



TESTOGEN

MUSCLE • ENERGY • PERFORMANCE

BODY WEIGHT TRAINING GUIDE

**FIVE DAY TRAINING ROUTINE
DESIGNED TO INCREASE MUSCLE,
STRENGTH & TESTOSTERONE LEVELS
WITH NO EQUIPMENT**

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INTRODUCTION

Welcome your new 10 week body weight training guide. The aim of this program is to help you build muscle with little to no equipment in a time and place that works for you and your schedule.

If you don't have the time or budget to get to the gym regularly, you can improve your fitness and physical condition with the exercises contained within this guide instead. They will help you strengthen all your major muscle groups - without the need for expensive home equipment.

We have designed this 10 week body weight training guide for intermediate to advanced skill levels but you can alter the number of reps and exercises in order to create a workout that you can use as a foundation to build from.

The push/pull variations are designed to help you build muscle in all your major muscle groups and increase your overall strength and testosterone levels.

Your program has been split into two sections to help you build strength in weeks 1-5, before advancing on to tougher and more progressive workouts in weeks 6-10.

Each training block is made up of five weeks. The first four weeks of each block will focus on overloading the muscle with the fifth week being a de-load week (more on this on page 9).

This is essential to allow both your body and more importantly your CNS (or central nervous system) to recover and reset for the next block of workouts.

The workouts you will find within this guide require no equipment. They rely on bodyweight and calisthenics in order to build strength and muscle mass.

You can further enhance these workouts by using a resistance band or dumbbell but neither are required to complete the workout. You may need a raised surface (such as a stool or bench) as well as a floor with a hard flat surface in order to perform certain exercises correctly.

Remember, injuries can occur when exercising. If you have any existing health concerns or injuries you should consult a physician before starting this exercise program. To read our full health disclaimer please see the appendix on page 14.

Okay, clear yourself some space and let's get started.

OVERVIEW

Weeks 1-4	Day 1	Chest, Shoulders & Triceps Modified Push
	Day 2	Back and Biceps Modified Pull
	Day 3	Legs and Abs Core
	Day 4	Rest
	Day 5	Chest, Shoulders & Triceps Modified Push
	Day 6	Back and Biceps Modified Pull
	Day 7	Rest
Week 5	De-Load	
Weeks 6-9	Day 1	Chest, Shoulders & Triceps Push
	Day 2	Back and Biceps Pull
	Day 3	Legs and Abs Core Strength
	Day 4	Rest
	Day 5	Chest, Shoulders & Triceps Push
	Day 6	Back and Biceps Pull
	Day 7	Legs and Abs Core Strength
Week 10	De-Load	

TRAINING KEY

Before you dive in and start training, take some time to review the information below. In order to improve readability and usability of the training schedules in the following pages we have shortened some terms and signifiers in this training program.

The training key below is designed to explain each of the shortened terms and signifiers. Refer to this page in the future if you are unsure.

Training Key		
Abbreviation	Meaning	Description
DSF	Drop Set Finish	After the last set of the stated exercise reduce the weight by at least 20% and repeat another set to failure
1 - 1a	Super Set	Complete 2 exercises (e.g. 1 & 1a) one after the other with no rest inbetween
i, ii, iii,	Circuit	Complete 3 or more exercises one after another with minimal/short rest inbetween
SDFC	Slow Descend Fast Contraction	Perform the first part of the movement slowly, with a controlled focus on form. Perform the second part of the moment with an explosive push back to the starting position
50 SET	50 rep Set	Choose a weight that is your 12 Rep Max for Set 1. This first set must be to Failure. Rest for 40 Seconds after each Set Repeat Set to Failure Rest again for 40 Seconds Repeat until you've completed 50 Reps
ES	Each Side	Perform the exercise on both sides of your body or for each limb

WARM UP

Before undertaking any training session it is important to warm up in order to minimize chance of injury and maximize range of movement.

By running through the simple exercises below, you will oxygenate your blood and activate key joints, tendons and muscle groups that will be called upon during the training program.

By skipping a warm up you may not be able to perform to your maximum potential and hold correct form during the training exercises.

