

WLIC

WORKOUTS



Top-Notch Workouts
— THAT BREED —
Superior Physiques

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True Beginner Bodyweight Routine

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout 1. Squat 3x5 2. Push Ups 3x5	Workout 1. Squat 3x6 2. Push Ups 3x6	Workout 1. Squat 3x7 2. Push Ups 3x7	Workout 1. Squat 3x8 2. Push Ups 3x8	Workout 1. Squat 3x9 2. Push Ups 3x9	Off	Off
2	Workout 1. Squat 3x10 2. Push Ups 3x10	Workout 1. Squat 3x11 2. Push Ups 3x11	Workout 1. Squat 3x12 2. Push Ups 3x12	Workout 1. Squat 3x13 2. Push Ups 3x13	Workout 1. Squat 3x14 2. Push Ups 3x14	Off	Off
3	Workout 1. Squat 3x15 2. Push Ups 3x15	Workout 1. Squat 3x16 2. Push Ups 3x16	Workout 1. Squat 3x17 2. Push Ups 3x17	Workout 1. Squat 3x18 2. Push Ups 3x18	Workout 1. Squat 3x19 2. Push Ups 3x19	Off	Off
4	Workout 1. Squat 3x15 2. Push Ups 3x15	Workout 1. Squat 3x16 2. Push Ups 3x16	Workout 1. Squat 3x17 2. Push Ups 3x17	Workout 1. Squat 3x18 2. Push Ups 3x18	Workout 1. Squat 3x19 2. Push Ups 3x19	Off	Off
5	Workout 1. Squat 3x20 2. Push Ups 3x20	Workout 1. Squat 3x21 2. Push Ups 3x21	Workout 1. Squat 3x22 2. Push Ups 3x22	Workout 1. Squat 3x23 2. Push Ups 3x23	Workout 1. Squat 3x24 2. Push Ups 3x24	Off	Off
6	Workout 1. Squat 3x25 2. Push Ups 3x25	Workout 1. Squat 3x26 2. Push Ups 3x26	Workout 1. Squat 3x27 2. Push Ups 3x27	Workout 1. Squat 3x28 2. Push Ups 3x28	Workout 1. Squat 3x29 2. Push Ups 3x29	Off	Off
7	Workout 1. Squat 3x30 2. Push Ups 3x30	Workout 1. Squat 3x31 2. Push Ups 3x31	Workout 1. Squat 3x32 2. Push Ups 3x32	Workout 1. Squat 3x33 2. Push Ups 3x33	Workout 1. Squat 3x34 2. Push Ups 3x34	Off	Off
8	Workout 1. Squat 3x35 2. Push Ups 3x35	Workout 1. Squat 3x36 2. Push Ups 3x36	Workout 1. Squat 3x37 2. Push Ups 3x37	Workout 1. Squat 3x38 2. Push Ups 3x38	Workout 1. Squat 3x39 2. Push Ups 3x39	Off	Off

Explanation of Program: This program is a very simple workout routine for complete beginners that doesn't require any equipment at all. This, of course, can be used by anyone, though, including people who are traveling and don't have a way to workout anywhere. Squats and push ups are 2 of the best 7 exercises so learning these and using these from the very beginning is a great way to get started.

Starting Weights: For this weight lifting routine, you have no choice but to start with bodyweight since there is no other equipment involved. If you do have equipment available, I suggest other routines. This routine is for people who don't have any equipment at all and just want to get started working out.

Plan of Progression: The plan to make progress is to increase the number of reps for each set by 1 each workout as shown in the table above. You might not be able to increase by 1 rep each workout so repeat the same number of reps from the previous workout. Rest a minute or so between one cycle (1 set of squats and 1 set of push ups). You can add more rest between sets if needed to continue making progress. The most important set is the first one so go all out on this one if

needed. The second and third set will be more difficult due to lactic acid build up (pump) in your muscles. Simply stop that set when it gets difficult and record the reps you achieved for that set.

Stalling and What to Do: You are officially stalling on an exercise if you haven't been able to increase the total reps in 3 consecutive workouts. Once this happens on any exercise, reset that exercise only by decreasing the number of sets to 1 overall. Do this for 2 workouts. Then add a second set for 2 workouts. Then go back to 3 sets. This allows your body to rest more by decreasing the overall work, and you should be able to start increasing again.

When to Stop this Program: Once progress stalls for the third time on either squats or push ups, it's time to stop the program. No more resets. This means you have 2 chances to reset squats or push ups. When it's time for the third reset on either exercise, it's time to stop the program. This program should last for several months. Your goal should be to stick with this program as long as possible or until you are able to purchase some free weights like dumbbells and barbells.

Intensity Level: You may get close to failure on the first set of each exercise as the number of reps increases over the weeks. For higher reps, failure is in your mind many times because you'll begin to feel the lactic acid throughout your body. You'll want to quit, but this is what makes a difference in weight lifting. You will learn to push yourself further with this routine.

Learning the Exercises:



Bodyweight Squat



Bodyweight Push Up

Weight Lifting Equipment: Nothing is required for this true beginner weight lifting routine.

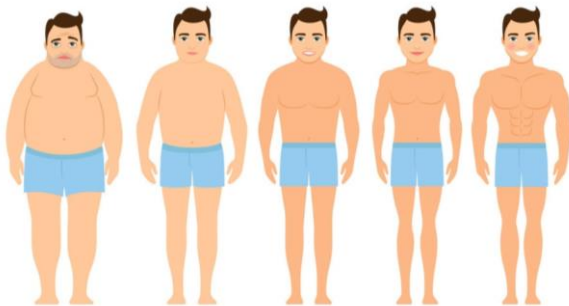
Exercise Alternatives: There are no exercise alternatives listed for this weight lifting routine.

WLC System Starter Programs: All of these workouts were designed to be used with the WLC System. If you don't yet have a copy of this manual, you can get one for free right here: [Get Your Copy of the WLC System](#). In order to learn how the WLC System works, I have starter programs that tell you what to do step by step with weight lifting programs (equipment is required). See more details for [men](#) or for [women](#) (read the page so you understand how the WLC System works).

Warming-Up: You need to warm-up properly for this workout. All details for warming up properly are within the WLC System so make sure you've went over EVERYTHING in the WLC System Manual before starting any weight lifting workouts here at WLC. Warming up is a vital part of your weight lifting workout. You will be able to make faster progress by lifting heavier weights.

Questions or Help: You can contact me ANY TIME you need something. Members of Weight Lifting Complete get top priority due to high demand so please get your [free membership](#). I am more than glad to help with anything you need. Email me or leave a comment on any page of the website. Here's my email address: josh@weight-lifting-complete.com – I wish you the absolute best in everything you do. Always remember as you go through these workouts that YOU have strength and power within you that you could never imagine. You can do this.

Men Start Here (Access to the Full WLC System Package):



[Men Click Here for a Final Solution to a Muscular and Ripped Body](#)

Women Start Here (Access to the Full WLC System Package):



[Women Click Here for a Final Solution to a Toned and Sexy Body](#)

Printable Workout Log

Workout		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:
2	Push Ups, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:

Workout		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:
2	Push Ups, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:

Workout		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Squat, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:
2	Push Ups, 3 sets	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3:	Set 1: Set 2: Set 3: