

# 6 WEEK BODYWEIGHT OVERLOAD WORKOUT SHEETS

Workout Program Weeks 1-3: Shoot for 8-12 reps each set									
Week 1 (H)	Compound Superset (in bold otherwise normal set)								
Day	Exercise	1	2	3	4	5	6	7	8
Monday - Chest/Back	Push Ups - NR								
	Pull Ups - 60 sec								
Tuesday - Shoulders/Bis/Tris	Handstand Push Ups - 60 sec								
	Chin Ups - NR								
	Half Plank Tiger Bends-60 sec								
Wednesday - Legs	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Shrimp Squat - 60 sec								
Thursday - Chest/Back	Push Ups - NR								
	Pull Ups - 60 sec								
Friday - Shoulders/Bis/Tris	Handstand Push Ups - 60 sec								
	Chin Ups - NR								
	Half Plank Tiger Bends-60 sec								
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Shrimp Squat - 60 sec								

Week 2 (H)		Compound Superset (in bold otherwise normal set)							
Day	Exercise	1	2	3	4	5	6	7	8
Monday - Chest/Back	Push Ups - NR								
	Pull Ups - 60 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 60 sec					X	X	X	X
Tuesday - Shoulders/Bis/Tris	Handstand Push Ups - 60 sec								
	Crucifix Push Ups - 60 sec					X	X	X	X
	Chin Ups - NR								
	Half Plank Tiger Bends-60 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 60 sec					X	X	X	X
Wednesday - Legs	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Single Leg Bear Squat - 60 sec					X	X	X	X
	Shrimp Squat - 60 sec								
Thursday - Chest/Back	Push Ups - NR								
	Pull Ups - 60 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 60 sec					X	X	X	X
Friday - Shoulders/Bis/Tris	Handstand Push Ups - 60 sec								
	Crucifix Push Ups - 60 sec					X	X	X	X
	Chin Ups - NR								
	Half Plank Tiger Bends-60 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 60 sec					X	X	X	X
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Single Leg Bear Squat - 60 sec					X	X	X	X
	Shrimp Squat - 60 sec					X	X	X	X

Day	Exercise	1	2	3	4	5	6	7	8
	Chin Ups - 60 sec								
<b>Week 3 (H)</b>	<b>Compound Superset (in bold otherwise normal set)</b>								
<b>Monday - Chest/Back</b>	Push Ups - NR								
	Pull Ups - 60 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 60 sec					X	X	X	X
	Planche Push Ups - NR					X	X	X	X
	Elbow Jumps - 60 sec					X	X	X	X
<b>Tuesday - Shoulders/Bis/ Tris</b>	Handstand Push Ups - 60 sec								
	Crucifix Push Ups - 60 sec					X	X	X	X
	Decline Hand Stand Pushup-60 sec					X	X	X	X
	Half Plank Tiger Bends-60 sec								
	Chin Ups - 60 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 60 sec					X	X	X	X
	Close Grip Push Up - NR					X	X	X	X
	Mountain Climber Pull Ups - 60 sec					X	X	X	X
<b>Wednesday - Legs</b>	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Single Leg Bear Squat - 60 sec					X	X	X	X
	Shrimp Squat - 60 sec					X	X	X	X
	Single Leg Plyo Jumps - 60 sec								
<b>Thursday - Chest/Back</b>	Push Ups - NR								
	Pull Ups - 60 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 60 sec					X	X	X	X
	Planche Push Ups - NR					X	X	X	X
	Elbow Jumps - 60 sec					X	X	X	X
<b>Friday - Shoulders/Bis/ Tris</b>	Handstand Push Ups - 60 sec								
	Crucifix Push Ups - 60 sec					X	X	X	X
	Decline Hand Stand Pushup - 60 sec					X	X	X	X
	Half Plank Tiger Bends-60 sec								

	Chin Ups - 60 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 60 sec					X	X	X	X
	Close Grip Push Up - NR					X	X	X	X
	Mountain Climber Pull Ups - 60 sec					X	X	X	X
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 60 sec								
	Single Leg Bear Squat - 60 sec					X	X	X	X
	Shrimp Squat - 60 sec					X	X	X	X
	Single Leg Plyo Jumps - 60 sec								

