



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 9 WEEK BODYWEIGHT WORKOUT FOR STRENGTH & MUSCLE GAINS

Not only does this bodyweight routine enable you to gain muscle and lose fat, but also helps strengthen your core, improve your range of motion, and make your entire body stronger.

**Main Goal:** General Fitness

**Training Level:** Beginner

**Program Duration:** 9 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-75 Mins

**Equipment:** Bodyweight

**Author:** Brad Borland

Link to Workout: <https://www.muscleanstrength.com/workouts/9-week-progressive-bodyweight-workout>

### Phase 1: Weeks 1 - 3

Exercise	Sets	Reps
<b>Week 1</b>		
<a href="#">Push-Ups</a>	3	15
<a href="#">Inverted Rows</a>	3	10
<a href="#">Diamond Push-Ups</a>	3	10
<a href="#">Deep Squats</a> (3 Secs Pause at Bottom)	3	15
<a href="#">Single Leg Calf Raises</a>	3	15
<a href="#">Stationary Lunges</a>	3	10
<a href="#">Lying Leg Raises</a>	3	10
<a href="#">Floor Crunches</a>	3	10
<b>Week 2</b>		
<a href="#">Push-Ups</a>	4	15
<a href="#">Inverted Rows</a>	4	10
<a href="#">Diamond Push-Ups</a>	4	10
<a href="#">Deep Squats</a> (3 Secs Pause at Bottom)	4	15
<a href="#">Single Leg Calf Raises</a>	4	15
<a href="#">Stationary Lunges</a>	4	10
<a href="#">Lying Leg Raises</a>	4	10
<a href="#">Floor Crunches</a>	4	10
<b>Week 3</b>		
<a href="#">Push-Ups</a>	4	AMRAP
<a href="#">Inverted Rows</a>	4	AMRAP
<a href="#">Diamond Push-Ups</a>	4	AMRAP
<a href="#">Deep Squats</a> (3 Secs Pause at Bottom)	4	20
<a href="#">Single Leg Calf Raises</a>	4	AMRAP
<a href="#">Stationary Lunges</a>	4	20
<a href="#">Lying Leg Raises</a>	4	15
<a href="#">Floor Crunches</a>	4	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Rest 30 - 60 Secs between sets. AMRAP= As Many Reps As Possible.

### Phase 2: Weeks 4 - 6

Exercise	Sets	Reps
<b>Week 4</b>		
<a href="#">Feet Elevated Push-Ups</a>	4	15
<a href="#">Medium-Width Grip Pull-Ups</a>	4	10
<a href="#">Feet Elevated Diamond Push-Ups</a>	4	10
<a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	4	10
<a href="#">Jump Squats</a>	4	10
<a href="#">Single Leg Calf Raises</a>	4	AMRAP
<a href="#">Decline Board Crunches</a>	4	10
<a href="#">Hanging Leg Raises</a>	4	10
<b>Week 5</b>		
<a href="#">Feet Elevated Push-Ups</a>	4	20
<a href="#">Medium-Width Grip Pull-Ups</a>	4	15
<a href="#">Feet Elevated Diamond Push-Ups</a>	4	15
<a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	4	15
<a href="#">Jump Squats</a>	4	15
<a href="#">Single Leg Calf Raises</a>	4	AMRAP
<a href="#">Decline Board Crunches</a>	4	15
<a href="#">Hanging Leg Raises</a>	4	15
<b>Week 6</b>		
<a href="#">Feet Elevated Push-Ups</a>	4	AMRAP
<a href="#">Medium-Width Grip Pull-Ups</a>	4	AMRAP
<a href="#">Feet Elevated Diamond Push-Ups</a>	4	AMRAP
<a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	4	15
<a href="#">Jump Squats</a>	4	15
<a href="#">Single Leg Calf Raises</a>	4	AMRAP
<a href="#">Decline Board Crunches</a>	4	15
<a href="#">Hanging Leg Raises</a>	4	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Rest 30 - 60 Secs between sets.

### Phase 3: Weeks 7 - 9

Exercise	Sets	Reps
<b>Week 7</b>		
1a. <a href="#">Feet Elevated Push-Ups</a>	3	15
1b. <a href="#">Medium</a> or <a href="#">Wide-Grip Pull-Ups</a>	3	10
2a. <a href="#">Parallel Bar Dips</a> or <a href="#">Bench Dips</a>	3	15
2b. Reverse-Grip <a href="#">Chin-Ups</a>	3	10
3a. <a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	3	10
3b. <a href="#">Reverse Lunges</a>	3	10
4a. Box Jumps	3	10
4b. <a href="#">Single Leg Calf Raises</a>	3	15
5a. <a href="#">Bicycle Crunches</a>	3	15
5b. <a href="#">Lying Leg Raises</a>	3	15
<b>Week 8</b>		
1a. <a href="#">Feet Elevated Push-Ups</a>	3	AMRAP
1b. <a href="#">Medium</a> or <a href="#">Wide-Grip Pull-Ups</a>	3	AMRAP
2a. <a href="#">Parallel Bar Dips</a> or <a href="#">Bench Dips</a>	3	AMRAP
2b. Reverse-Grip <a href="#">Chin-Ups</a>	3	AMRAP
3a. <a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	3	15 - 20
3b. <a href="#">Reverse Lunges</a>	3	15
4a. Box Jumps	3	15
4b. <a href="#">Single Leg Calf Raises</a>	3	20
5a. <a href="#">Bicycle Crunches</a>	3	20
5b. <a href="#">Lying Leg Raises</a>	3	20
<b>Week 9</b>		
1a. <a href="#">Feet Elevated Push-Ups</a> w/ Bands	3	AMRAP
1b. <a href="#">Weighted Medium-Grip Pull-Ups</a>	3	AMRAP
2a. TRX Triceps Extensions	3	AMRAP
2b. TRX Biceps Curls	3	AMRAP
3a. Jump Split Squats	3	20
3b. Weighted <a href="#">Rear-Foot Elevated Bulgarian Split Squats</a>	3	15
4a. Weighted <a href="#">Single Leg Calf Raise</a>	3	15
4b. Kettlebell <a href="#">Sumo Squats</a>	3	20
5a. TRX Pikes	3	15
5b. TRX Leg Tucks	3	15

Perform each routine 3 times per week on non-consecutive days (M/W/F). Exercises labeled with a number and letter (e.g. 1a, 1b) are performed back-to-back without rest. After the coupled sets are completed, rest for 30 Secs.