

Full-Body Bodyweight *Training.*

A Progressive Beginner Program

- 01 Compound movements
- 02 Full-body sessions
- 03 Gradual progression



Inside this *system*

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*Consistent training, balanced nutrition and
complete rest — three habits working together.*

01

Introduction

Before you begin

This program is built on a simple idea: train the whole body, often, with movements that use many muscles at once.

Push-ups, squats, lunges, pull-ups and dips are basic exercises, but performed consistently and with good technique they keep the muscles under steady, productive tension and drive continuous improvement in strength and muscle tone.

The method comes from personal practice: full-body bodyweight sessions, adjusted over time by paying close attention to how the body responds. This version has been organized into two routines — **Routine A** and **Routine B** — and set at a comfortable starting level, so that it can be learned safely and progressed gradually.

Exercise is only one part of the result. Visible, lasting change comes from three habits working together: **consistent training, balanced nutrition and complete rest**. Each of them is covered in this guide.

Safety First

Because every person's health history is different, it is recommended to get clearance from a physician before starting any new exercise program — especially in the case of heart conditions, high or low blood pressure, dizziness, previous injuries, or joint pain in the shoulders, elbows, back, hips or knees.

- Warm up for 5–8 minutes before every session: brisk walking, arm circles, light squats and shoulder rolls.
- Move slowly and with control. Technique always comes before speed or number of repetitions.
- Breathe continuously — do not hold your breath during the effort.
- Mild muscle soreness the day after is normal. Sharp, stabbing or joint pain is not: stop the exercise.
- **Stop immediately** and seek medical attention if you feel chest pain, unusual shortness of breath, dizziness, palpitations or nausea.

FOUNDATIONS

Training Principles

*01***Full body**

Every session trains upper body, lower body and core. No single muscle group is left for another day.

*02***Compound movements**

Each exercise involves several joints and muscle groups, building functional, balanced strength.

*03***Quality repetitions**

Full, comfortable range of motion and controlled speed — about 2 seconds down, 1–2 seconds up.

*04***Reps in reserve**

On assisted pull-ups, chin-ups and dips, end each set when you could still do only 2–3 more good repetitions.

*05***Consistency**

Showing up regularly matters far more than any single hard workout.

*06***Recovery**

Muscles adapt and grow during rest. Sleep and nutrition are part of the training.

02

The Method

How to organize the week

The Seven-Day Movement Mindset

The mindset is to **move every day**. When the plan is built around seven days, missing one or two still leaves a strong, effective week. When the plan is built around only three or four days, any missed session cuts the week short.

Build a seven-day movement mindset — not seven consecutive days of maximal training.

Daily movement does not mean daily maximum effort. Strength days are combined with walking, mobility and recovery, so the body is always active but never overloaded.

Starting Weekly Schedule

I	DAY 1 Routine A	Push-ups, lower-body circuit, assisted pull-ups and chin-ups
2	DAY 2 Routine B	Assisted dips, lower-body circuit, pike push-ups, reverse flyes
3	DAY 3 Active recovery	Walking, mobility or light stretching (20–40 minutes)
4	DAY 4 Routine A	Same as Day 1 — try to improve quality or reduce machine assistance
5	DAY 5 Routine B	Same as Day 2
6	DAY 6 Optional light session	An easy Routine A or B, or a recreational activity
7	DAY 7 Recovery	Walking, mobility or full rest

After Several Weeks

When recovery between sessions feels good, training days can become more frequent. Any of these formats works:

- **Alternating:** A, B, A, B ... with a recovery day whenever it is needed.
- **Blocks of three:** three days of Routine A, then three days of Routine B.
- **Weekly blocks:** one full week of Routine A, followed by one full week of Routine B.

Take an extra recovery day if strength drops, joints feel irritated, sleep gets worse, or the muscles still feel tired from the previous session.

Understanding “2–3 Reps in Reserve”

For assisted pull-ups, assisted chin-ups and assisted dips there is no fixed number of repetitions. Keep going until you feel you could perform **only 2–3 more repetitions with good form**, then end the set. You do not need to reach high numbers, and you should never continue to complete muscular failure. A good working range is roughly 6–12 controlled repetitions; adjust the machine’s assistance to stay in that range.



End the set here — with 2–3 clean repetitions still available.

03

The Routines

Routine A and Routine B

Routine A

01	Push-Ups Knees on the floor when needed; regular and knee reps can be combined in the same set.	SETS × REPS 2 warm-up sets + 4 × 10 REST 60–90 s
02	Lower-Body Circuit Squats 10 · Reverse lunges 10 per leg · Heel-elevated squats 10 · Forward lunges 10 per leg.	SETS × REPS 2 continuous rounds REST 90–120 s after each round
03	Assisted Pull-Ups Wide overhand grip. End each set with 2–3 reps in reserve.	SETS × REPS 2 sets REST 90–120 s
04	Assisted Chin-Ups Shoulder-width underhand grip. 2–3 reps in reserve. May alternate with pull-ups.	SETS × REPS 2 sets REST 90–120 s

Push-up warm-up sets are easy sets of 5–8 repetitions (on the knees if preferred) that prepare the shoulders, elbows and wrists. The working sets are where the effort happens. A working set of 10 can be completed any way that keeps good form — for example 5 regular and 5 on the knees, or 4 regular and 6 on the knees. Over time, the number of regular repetitions will grow until all 10 are regular.

Pull-ups and chin-ups can be done as two sets of each in a row, or alternated: pull-up, chin-up, pull-up, chin-up — whichever feels better.

FULL-BODY SESSION

Routine *B*

01	Assisted Dips 2 sets with a slight forward lean (chest), 2 sets with an upright torso (triceps). 2–3 reps in reserve.	SETS × REPS 1–2 light sets + 4 working sets REST 90–120 s
02	Lower-Body Circuit Exactly the same circuit as Routine A.	SETS × REPS 2 continuous rounds REST 90–120 s after each round
03	Pike Push-Ups Hips high; lower the head between the hands.	SETS × REPS 3 × 6–10 REST 60–90 s
04	Bent-Over Reverse Flyes Very light dumbbells. Targets rear shoulders and upper back.	SETS × REPS 3 × 12–15 REST 60 s

The Lower-Body Circuit

The four leg exercises are performed one after another, with no rest in between. Completing all four is one round. Rest 90–120 seconds and repeat for a second round.

1 Bodyweight Squats 10	2 Reverse Lunges 10 per leg
3 Heel-Elevated Squats 10	4 Forward Lunges 10 per leg

If 10 lunges per leg feel like too much at first, begin with 6–8 per leg. Holding a stable support for balance is always allowed.

04

Exercise Guide

How to perform each movement

A · 01

ROUTINE A

Push-Ups

TARGET

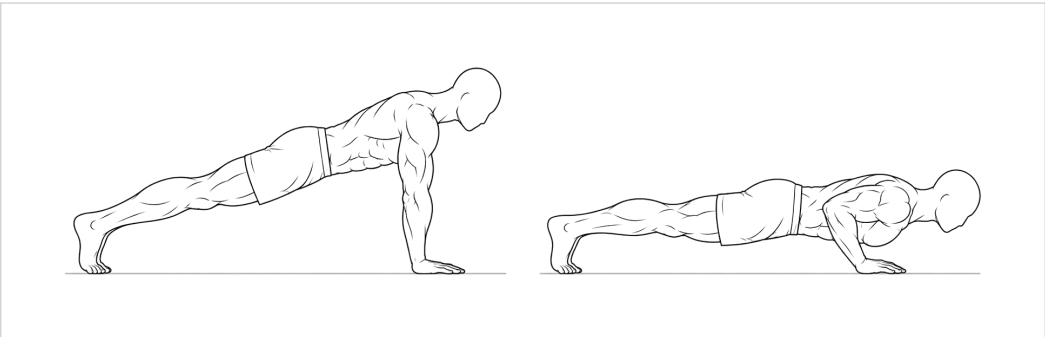
Chest, shoulders, triceps, core

PRESCRIPTION

2 warm-up + 4 × 10

REST

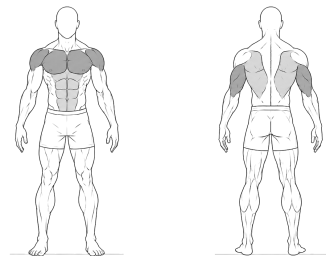
60–90 s



01 START

02 FINISH

MUSCLES WORKED



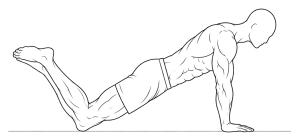
Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Hands slightly wider than shoulders, body in a straight line from head to heels.
- 02 Lower the chest toward the floor with elbows at about 45° from the body — not flared straight out.
- 03 Keep the abdomen and glutes lightly engaged so the hips do not sag or rise.
- 04 Press back up until the arms are straight, without locking the elbows hard.

OPTION

With the knees on the floor the same body line is kept from head to knees.

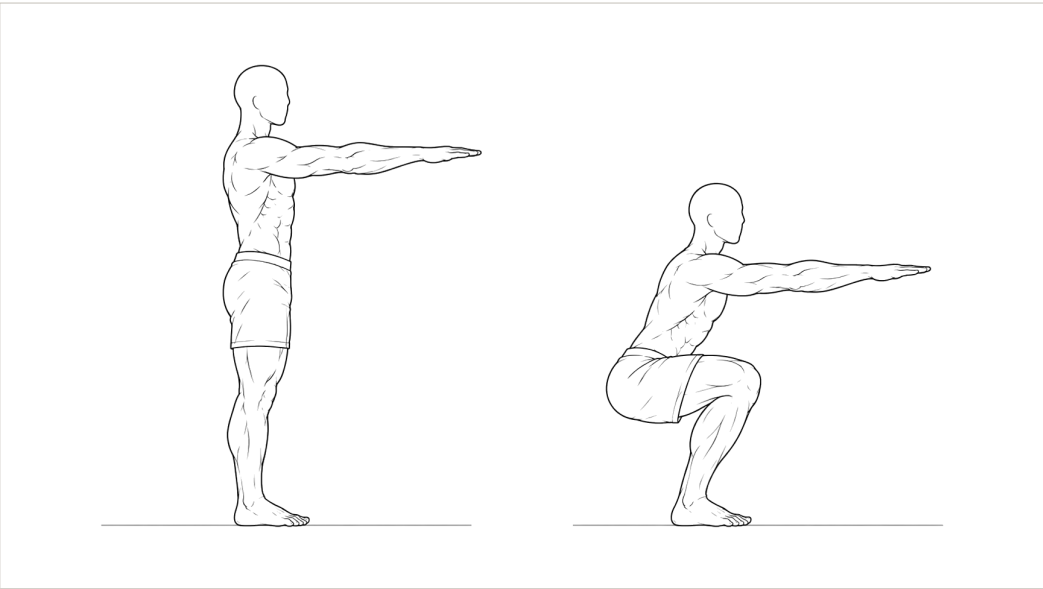


A/B · 02

LOWER-BODY CIRCUIT

Bodyweight Squats

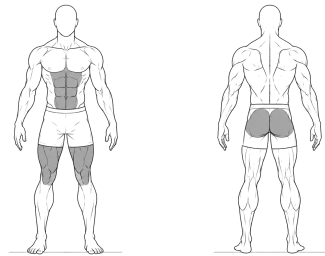
TARGET	PRESCRIPTION	REST
Thighs, glutes, core	Circuit · 10 reps	No rest — continue



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

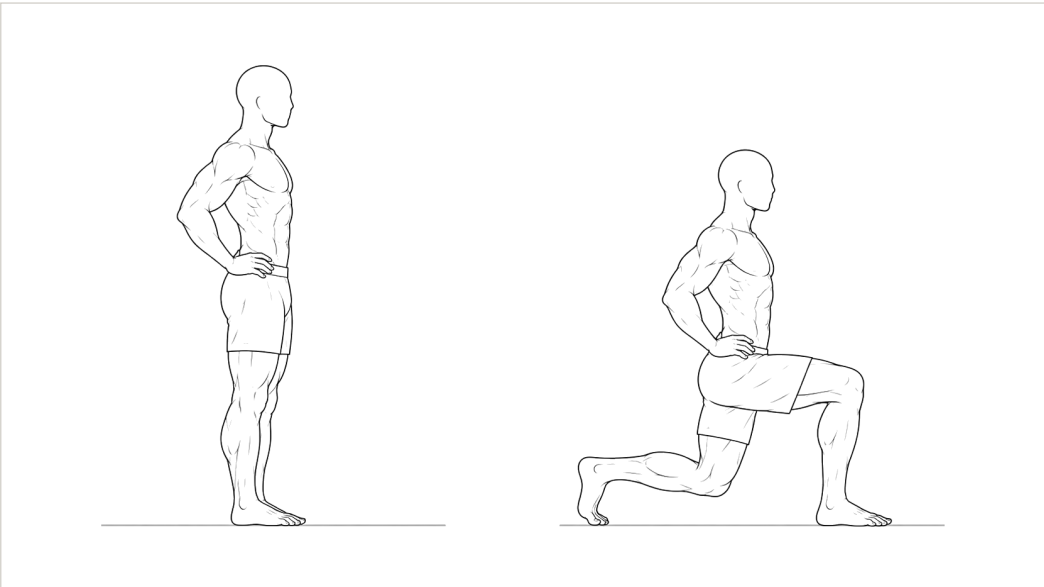
- 01 Feet about shoulder-width apart, toes pointing slightly out.
- 02 Sit the hips back and down as if sitting on a chair; arms forward for balance.
- 03 Knees travel in the same direction as the toes. Chest stays tall.
- 04 Go only as deep as is comfortable, then stand up by pushing through the whole foot.

A/B · 03

LOWER-BODY CIRCUIT

Reverse Lunges

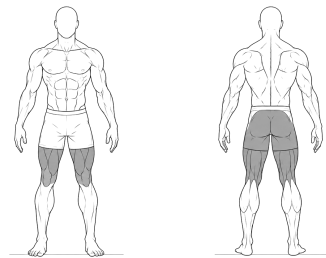
TARGET	PRESCRIPTION	REST
Thighs, glutes, balance	Circuit · 10 per leg	No rest — continue



01 START

02 STEP BACK

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Stand tall, hands on the hips or holding a support.
- 02 Take a step **backward** and lower the back knee toward the floor.
- 03 The front shin stays close to vertical; the torso stays upright.
- 04 Push through the front foot to return to standing, then switch legs.