Warm Up Weeks - All Frequency - All workouts				
Order	Exercise	Set 1		Description
		Rep Target	Tempo	
1	Aerobic Warm-up (Jogging on the spot)	1 minute	Moderate	Raise your knees high and pump your arms
2	Inchworm	5	Relaxed	Starting in a Downward Dog position on your hands and feet, walk your feet as far forward as possible while keeping your legs straight. Then, walk your hands out, extending your body into a pushup position and lower towards the floor, arching your back so that your head and shoulders reach to the sky. Then, flow back into Downward Dog. Walk your feet in again and repeat 5 times.
3	Dynamic Pigeon	10	Relaxed	In a push up position, bring your right knee toward your right hand while keeping your shin parallel to your hips so that your left foot comes just behind your left hand. Sink your hips towards the floor, feel the stretch, then return to push up position and repeat on the other leg. Go for 10 reps total.
4	Leg Swings	10	Relaxed	Hold on to a wall or fixed surface (or do this move without support for an added stability challenge). Swing one leg back and forth as if you're kicking a soccer ball. Do about 10 swings on each side.
5	Fire Hydrant Circles	5 ES (10 Total)	Relaxed	On all 4 fours, make sure your core is braced and nothing moves other than the working leg. Keeping your right leg bent at 90 degrees, take it out to the side and then in a circular motion. Do 5 circles in one direction, then the opposite. Then switch to the other leg.
6	Leg Crossovers	10	Relaxed	Lying on your back with your arms outstretched in a "T" formation, bring your right leg across your body so that our toes meet your left hand. Return to start and repeat with left leg. Go for 10 reps total.
7	Frog Walk-In Twist	5 ES (10 Total)	Relaxed	Begin in a push-up position and bring one foot in (as before), but now we are going to rotate the back foot so that it's flat on the floor and then we are going to twist and open up to the side. This is a great dynamic exercise to continue targeting the hip muscles through rotation.
8	-Step Hamstring Stretch	5 ES (10 Total)	Relaxed	Start off in a standing position and then drop into a forward lunge. From there, take your forearm, drop it to your instep so that you are now getting a lot of upper hamstring and groin action. Next, take your hand to other side of your foot and extend back so that your leg straightens. This targets more of the belly of the hamstring. Then, reverse this motion and come back to your original standing position or move through a series of lunge walks as you perform this lunge-to-straight leg sequence.
9	Aerobic Warm-up (Jogging on the spot)	1 minute	Moderate	Raise your knees high and pump your arms

FORM GUIDE

When it comes to making progress from this training regime, concentrating on your form and tempo is critical.

While you're keen to make positive changes, it is important to remember that you may have to work towards completing these workouts fully (to max reps) and you should know and advance at your own pace.

If you are starting with fewer reps of each exercise it's important to push yourself in future weeks to ensure you are progressing inline with the program. Trust your body and don't push yourself too far if you are not experienced with fitness or body weight training.

Throughout the course of this training program you should focus on form and performing the exercises correctly (with fewer repetitions if necessary as above) rather than performing more reps with incorrect form.

Performing these exercises in this way will maximize both your safety and progress. You should never train when injured, and if you feel any unexpected pain from performing these exercises you should stop immediately.

Below is a list of the exercises that can be challenging when trying to perfect the correct form. Click on each of the exercises to view a video of the correct form for the corresponding exercise.

Time	Exercise Form Guide
00:00:00	Push Ups
00:18:00	Shoulder Taps
00:27:00	Shoulder Push Back
00:41:00	Wide Push Ups
00:59:00	Diamond Push Ups
01:13:00	Bodyweight Side Lateral

Time	Exercise Form Guide
01:27:00	Plank Push Ups
01:40:00	Scullcrusher
01:56:00	Tricep Dips
02:09:00	Twisting Push Up
02:23:00	Walk Outs
02:38:00	Reverse Iron Cross

Time	Exercise Form Guide
02:59:00	Back Widow
03:13:00	Around the World Scapula Tension
03:39:00	Superman Back Raises
03:53:00	Lat Pull Slide
04:12:00	Bicep Hammer Curls
04:27:00	Prision Squats
04:41:00	Reverse Crunches
04:50:00	Heal Drags
05:01:00	Mountain Climbers
05:09:00	Squat Jumps
05:17:00	Bulgarian Slip Squats
05:36:00	Sit Ups with Side Twists
05:57:00	Plank with optional Weight Transfers
06:07:00	Russian Twists