**Workout Program Weeks 4-6: Shoot for 6-8 reps each set**

Workout Program Weeks 4-6: Shoot for 6-8 reps each set									
Week 4 (S)	Compound Superset (in bold otherwise normal set)								
Day	Exercise	1	2	3	4	5	6	7	8
Monday - Chest/Back	Push Ups - NR								
	Pull Ups - 90 sec								
Tuesday - Shoulders/Bis/Tris	Handstand Push Ups - 90 sec								
	Chin Ups - NR								
	Half Plank Tiger Bends -90 sec								
Wednesday - Legs	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Shrimp Squat - 90 sec								
Thursday - Chest/Back	Push Ups - NR								
	Pull Ups - 90 sec								
Friday - Shoulders/Bis/Tris	Handstand Push Ups - 90 sec								
	Chin Ups - NR								
	Half Plank Tiger Bends -90 sec								
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Shrimp Squat - 90 sec								

Week 5 (S)	Compound Superset (in bold otherwise normal set)								
Day	Exercise	1	2	3	4	5	6	7	8
Monday - Chest/Back	Push Ups - NR								
	Pull Ups - 90 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 90 sec					X	X	X	X
Tuesday - Shoulders/Bis/Tris	Handstand Push Ups - 90 sec								
	Crucifix Push Ups - 90 sec					X	X	X	X
	Chin Ups - NR								
	Half Plank Tiger Bends-90 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 90 sec					X	X	X	X
Wednesday - Legs	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Single Leg Bear Squat - 90 sec					X	X	X	X
	Shrimp Squat - 90 sec					X	X	X	X
Thursday - Chest/Back	Push Ups - NR								
	Pull Ups - 90 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 90 sec					X	X	X	X
Friday - Shoulders/Bis/Tris	Handstand Push Ups - 90 sec								
	Crucifix Push Ups - 90 sec					X	X	X	X
	Chin Ups - NR								
	Half Plank Tiger Bends-90 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 90 sec					X	X	X	X
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Single Leg Bear Squat - 90 sec					X	X	X	X
	Shrimp Squat - 90 sec					X	X	X	X

	HalfPlank Tiger Bends-NR								
<b>Week 6 (S)</b>	<b>Compound Superset (in bold otherwise normal set)</b>								
<b>Day</b>	<b>Exercise</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Monday - Chest/Back</b>	Push Ups - NR								
	Pull Ups - 90 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 90 sec					X	X	X	X
	Planche Push Ups - NR					X	X	X	X
	Elbow Jumps - 90 sec					X	X	X	X
<b>Tuesday - Shoulders/Bis/Tris</b>	Handstand Push Ups - 90 sec								
	Crucifix Push Ups - 90 sec					X	X	X	X
	Decline Hand Stand Pushup-90 sec					X	X	X	X
	Half Plank Tiger Bends - NR								
	Chin Ups - 90 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 90 sec					X	X	X	X
	Close Grip Push Up - NR					X	X	X	X
	Mountain Climber Pull Ups - 90 sec					X	X	X	X
<b>Wednesday - Legs</b>	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Single Leg Bear Squat - 90 sec					X	X	X	X
	Shrimp Squat - 90 sec					X	X	X	X
	Single Leg Plyo Jumps - 90 sec								
<b>Thursday - Chest/Back</b>	Push Ups - NR								
	Pull Ups - 90 sec								
	Chest Dips - NR					X	X	X	X
	Single Elbow Pushup - 90 sec					X	X	X	X
	Planche Push Ups - NR					X	X	X	X
	Elbow Jumps - 90 sec					X	X	X	X
<b>Friday - Shoulders/Bis/Tris</b>	Handstand Push Ups - 90 sec								
	Crucifix Push Ups - 90 sec					X	X	X	X
	Decline Hand Stand Pushup - 90 sec					X	X	X	X
	Half Plank Tiger Bends-90 sec								

	Chin Ups - 60 sec								
	Diamond Kiss Pushup - NR					X	X	X	X
	Close Grip Pull Ups - 90 sec					X	X	X	X
	Close Grip Push Up - NR					X	X	X	X
	Mountain Climber Pull Ups - 90 sec					X	X	X	X
Saturday - Legs	Pistol Squats - NR								
	Leaning Tower - 90 sec								
	Single Leg Bear Squat - 90 sec					X	X	X	X
	Shrimp Squat - 90 sec					X	X	X	X
	Single Leg Plyo Jumps - 90 sec								