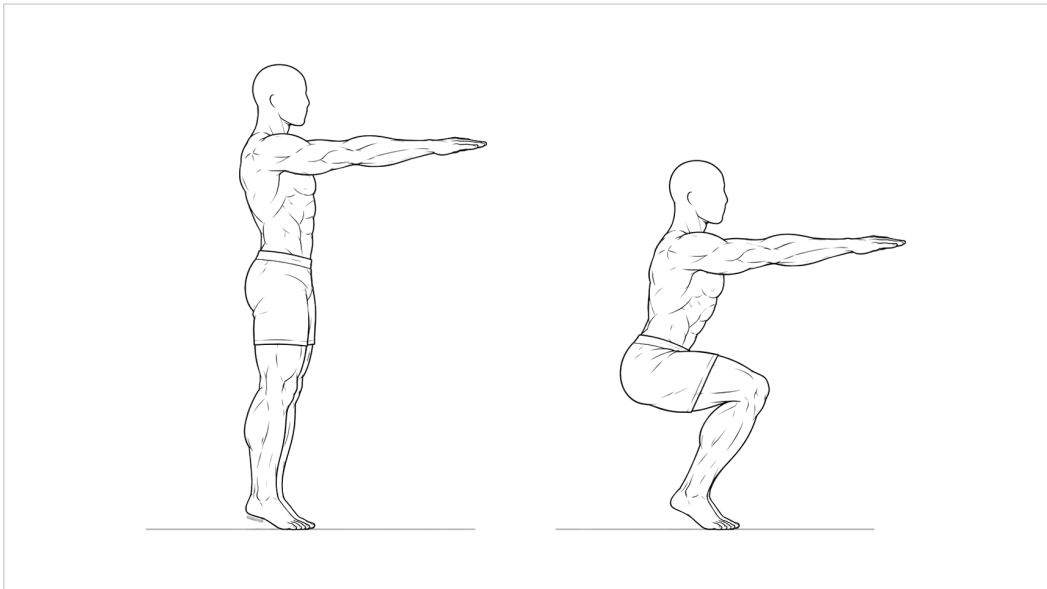
OPTION Shorten the step and reduce the depth if balance or knee comfort is limited.

A/B · 04

LOWER-BODY CIRCUIT

Heel-Elevated Squats

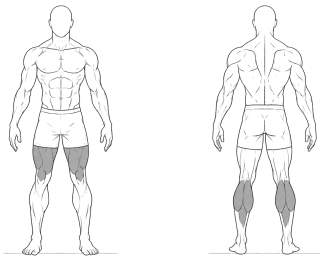
TARGET	PRESCRIPTION	REST
Front of the thighs, calves, balance	Circuit · 10 reps	No rest — continue



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Feet at shoulder width, knees pointing forward, heels raised **only slightly** off the floor.
- 02 Lower slowly while staying on the balls of the feet; keep the torso tall.
- 03 Hold a stable support with one hand if needed.
- 04 If this variation is not possible yet, perform regular bodyweight squats instead.

A/B · 05

LOWER-BODY CIRCUIT

Forward Lunges

TARGET

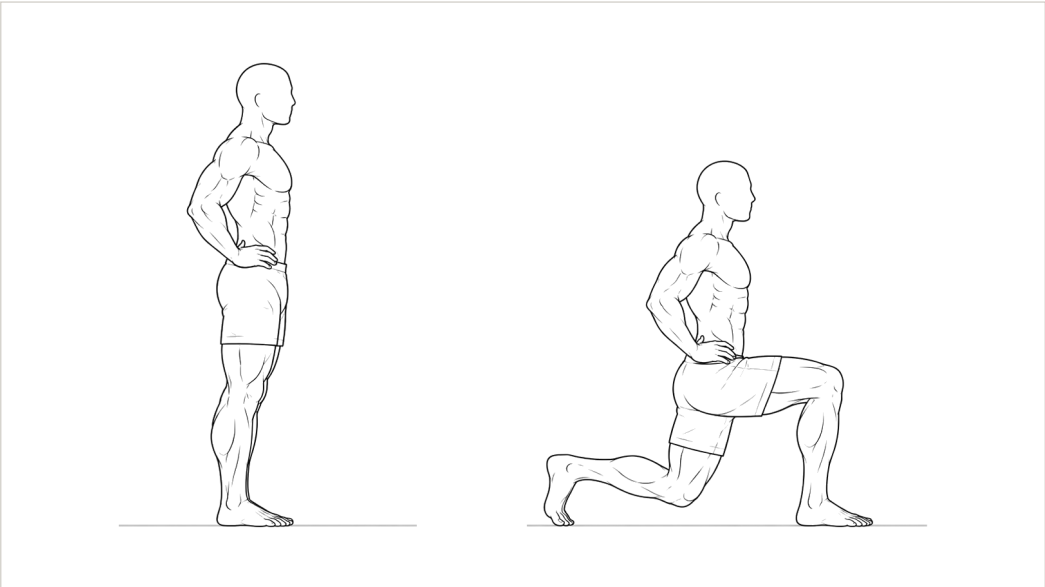
Thighs, glutes, balance

PRESCRIPTION

Circuit · 10 per leg

REST

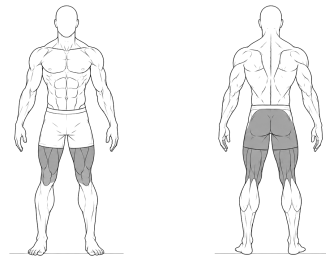
90–120 s after the round



01 START

02 STEP FORWARD

MUSCLES WORKED



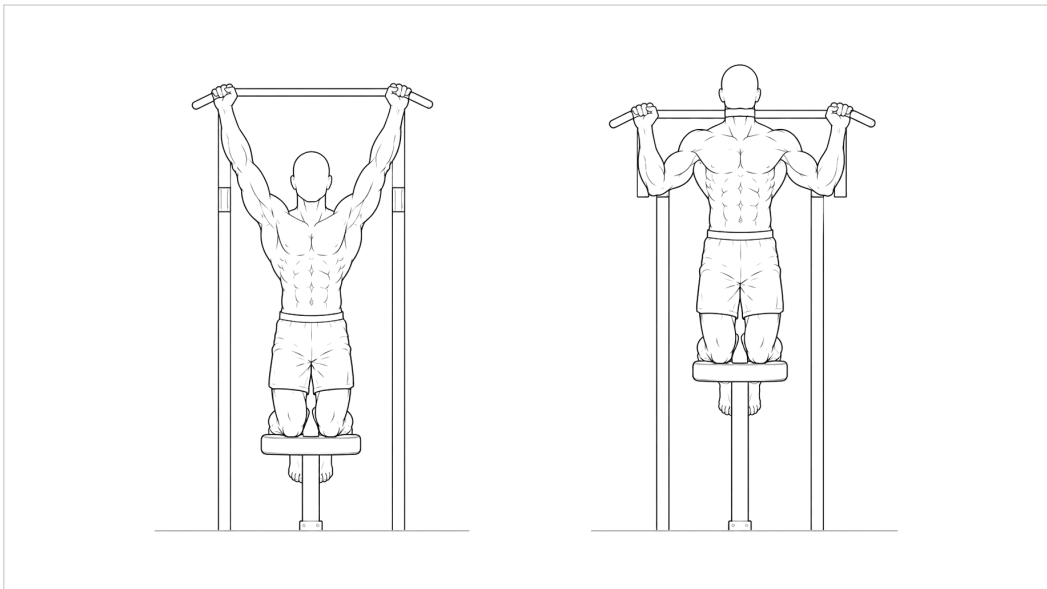
Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Stand tall and take a controlled step **forward**.
- 02 Lower the back knee toward the floor, keeping the front knee over the foot.
- 03 Push firmly through the front heel to step back to the starting position.
- 04 Alternate legs until 10 repetitions per leg are completed.

Assisted Pull-Ups

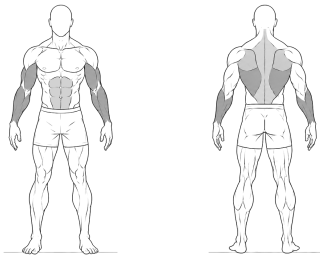
TARGET	PRESCRIPTION	REST
Back (lats), biceps, grip	2 sets · 2–3 reps in reserve	90–120 s



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Kneel on the assistance pad and take an overhand grip slightly wider than the shoulders.
- 02 Start from a full hang with the shoulders active, not shrugged up to the ears.
- 03 Pull the elbows down toward the ribs until the chin reaches the bar.
- 04 Lower slowly to the start. Use enough assistance to keep every repetition clean.

