

WLIC

WORKOUTS



Top-Notch Workouts
— THAT BREED —
Superior Physiques

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WLC Level 2.4 Body Weight Only Full Body Size Specific Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Workout A 1. Push Ups, 3xFail 2. Chin Ups, 3xFail 3. Inverted Rows Overhand, 3xFail 4. Forward Lunges, 3xFail 5. Squats, 3xFail	Off	Workout B 1. Dips, 3xFail 2. Pull Ups, 3xFail 3. Inverted Rows Underhand, 3xFail 4. Reverse Lunges, 3xFail 5. Bulgarian Squats, 3xFail	Off	Workout A 1. Push Ups, 3xFail 2. Chin Ups, 3xFail 3. Inverted Rows Overhand, 3xFail 4. Forward Lunges, 3xFail 5. Squats, 3xFail	Off	Off
2	Workout B 1. Dips, 3xFail 2. Pull Ups, 3xFail 3. Inverted Rows Underhand, 3xFail 4. Reverse Lunges, 3xFail 5. Bulgarian Squats, 3xFail	Off	Workout A 1. Push Ups, 3xFail 2. Chin Ups, 3xFail 3. Inverted Rows Overhand, 3xFail 4. Forward Lunges, 3xFail 5. Squats, 3xFail	Off	Workout B 1. Dips, 3xFail 2. Pull Ups, 3xFail 3. Inverted Rows Underhand, 3xFail 4. Reverse Lunges, 3xFail 5. Bulgarian Squats, 3xFail	Off	Off
Repeat Schedule							

Explanation of Program: This program uses body weight only exercises. The only thing you really need for this program is a way to do chin ups, pull ups, dips, and inverted rows. A chin up/dip station is your best option. If you don't have one of those or can't afford one of those, you can buy one of those cheaper bars that you can put in the middle of a doorway. This will also allow you to inverted rows. You can build some dip stands out of wood or do dips on a chair if there's absolutely no way you can do real dips. Each exercise will include 3 sets to failure. So each workout you will be doing 15 total sets to failure. Failure is going to be defined slightly different for this program, though.

Starting Weights: Of course, you will be doing body weight only since this is a body weight only program.

Plan of Progression: Since you're only using your body weight, you'll need to be doing more reps to make progress. Combine the number of overall reps for each exercise between all 3 sets. Try to beat that number each workout, even if it's only by a rep or two. The best way to make progress is to find a way to add weight to these exercises. This can be with bands, weighted vests, dumbbells, or anything else you might have. See if you can't buy you some equipment where you can start adding weight to the above exercises. It really is the best way to make progress.

Stalling and What to Do: If you haven't made progress on an exercise for 3 consecutive workouts, you're officially stalling on that exercise. It's time to take it easy on that exercise for a workout. Do 1 set of that exercise, but stop the exercise as soon as it starts to get tough. Do that for a few workouts and then go back to 3 sets to failure. This will give you an active break from that exercise. When you go back to all out effort, you should be able to surpass your previous best numbers.

When to Stop this Program: Stop this program when you are no longer making progress on most exercises.

Intensity Level: Every set should be done to failure. The intensity level of this program is high but the weight is light for most exercises so you should be able to recover easily from this program. If you know that you have trouble recovering from workouts, you don't have to go to failure on all sets. You can stop each set when the rep speed begins to slow down, or you can only go to failure on the last set. Try the program as written if you're not sure about your recovery levels yet.

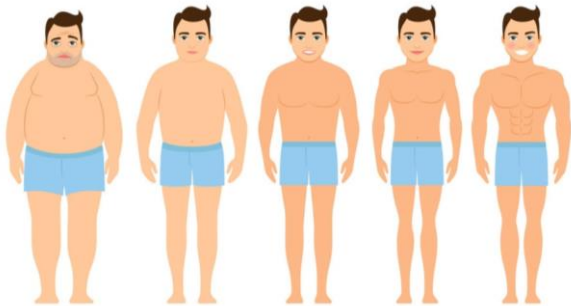
Learning the Exercises: You can find out how to do all of the exercises from the following page on the Weight Lifting Complete website: [Weight Lifting Routines](#).

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 A Log

Workout A		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Push Ups	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	Chin Ups	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:
3	Inverted Rows OH	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:
4	Forward Lunges	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:
5	Squats	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:

Printable Workout B Log

Workout B		Date	Date	Date	Date	Date	Date	Date	Date
#	Exercise								
1	Dips	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	Pull Ups	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:
3	Inverted Rows UH	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:
4	Reverse Lunges	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:
5	Bulgarian Squats	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: