Achieve Beautiful Badass-ification with Bodyweight Workouts

{Nia Shanks}
The Beautiful Badass Bodyweight Workout Guide

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By Nia Shanks

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DISCLAIMER

The Beautiful Badass Bodyweight Workout Guide and all of the components included with it are not medical advice and are not intended to replace the advice or attention of health-care professionals. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Disclaimer: You must get your physician’s approval before making any changes to your diet and/or exercise program including every step discussed in this program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program/manual or if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program or making any changes. If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don’t use any information in this program, please follow your doctor’s orders. This information is intended for informational use only. Nia Shanks and NS Fitness LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

In addition, make sure you use equipment that is properly maintained and safe. You must also have the exercises taught to you by a certified personal trainer of strength coach and have a spotter with you during exercises.

Please note affiliate links are used for recommended products.
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Introduction

Welcome to the Beautiful Badass Bodyweight Workout Guide! I was going to go with “Howdy!” but I didn’t want to risk scaring you. If I wrote how I spoke, you’d probably be confused, unless you’re from the south in the good ole USA.

Moving on.

It’s time for YOU to achieve Beautiful Badass-ification with bodyweight workouts. The beauty of bodyweight workouts is that they’re the epitome of maximum results in minimum time. Bodyweight workouts can be done anywhere, at any time, and don’t require a gym membership or fancy equipment. You literally have zero excuses to not get amazing results with the programs in this manual.

Short on time? You can do these workouts anywhere in a matter of minutes.

Traveling? No problem because you can perform these workouts in a hotel room, and if you bring a super-travel-friendly piece of equipment, you’ll have the bonus of extra variety.

Beginner or advanced trainee? It doesn’t matter because there are plenty variations of every exercise no matter your current strength or experience level.

These workouts can be tailored to your circumstances (working out at home or while traveling) and to your experience level.

Sounds pretty awesome, doesn’t it?

The goal of the Beautiful Badass Bodyweight Workout Guide is simple – to help you achieve awesome results and increase your Beautiful Badass-ification with proven, effective workouts that will keep you motivated and excited to keep working out.

Finally, allow me to introduce myself a little more and explain why I created the Beautiful Badass Bodyweight Workout Guide.

My name is Nia Shanks, and most people know me for my love of deadlifting. My best deadlifts to date are 330 pounds for a single (2.64 times my bodyweight at the time) and 300 for three reps. My main goal for a long time was to pull a triple bodyweight deadlift.
I just knew I was going to reach that goal too.

Unfortunately, I did some stupid stuff with my training and tweaked my back. Like the idiot I was (I allowed my ego and arrogance to get in the way), I kept pushing and made things even worse. It got to the point where my back was aching when I took my dog for a walk.

“Seriously? I can’t even walk my dog without being in pain!”

The day I thought that was the day I knew it was time to fix the problem. I had to finally listen to my body and stop doing anything that caused aggravation or pain.

That meant no more deadlifting.

This was a hard pill to swallow because I loved deadlifting. It was my favorite exercise and I still hadn’t reached my goal of a triple bodyweight deadlift. But I knew I was at a point where I had to change things or I’d end up severely injured.

That’s when I started using primarily bodyweight exercises for all of my workouts.

But I knew doing typical bodyweight-only workouts wasn’t enough to keep me motivated to stick with my workouts. I needed something mentally and physically stimulating to keep me engaged. So to challenge myself and keep my motivation to train elevated, I made some new goals.

I wanted to be able to perform more advanced bodyweight exercise variations like handstand push-ups and L sit chin-ups.

Having a new, challenging goal not only kept me interested in my workouts, but after a month or so of my new workout program, I noticed some nice changes happening to my body as well. My shoulders, back, glutes, and legs were looking awesome, and my waist measurement went down about ¼ inch. That was a nice surprise since I had no intention of losing body fat.

In addition, I used advanced training techniques to keep the workouts fun and challenging and to consistently improve my performance. Many bodyweight workouts just have you do 3x10 (3 sets, 10 reps) or some other typical, boring protocol.

But I think it’s critical that you have fun and shake things up a bit on occasion to keep things interesting. That’s why you’ll see techniques like rest/pause sets, tempo
variations, timed sets, and other unique workout techniques in the programs. They’re fun, challenging, and will keep you motivated to work out.