A · 07

ROUTINE A

Assisted Chin-Ups

TARGET

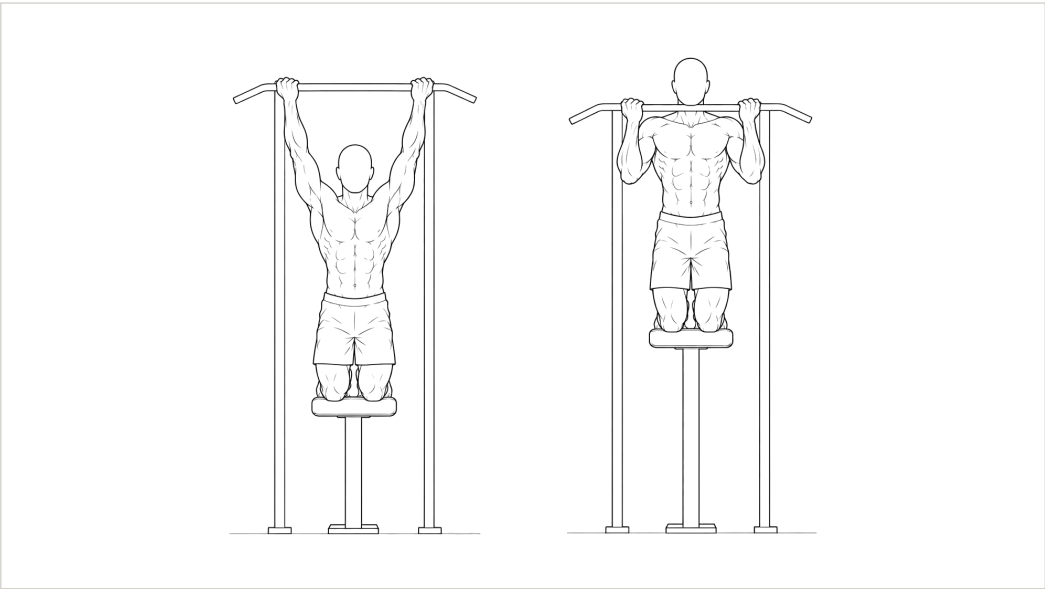
Back, biceps, grip

PRESCRIPTION

2 sets · 2–3 reps in reserve

REST

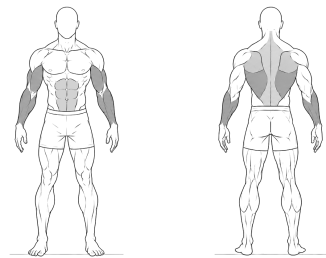
90–120 s



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

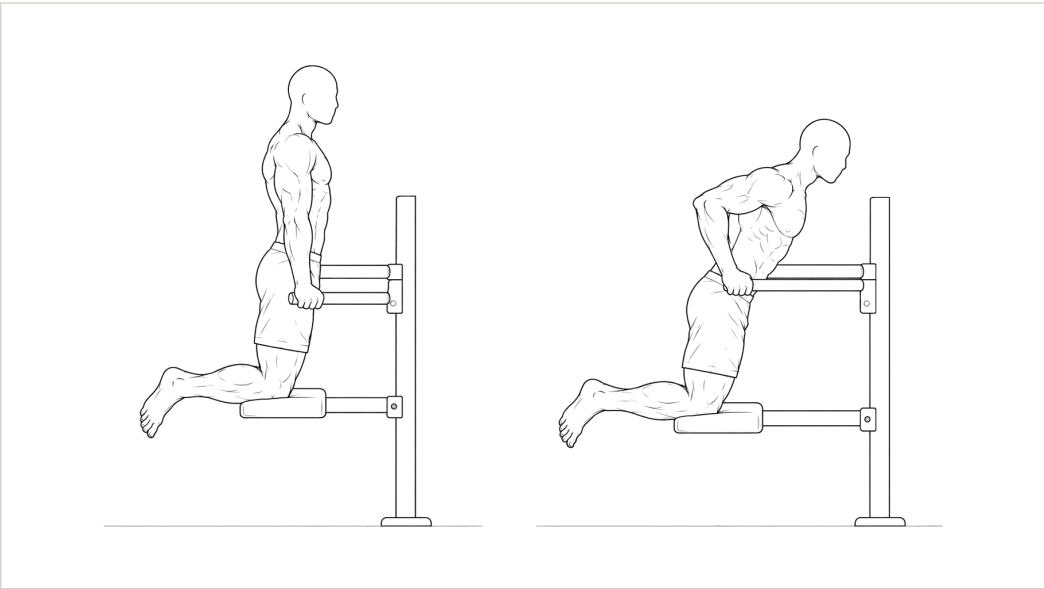
- 01 Same machine and setup, but with an underhand grip (palms facing you) at shoulder width.
- 02 Pull the chest toward the bar while keeping the body steady.
- 03 Lower with control to a full hang.
- 04 Chin-ups usually feel a little easier than pull-ups because the biceps help more.

B · 08

ROUTINE B

Assisted Dips

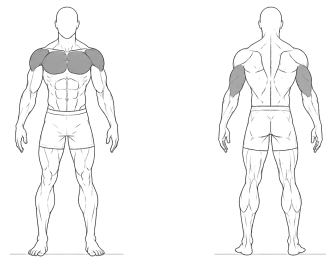
TARGET	PRESCRIPTION	REST
Chest, triceps, front shoulders	1–2 light + 4 sets · 2–3 RIR	90–120 s



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

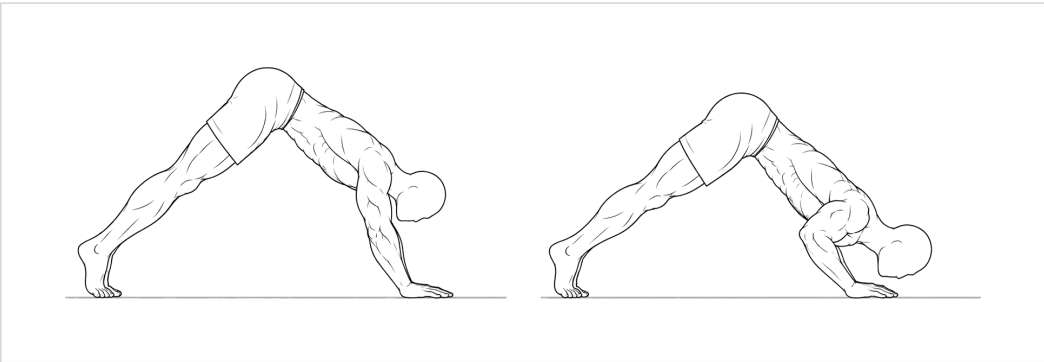
- 01 Kneel on the pad, hold the handles and straighten the arms with shoulders down.
- 02 Lower until the upper arms are about parallel to the floor, or less if uncomfortable.
- 03 **Chest emphasis (2 sets):** lean the torso slightly forward. **Triceps emphasis (2 sets):** keep the torso upright.
- 04 Keep the elbows on a comfortable path — never force them wide — and press back up.