WEEKS 1-5

Weeks 1-5 (5 Workouts per week)											
Workout 1	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Workout 1 Chest, Shoulders & Triceps Modified Push 2x Per Week	1	Push Ups DSF on Knees and Continue	Failure	SDFC	Failure	SDFC	Failure	SDFC	Failure	SDFC	
	1a	Shoulder Taps	30	SDFC	30	SDFC	30	SDFC	Failure	SDFC	
	2i	Bodyweight Shoulder Press Back or Resistance Band Shoulder Press	12	SDFC	12	SDFC	12	SDFC	N/A	N/A	
	2ii	Wide Push Ups	12	Slow	12	Slow	12	Slow	N/A	N/A	
	2iii	Bodyweight Skull Crusher	Failure	SDFC	Failure	SDFC	Failure	SDFC	N/A	N/A	
	3	Bodyweight Side Lateral or Resistance Band Lateral Raises 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	4	Plank Push Ups	12	SDFC	12	SDFC	12	SDFC	N/A	N/A	
	4a	Diamond Push Ups or Resistance Band Overhead Tricep Extension	Failure	SDFC	Failure	SDFC	Failure	SDFC	N/A	N/A	
	Workout 1a - HIIT Finisher - 3 Rounds - 15 Seconds Rest after each exercise										
	7i	Twisting Push Ups on Knees	30sec (ES)	Moderate	N/A	N/A	N/A	N/A	N/A	N/A	
	7ii	Shoulder Raises (Resistance Band/Household Object)	30sec	Fast	N/A	N/A	N/A	N/A	N/A	N/A	
	7iii	Tricep Dips	30sec	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	7iv	Walk Out Push Up - optional	30sec	Slow	N/A	N/A	N/A	N/A	N/A	N/A	
	Cool Down Stretches (All Sessions) + Light Jog is optional										
Workout 2	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Back and Biceps Modified Pull 2x Per Week	1	Resistance Band or Water Crate Bicep Curls	12	SDFC	12	SDFC	12	SDFC	Failure	SDFC	
	1a	Back Widow Push	15	SDFC	15	SDFC	15	SDFC	Failure	SDFC	
	2	Around the World Scapula Tension	Failure	Controlled	Failure	Controlled	Failure	Controlled	N/A	N/A	
	2a	Superman Back Raises	8 (ES)	SDFC	8 (ES)	SDFC	8 (ES)	SDFC	N/A	N/A	
	3	Hammer Curls (if possible, same as above) 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	4	Lat Pull Slide (need wooden floor)	15	SDFC	15	SDFC	15	SDFC	N/A	N/A	
	4a	Cobra Push Up	12	SDFC	12	SDFC	12	SDFC	N/A	N/A	
	5	Reverse Iron Cross	15	SDFC	15	SDFC	15	SDFC	N/A	N/A	
	5a	Chin Ups - if you acquire a pull up bar	Failure	SDFC	Failure	SDFC	Failure	SDFC	N/A	N/A	
	6	Outdoor Running - Interval Training 1:2 (Fast 90% Max Speed : Recovery 35% Speed) (e.g. 30 Sec 90% Max Speed : 60 Sec Low speed)	15-20 Minutes	90% : 35%	N/A	N/A	N/A	N/A	N/A	N/A	
Cool Down Stretches (All Sessions) + Light Jog is optional											
Workout 3	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Legs and Abs Core 1x Per Week	1	Prison Squats	15	Slow	15	Slow	12	Slow	12	Slow	
	1a	Squat Jumps	10	Fast	10	Fast	10	Fast	Failure	Fast	
	2	Reverse Crunches	10	Moderate	10	Moderate	10	Moderate	N/A	N/A	
	2a	Mountain Climbers	25sec	Moderate	25sec	Moderate	25sec	Moderate	N/A	N/A	
	3	Bulgarian Split Squat	10(ES)	SDFC	10(ES)	SDFC	10(ES)	SDFC	N/A	N/A	
	3a	Heel Drags	12	Slow	12	Slow	12	Slow	N/A	N/A	
	4i	Sit Ups with side to side twists	10(ES)	SDFC	10(ES)	SDFC	10(ES)	SDFC	N/A	N/A	
	4ii	Plank	Failure	SDFC	Failure	SDFC	Failure	SDFC	N/A	N/A	
	4iii	Russian Twists	12 (ES)	SDFC	12 (ES)	SDFC	12 (ES)	SDFC	N/A	N/A	
Cool Down Stretches (All Sessions) + Light Jog is optional											
Week 5 De-Load											

DE-LOAD WEEK

De-load Week

During weeks 5 and 10, you will be take what is called a 'de-load' week. These tactically timed weeks are implemented in order to allow your central nervous system to recover. De-loading your CNS is crucial because it can become fatigued after multiple weeks of high intensity exercise. Especially if the process is new to you and your body, this can cause your training to suffer, meaning you are not progressing as quickly as you should be.

