeat for the other side

D:

Step-Throughs:
EXERCISE DESCRIPTIONS

Wide Fly Push Ups:

A:

1. Assume the push up position as shown, except that your hands face outward, and should be placed wider than shoulder width.

B:

1. Perform a push up in the same manner as your would do the regular push up
EXERCISE DESCRIPTIONS

Hip Bridges:

A:

1. Assume the position as shown in picture A.

B:

1. Push your hips upward as shown.
2. Your weight should be supported on your heels and across your shoulders when in the top position.
3. Hold the top position and squeeze momentarily before returning to the start.
**EXERCISE DESCRIPTIONS**

**Leg Raises with Hip Thrust:**

1. Perform a leg raise as previously described.

2. At the top of the leg raise, lift your hips off the ground, as you push your feet up towards the sky.
3. Try to hold the position momentarily before returning to the start.
**EXERCISE DESCRIPTIONS**

**Diamond Push ups:**

1. Assume the push up position, but with your thumbs and forefingers touching as shown.

1. Descend and perform a push up as you would for a regular push up
2. At the bottom, your chest should touch the top of your hands.
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EXERCISE DESCRIPTIONS

A:

Prisoner Squats:

1. Lace your fingers behind your head
2. Squat downwards, keeping your back straight and not leaning forward excessively.

B:

1. Keeping your fingers laced behind your head the entire time, squat down until the top of your thighs are parallel to the ground.
2. Return to the starting position.

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Lunges:

1. From the standing position, lunge forward
2. Keep your back straight and do not lean forward as you descend.

1. Bring your arms up in front of you as you descend, to aid in balance
2. Make sure your knee does not extend over the front of your toes at the bottom of the lunge.
3. Return to the starting position.
4. Repeat for other leg
**EXERCISE DESCRIPTIONS**

**Seated crouchy frog:**

1. Assume the position as shown

   ![Exercise Image](image1)

2. Keeping a flat back and without rounding it excessively, lean backwards ever so slightly and push your feet forwards as shown.

3. Keep your core and abs flexed tight, otherwise you will end up falling backwards.

4. Return to staring position.

   ![Exercise Image](image2)
**EXERCISE DESCRIPTIONS**

**A:**

1. From a standing position, lunge backwards into the position as shown.

**B:**

1. At the end of the lunge when you return to the starting position, lift your knee as shown (the same knee with which you lunged backwards)
2. Return to standing position and repeat for other leg.

**Reverse Lunge with knee raise:**

-Lean & Muscular 4 week bodyweight training program

http://www.leanandmuscular.org/

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EXERCISE DESCRIPTIONS

Seated Bicycles:

1. From a seated position, lean back slightly keeping a flat back
2. Push your feet outwards
3. Move your feet round in small circles as though pedalling a bicycle.
4. Perform this pedalling motion for the prescribed amount of time.
5. You can alternate between forward and backward pedalling motions.
EXERCISE DESCRIPTIONS

Spider Climbers:

A:

1. Assume the push up position
2. Bring your right knee up past your shoulder.

B:

1. Return foot to original position
2. Repeat with left leg
3. Cycle between legs as fast as possible.
4. This is very similar to the mountain climber, except that you bring your knee much further forward.
EXERCISE DESCRIPTIONS

Supermans:

A:

1. Assume the position as shown

B:

1. Lift your chest, arms and feet off the ground as shown.
2. Pause momentarily in this top position
3. Return to starting position.
EXERCISE DESCRIPTIONS

Bodyweight RDL:

A:

1. From a standing position, keeping a flat back and flexed core, lean forward as though you are picking up an object off the ground as shown.
2. Lift your rear leg until roughly parallel with the ground.
3. Pause momentarily.
4. Keep your back and rear leg in roughly a straight line,
5. Swing your rear leg forward as you simultaneously bring your torso back upright to the standing position.
6. Do the prescribed number for one leg before switching to other leg
EXERCISE DESCRIPTIONS

A:

1. Assume the position as shown, with your legs split and rear foot supported on a chair or bench
2. Make sure to have the front leg far forward and that the ‘split’ is fairly wide.