B · 09

ROUTINE B

Pike Push-Ups

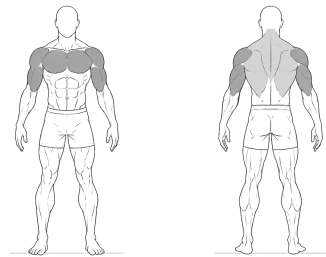
TARGET	PRESCRIPTION	REST
Shoulders, triceps, upper chest	3 × 6–10	60–90 s



01 START

02 FINISH

MUSCLES WORKED



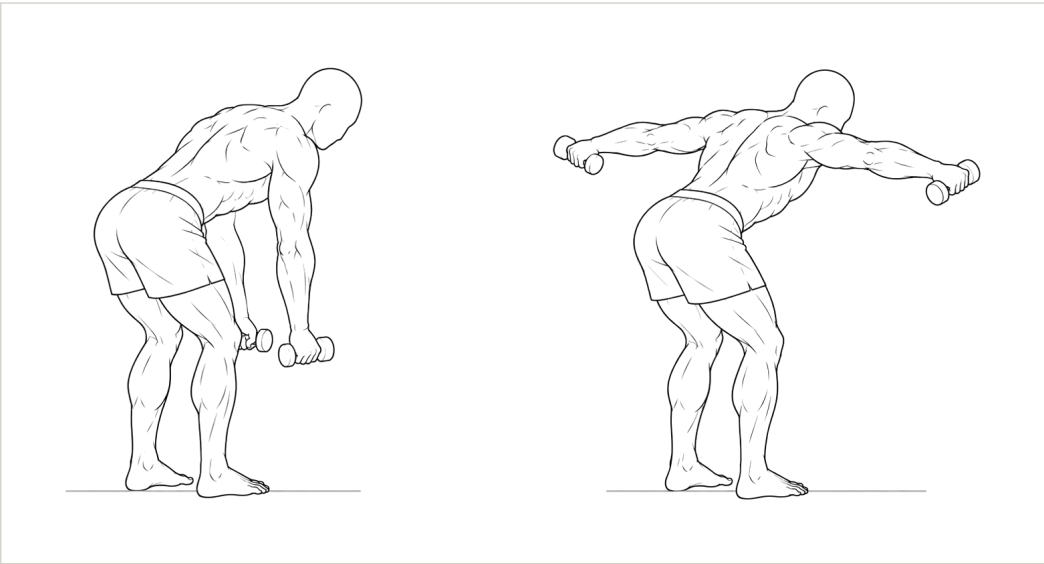
Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 From a push-up position, walk the feet in and lift the hips high to form an inverted "V".
- 02 Bend the elbows and lower the top of the head toward the floor between the hands.
- 03 Press back up to the inverted "V", pushing the floor away.
- 04 To make it easier, keep the hips lower or place the hands on a bench.

Bent-Over Reverse Flyes

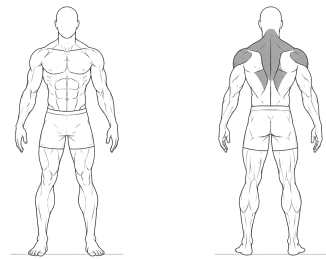
TARGET	PRESCRIPTION	REST
Rear shoulders, upper back	3 × 12–15	60 s



01 START

02 FINISH

MUSCLES WORKED



Dark gray: primary muscles.
Light gray: supporting muscles.

EXECUTION

- 01 Use **very light** dumbbells. Hinge forward at the hips with a flat back and soft knees.
- 02 The torso leans well forward — it does not need to reach a full 90°.
- 03 With a slight bend in the elbows, raise the arms out to the sides until they reach shoulder level.
- 04 Squeeze the shoulder blades gently, pause, and lower slowly. No swinging.

05

Progressive Overload

How to keep improving

The routine in this guide is a **starting point**. As the body adapts, the same workout gradually becomes easier — and that is the signal to progress.

There is no perfect formula of sets and repetitions that works forever; progress comes from small, steady increases.

Ways to Progress

- Reduce the assistance on the pull-up and dip machine little by little.
- Add repetitions while keeping clean technique — for example, the leg circuit from 10 to 12, and later to 15.
- Convert knee push-ups into regular push-ups, one repetition at a time.
- Add one set to an exercise when the current volume feels comfortable.
- Improve control: slower lowering, fuller range of motion, short pauses.
- Increase the reverse-fly dumbbells slightly, only when 15 clean repetitions are easy.

Rules for Progression

- Change **one variable at a time**: assistance, repetitions, sets or difficulty — not all at once.
- Progress only when the current level is completed with good form and you recover well for the next session.
- If technique breaks down, pain appears, or fatigue builds up, go back one step. That is part of the process, not a failure.
- Over months, the number of sets and repetitions can grow well beyond this starting level — guided always by how the body responds.

06

Nutrition & Recovery

Training is only one part

This is a full-body, bodyweight program built on compound movements that work virtually every muscle of the body. Even so, physical activity alone is not enough for complete development.

Results depend on three pillars: **daily movement**, **good nutrition** and **continuous, complete rest**.

<i>I</i>	<i>II</i>	<i>III</i>
Daily movement	Good nutrition	Complete rest

Reducing the Abdomen Means Reducing Body Fat

No exercise can burn fat from one specific area. The abdomen becomes smaller as total body fat decreases, and that requires a **calorie deficit** — consuming slightly fewer calories than the body uses. The deficit should be **moderate and sustained over time**, not extreme. Very aggressive restriction or long fasting tends to reduce energy, strength and muscle, and is difficult to maintain.

Keep a Record of What You Eat

The most practical way to stay in a deficit is to **record everything eaten and drunk during the day**, including portions, sauces, oils and beverages. A simple food-tracking app makes it easy to see total calories and how they divide into protein, carbohydrates and fats.

- **Protein first:** include a good protein source at every meal (chicken, fish, eggs or egg whites, lean meat, Greek yogurt, legumes). It helps maintain and build muscle and keeps hunger under control.
- **Carbohydrates for energy:** choose whole sources such as sweet potato, rice, oats, fruit and vegetables, especially around training.
- **Healthy fats in measured amounts:** avocado, olive oil, nuts and seeds are necessary for health, but they are very calorie-dense, so portions should be measured rather than eliminated.

THE INGREDIENT RULE

The easier it is to count the ingredients you are eating, the better.

Favor foods that are as natural as possible. If you eat sweet potato, the ingredient is simply sweet potato. Ultra-processed products with long ingredient lists often contain added sugars, refined oils and additives that raise calories quickly without providing real nourishment — which can slow the progress you are working for.

Packaged food is not automatically bad: plain frozen vegetables, canned tuna or unsweetened yogurt can be excellent choices. The label is a tool — read the ingredient list and the calories per serving before deciding.

Professional Guidance

A complete diet cannot be prescribed without knowing a person's medical conditions, age, weight, medications and goals. For that reason, it is strongly recommended to consult a **registered dietitian or nutrition professional**, who can set the right calorie level and macronutrient distribution and evaluate whether any supplementation is appropriate — such as a multivitamin or other products that may support energy, recovery and daily training. Supplements complement a good diet; they do not replace food, sleep or hydration.

Rest and Hydration

- Aim for 7–9 hours of sleep. Muscle repair and fat-loss hormones depend heavily on it.
- Drink water consistently through the day, and a little more on training days.
- Recovery days are part of the program: walking and light mobility help the body adapt.
- Persistent fatigue, poor sleep or lower strength are signals to rest more or to eat a little more.

07

Progress Tracking

Weekly log

How to Use the Log

Writing down each session makes progress visible. Record repetitions, machine assistance and how you felt. Compare week to week — not day to day.

The next page is a printable weekly log. Print as many copies as needed and keep them together with this guide.

Monthly Check-In

- Body weight (weekly average) and waist measurement.
- Photos every 2–4 weeks in the same light and position.
- How much machine assistance is needed compared with the first week.
- Number of regular (non-knee) push-ups per set.

Weekly Log

WEEK OF _____

DAY	ROUTINE	PUSH-UPS / DIPS	PULL-UPS / CHIN-UPS	ASSIST. (LB)	LEGS (ROUNDS)	ENERGY 1-5
1						
2						
3						
4						
5						
6						
7						

NOTES _____

08

About the Method

A system built over years of practice

This system was developed over years of personal training — full-body, bodyweight sessions refined by paying close attention to how the body responds, keeping what works and letting go of what does not.

It rests on a few simple convictions: compound movements that train the whole body, consistency over intensity, a seven-day movement mindset, and the understanding that training, nutrition and rest must always work together.

The program in these pages is the beginner level of that method. It is designed to give a clear and practical starting point that can be learned safely and progressed gradually. It is not a fixed formula: as strength, control and recovery improve, the volume and difficulty grow with you.

Adapt it to your own abilities and recovery, be patient with the process, and remember that consistency, good nutrition and rest are what turn effort into results.

CÉSAR MARTÍNEZ

Full-Body Bodyweight Training

A Progressive Beginner Program

CÉSAR MARTÍNEZ