Taking a break and stepping the training back in intensity may seem counter productive, but ensuring you are properly rested means you are protected from injury and repetitive strain and you can continue to train at a higher intensity in the future

During de-load week, you should significantly cut down the amount of time you spend training and the intensity with which you tackle a workout. You can do this by increasing your numbers or rest days and also by cutting down the number of reps you perform during each exercise.

Stay completely away from training to failure and scale reps back to 50% of your usual totals.

Key Points:

- 1) You should be implementing de-load weeks every 4-6 weeks to better manage recovery and break through plateaus
- 2) If you're a beginner or you're training light, a full de-load week isn't necessary. Rather, lighten the reps on each exercise once you plateau.
- 3) Reduce volume to 50%
- 4) Increase your number of rest days

By taking this break now, you can in fact train even harder during the next phase of training and you're going to need it - because the intensity is about to be levelled up.

REST IS PART OF THE PROGRAM.

WEEKS 6-10

Weeks 6-10 (5-6 Workouts per week)											
	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Chest, Shoulders & Triceps Push 2x Per Week	1	Push Ups	Failure	SDFC	Failure	SDFC	Failure	SDFC	Failure	SDFC	
	1a	Tricep Kick Backs or Overhead Tricep Extension	15	SDFC	15	SDFC	Failure	SDFC	Failure	SDFC	
	2i	Resistance Band Shoulder Press	12	SDFC	12	SDFC	Failure	SDFC	N/A	N/A	
	2ii	Resistance Band Standing Chest Press (single arm optional)	12	Slow	12	Slow	Failure	Slow	N/A	N/A	
	2iii	Plank Push Ups	12 (ES)	SDFC	12 (ES)	SDFC	12 (ES)	SDFC	N/A	N/A	
	3	Lateral Raises or BWSL 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	4	Tricep Push Down 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	5	Upright Chest Fly/Cross	12	SDFC	12	SDFC	12	SDFC	Failure	N/A	
	5a	Decline Push Ups (on knees if needed)	Failure	SDFC	Failure	SDFC	Failure	SDFC	Failure	N/A	
	Workout 1a - HIIT Finisher - 3 Rounds - 20 Seconds Rest after each exercise										
	6i	Square Power Push Ups (Elbows tucked in)	40sec	Moderate	N/A	N/A	N/A	N/A	N/A	N/A	
	6ii	Shoulder Raises	40sec	Fast	N/A	N/A	N/A	N/A	N/A	N/A	
	6iii	Elevated Tricep Dips	40sec	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	6iv	Bear Crawl	40sec	Moderate	N/A	N/A	N/A	N/A	N/A	N/A	
Cool Down Stretches (All Sessions) + Light Jog is optional											
Workout 2	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Back and Biceps Pull 2x Per Week	1	Bicep Curls	20	SDFC	20	SDFC	15	SDFC	Failure	SDFC	
	1a	Reverse Iron Cross	20	SDFC	20	SDFC	15	SDFC	Failure	SDFC	
	2	Band Single Arm Row (upright)	10 (ES)	Controlled	10 (ES)	Controlled	10 (ES)	Controlled	N/A	N/A	
	2a	Lat Pull Slide or Band Single Arm Lat Pull	10 (ES)	SDFC	10 (ES)	SDFC	10 (ES)	SDFC	N/A	N/A	
	3	Hammer Curls 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	4	Back widow Push 50 SET	50	SDFC	N/A	N/A	N/A	N/A	N/A	N/A	
	5i	Chin Ups or Concentrated bicep curls	Failure	SDFC	Failure	SDFC	Failure	SDFC	Failure	SDFC	
	5ii	Renegade Rows with heavy house hold object	20	SDFC	20	SDFC	15	SDFC	Failure	SDFC	
	5iii	Around the World Scapula Tension	20	SDFC	20	SDFC	10	SDFC	Failure	SDFC	
	6	Outdoor Running - Interval Training 1.2 (Fast 90% Max Speed : Recovery 35% Speed) (e.g. 30 Sec 90% Max Speed : 60 Sec Low speed)	15-20 Minutes	90% : 35%	N/A	N/A	N/A	N/A	N/A	N/A	
Cool Down Stretches (All Sessions) + Light Jog is optional											
Workout 3	Order	Exercise	Set 1		Set 2		Set 3		Set 4		
			Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	Rep Target	Tempo	
Legs and Abs Core Strength 1-2 x Per Week	1	Goblet Squat	20	SDFC	20	SDFC	12	SDFC	Failure	SDFC	
	1a	Squat Jumps	15	Fast	15	Fast	10	Fast	Failure	Fast	
	2	V-Sits	15	Slow	15	Slow	15	Slow	N/A	N/A	
	2a	Band Side Chop	10 (ES)	Moderate	10 (ES)	Moderate	10 (ES)	Moderate	N/A	N/A	
	3	Bulgarian Split Squat	15 (ES)	SDFC	15 (ES)	SDFC	12 (ES)	SDFC	N/A	N/A	
	3a	Jumping Lunges	25sec	Moderate	25sec	Moderate	25sec	Moderate	N/A	N/A	
	4	Elevated Glute Bridge 50 SET	50	SDFC	50	SDFC	50	SDFC	N/A	N/A	
	5	Sit Ups with side to side twists	20	Moderate	20	Moderate	20	Moderate	N/A	N/A	
	6i	Plank	Failure	SDFC	Failure	SDFC	Failure	SDFC	N/A	N/A	
	6ii	Russian Twists	12 (ES)	SDFC	12 (ES)	SDFC	12 (ES)	SDFC	N/A	N/A	
	6iii	Pulse Ups	Failure	Moderate	Failure	Moderate	Failure	Moderate	N/A	N/A	
	Cool Down Stretches (All Sessions) + Light Jog is optional										
Week 10 De-Load											

FREQUENTLY ASKED QUESTIONS

How long will each workout take?

Each workout in this program is designed to be completed within an hour.

Do I have to do the workouts in the order provided? What if I can't?

Ideally, yes. However you may have to work towards the strength needed to perform the exercises and reps contained within this guide. If this is the case, focus on performing as many of each exercise as you can (to failure) with the proper form and gradually increase the reps you do throughout the weeks.

If I have an injury that is preventing me from doing some of the exercises, what do I do?

If you have an injury, it is always best to focus on recovery first rather than cherry-picking exercises you can or cannot do as this will slow recovery down. Wait until you are recovered to start the program or take the necessary time off if an injury occurs throughout the program. You will not be able to train at the same intensity and the risk of training injured is not worth it.

If I'm new and can't do this number of reps, how many should I do? The program doesn't specify.

If you are looking to reduce the number of reps you should perform each exercise within the given workout to failure while concentrating on form. From this point you have an idea of how many good reps you are capable of performing. Take the number of reps you are capable of and slowly build upon that number until you reach the number of reps suggested within this guide.

Focus on form over number of reps. We can't stress this enough.

How do I know if I'm making progress or not?

You will see performance results before physique results. This means you will notice you are getting stronger at certain lifts as the weeks progress. Building muscle is a slow process. However, we're confident you will see physical results after completing the program. We recommend taking before and after photos to stay motivated upon completion.

How do I track my progress?

Focus on how well you feel you are performing each exercise you are performing while keeping the form as strict as possible. The goal is to progressively overload the muscle, meaning you want to increase intensity in some way every week.

ADDITIONAL MATERIALS

Testogen.com is your go to source for even more workouts and testosterone boosting tips. We've hand picked further reading and materials below so you can continue to make progress with this plan.

Click into the articles now and keep your eye on Testogen.com for the latest in fitness, energy, nutrition and testosterone news.



Beat the Dad bod without weights

If you're feeling a little sluggish and you're struggling to shift your beer belly, it's time to make a change. We all want to look great for the summer so we're going to show you how to banish that Dad-bod without the need for weights.



Do deadlifts increase testosterone levels?

While deadlifts are definitely one of the biggest and most important workouts that you can do, that's not all that they are. Deadlift benefits are also able to influence your hormonal health and your overall well-being.



Lose chest fat and create a well defined chest

There are plenty of exercises and changes that you can do to encourage your body to burn chest fat and get it to disappear quicker. In this article we'll run you through the most effective ones.



7 testosterone boosting workouts

Low levels of testosterone have been shown to correlate with weight gain, loss of muscle, man boobs, depression, mood swings, and increased risk for certain diseases.

Let's take a look at the science of exercise and t-levels. We'll also provide you with seven testosterone workouts that you can start following right now!

NEED MORE TESTOGEN ?
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Training Guide Disclaimer

By undertaking the exercises within this guide you assume full responsibility for any and all injuries, losses and damages that you incur while exercising or participating. You hereby waive all claims against Muscle Club LTD, its partners, individually or otherwise, for any and all injuries, claims or damages that might occur.

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

The purpose of this disclaimer and notice is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence we strongly encourage you to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated on this website, and/or any of videos, MP4s, MP3s and training manuals offered on this website, you fully assume the risk of any resulting injury.

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