B:

1. Squat downward on your front leg and return to the starting position shown in picture A.
2. Repeat the prescribed number of reps for 1 leg and then switch positions and do prescribed number for the other leg.
**EXERCISE DESCRIPTIONS**

**Prisoner Lunges:**

1. Lace your fingers behind your head as shown.

2. Lunge forward as previously described, keeping your hands laced behind your head.

3. Alternate between legs
EXERCISE DESCRIPTIONS

Wall Squats:

1. Assume the squat position as shown against a wall.
2. Hold this position for the prescribed amount of time.
WHERE TO FROM HERE?

Firstly, congratulations for making it through the program! This is a tough program, and just getting through it is a major accomplishment!

Take a few days off – you have earned it!

Now that you have completed the program, you have a few options:

If you were unable to complete the program as prescribed, try it again until you can make it to the prescribed level, email me if you need support, exercise substitutions or any advice: leanandmuscular@gmail.com

If you managed to get through the program as prescribed, to keep developing and progressing, you will need to make it MORE CHALLENGING.

You can do this by using more challenging exercises. Substitute the prescribed exercises for more challenging variants – use decline push ups, triple-stop push ups, elevated push ups or any other more challenging variants. Do some of the leg exercises with one leg.

You can also start using some dumbbells or kettlebells if you have access to them, for some of the exercises. For example, with many of the lunge and squat exercises you can hold dumbbells or kettlebells in your hands or even above your head.

Try burpees with dumbbells in your hands and do a press or curl at the end of the movement. Get creative, but remember to stay safe.

Also, read my newsletter that I send out, I often share new and interesting exercises and workouts that you can try, some of which will be way more challenging than anything you have done so far in this program!

Another option is to put your name on the waiting list for one of my 16 week coached programs that I run a couple of times per year.

It’s a program that will totally transform your physique and life, it’s 16 weeks of workouts with my support and coaching that will be tailored to suit you and get you maximum results!

To put your name on the list and be part of one of these transformational programs visit: http://www.leanandmuscular.org/waiting-list.php

Again, congratulations on making it this far. I hope that this is just the beginning and that you’ll continue to make fitness, strength and health a priority in your life!
WHO IS THIS GUY WHO HAS KICKED YOUR BUTT THE LAST 4 WEEKS?

My name is Bryan Hamann.

I am a fitness junkie. I have been working out since I was about 13 years old. That gives me almost 17 years experience of making many mistakes and learning. I have been helping people with their fitness since high-school.

In 2010 I did my CFT (Certified Fitness Trainer) certification.

I am also a scientist by training, BSc degree is Biochemistry and Microbiology – so I like to apply a very analytical and scientific approach to my training and the training programs I design for clients, something I believe many trainers lack. To me it is all about the data and numbers! By always being aware of the data and numbers, you can adapt, modify and adjust your program, ensuring constant progress and results.

My views and preferences in fitness have changed over the years, I have gone from hardcore bodybuilding, to Crossfit, to various martial arts (krav maga, Brazilian Jiu Jitsu and Grappling) to triathlon, to kettlebells and then back and forth between all of them.

This wide diversity of activities has given me a very broad and well-rounded understanding of all aspects of fitness.

Some of my fitness achievements:

• Ironman Triathlon finisher - The Ironman is widely regarded as one of the toughest single-day endurance races on the planet.

• Prestige Ultra Triathlon finisher

• Ekhuruleni 5150 finisher

• Completed the infamous Prison Burpee workout in 18 minutes 39 seconds. – Google it. (Anything under 20 minutes is considered Elite)

• National Level competitor in the BLACK OPS Warrior race.

• Junior World record holder in Archery

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STAY IN TOUCH

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Join the Lean and Muscular group on Facebook:

https://www.facebook.com/LeanAndMuscular?ref=hl

The Lean and Muscular Website:

http://www.leanandmuscular.org
TERMS AND CONDITIONS:

1. By sending in your pictures and before and after measurements, in order to be eligible for winning 16 weeks of personal training, you give me permission to use those pictures in future advertising and promotional material for Lean and Muscular products. Commentary on how the program worked for you will also be required to be eligible.

2. The personal training on offer is an online personal training service whereby I will provide you with a customized program and full email support for 16 weeks. The program can be modified for your needs and objectives. Email support will be provided to answer any questions and also in tracking your progress and ensuring that you follow the program and get the results you desire.

3. One winner will be chosen every quarter and will be notified via email.