Using bodyweight workouts not only allowed my back to heal, but I also noticed that other minor aches and pains disappeared, I recovered much quicker between workouts, and overall, I just felt more agile and athletic. And not to mention I spent less time working out than before, and looked awesome. (No complaints with that one!)

More body changing results in less workout time? Yep, I’ll take that; and I know you will, too.

That’s why I created the Beautiful Badass Bodyweight Workout Guide, and that’s why you’re reading it right now.

And please, don’t think this program is only for people who are recovering from an injury as a result of heavy deadlifting or anything like that. Heck, I’ve achieved such awesome performance and body composition results from my Beautiful Badass Bodyweight Workouts that I wish I would have done this years ago.

Bodyweight workouts offer variety to typical resistance training programs and can present you with new challenges. It’s been years since I injured my back and the majority of my workouts still consist of bodyweight exercises.

Once you start performing the programs provided in this ebook, you will also become a believer in the effectiveness of bodyweight workouts.

One More Thing You Need to Know . . .

Wherever you are in your health, physique, and/or strength training journey - OWN IT. No matter how far you've come or how far you've yet to go. Own where you are right now. Whether you can’t do a single push-up or you can do 20. Own it.

Be proud of what you've done, even if it's just one tiny step in the right direction. Heck, you purchased this guide and are reading the information right now, so you’re moving forward. You've already taken a big step towards getting stronger and building a better body.

Always celebrate the small victories, even if no one else sees them.
Embrace all setbacks and obstacles; they're inevitable and provide lessons that allow us to grow stronger and more resilient. And they make the victories that much sweeter.

Be optimistic and celebrate whenever possible.

Keep going and don't ever stop.

Be relentless.

Keep that in mind as you progress through the Beautiful Badass Bodyweight Workouts.

That brings us to the next important topic of discussion – *action*. 
Ready, Set . . . Action!

Action. It all comes down to action.

Please, PLEASE don’t read this manual and then put it aside proclaiming to “use it one day”.

My sincerest hope and mission is to help you achieve your goals. You’ve already taken an important step by purchasing this program, but if you don’t take ACTION then it will be for nothing.

**Good intentions without action equal zero results**

So I ask you to make a commitment right now. Commit to following one of the programs provided in this manual beginning today, or tomorrow, at the very latest.

If you have any questions along the way, contact me through my website at NiaShanks.com (that’s the link to the Contact form).

I did my absolute best to put together a clear, easy to understand manual with workouts that are proven to produce results. The accompanying workouts do produce results – fat loss, strength gains, sculpting sexy muscle – there’s no question about that.

Now it’s up to you to take action. And there’s no better time than today.
Progress = Success

It doesn’t matter what training tools you use – barbells, dumbbells, kettlebells, strong man equipment, or just your bodyweight as provided in the Beautiful Badass Bodyweight Workout Guide. The primary objective, and the way to get results, is to focus on progression in some form.

By progressing the exercises and subsequently improving your performance, you’ll place a greater demand on your body over time. This is how you build a better physique, shed body fat, sculpt some sexy muscle, and get stronger.

Bottom line: progression is critical to your success. That’s why each program has specific progression guidelines. Make sure you follow them so you achieve maximum results.

With bodyweight exercises there are several ways to progress and improve your performance, and many of these are used throughout the workouts in this ebook.

How to Progress Bodyweight Exercises

- **Improve your form.** This can mean really focusing on every single rep, and ensuring your form is perfect. Let’s use push-ups for an example. Maybe you’ve never taken the time to analyze your form. Instead of doing push-ups the way you normally do, really focus on every single rep. Make sure your butt and stomach are contracted (squeeze hard!) for the entire duration of the set. Make sure your neck is in a neutral position and that you lower yourself under control, all the way down, on every rep. By honing in your technique and really perfecting it, you can make progress. (You’ll see proper exercise form in the demo videos later on).

- **Perform more reps.** This is one of the most common progressions. If you did 10 reps of an exercise last week, try to do 11 this week. Easy peezy, lemon squeezy.

- **Increase the volume.** If you did five sets of an exercise last time, you can do six sets this time.

- **Perform a more challenging variation.** There will come a time when simply doing more reps or more sets won’t be productive. That’s when you need to perform a more advanced variation of the exercise, and this is the progression method most often neglected with bodyweight exercises. We’ll get into this in the Beautiful
Badass Bodyweight Exercises chapter. But, for example, when you progress from a traditional push-up to a more challenging feet elevated push-up, you’re progressing by using a more difficult variation.

- **Use advanced techniques.** You can manipulate bodyweight exercises by using additional training techniques such as rest/pause sets, one-and-a-half reps, and tweaking the lifting tempo. Again, we’ll get to these in the exercise chapters.

- **Add external load.** Technically when you use this option it’s no longer strictly bodyweight training. You can add resistance to bodyweight exercises with resistance bands or a weight vest. We won’t utilize this method in the Beautiful Badass Bodyweight Workout Programs because they’re designed to be done with zero to minimum equipment, but it’s something to keep in mind if you have access to these additional tools. If so, feel free to incorporate them.

As you can see, there’s actually a *lot* of variety with bodyweight workouts and several ways you can progress and constantly improve your performance.

The techniques listed above will ensure you keep progressing with your workouts, and that means you’ll achieve better physique and performance results. It’s also a terrific way to stay motivated to work out since you won’t be stuck doing the same ole thing. A little variety can be a powerful component to keep the boredom-bug at bay.

Be sure to keep those six progressions in mind. Not only will many of them be used in the Beautiful Badass Bodyweight Programs, but you can apply those methods to other workouts beyond those provided in this manual.

Now let’s quickly discuss some tools you may want to add to your bodyweight-workout-training-arsenal.
Bodyweight Training Tools

One of the greatest perks of bodyweight workouts is that they can be done anywhere, anytime, with minimum equipment, if any at all.

While you don’t need any equipment for bodyweight workouts, I do recommend you invest in at least one useful tool simply because it’s a great way to add variety.

I have two suggestions and I’ll start with the highest recommended.

If you only make a single purchase to benefit your bodyweight workouts, I suggest you invest in a suspension trainer. If you don’t already own one, I recommend the Jungle Gym XT. That’s a high quality suspension trainer and it’s cheaper than other popular models. You can get any suspension trainer you prefer; I just recommend getting one that’s a “split” system (i.e. two separate pieces). You can even check your local supermarket or sporting goods store as suspension trainers are becoming more popular so they’re easier to find.

A suspension trainer is the best tool you can have for your bodyweight training. You can perform a vast variety of exercises from push-ups, chin-ups, leg curls, to assisted single leg squats. It’s also a tremendous tool for keeping your elbows and shoulders healthy because it allows the hands, elbows, and shoulders to move freely as opposed to being stuck in a fixed position.

Compare a chin-up with your hands wrapped around a bar to using a suspension trainer; your hands, when doing chin-ups with a suspension trainer, can rotate as you perform the exercise. The same thing applies to push-ups and inverted rows. So if you have achy shoulders or simply want the luxury of added variety, I’d recommend investing in a suspension trainer at some point.

The second bodyweight tool recommendation is resistance bands. If you can’t perform bodyweight pull-ups, then bands can help you achieve them over time. Using bands for chin-ups as a progression tool trumps the machines you see in commercial gyms. Bands are also useful for adding resistance to exercises like push-ups, glute bridges and hip thrusts, and can even be used as resistance for squats, lunges, good mornings, rows, lateral raises, and any other exercise you can think of.

Click Here for a great inexpensive set to get you going.
Again, you may also want to check your local sporting goods store.

Once again, these tools aren’t mandatory for the bodyweight workouts in this ebook, but they can be incredibly beneficial. If you decide to get a single tool, I’d suggest the suspension trainer.

We’re getting closer to the actual workout programs in this book, I promise. But we need to discussion nutrition . . .
Quick Nutrition Discussion

Yes, I know this is a bodyweight workout ebook, but I think it’s beneficial to discuss nutrition, at least a little bit.

Here’s an article you should read that’s on my website.

- Beautiful Badass Nutrition Principles

I strongly encourage you to begin there and apply the information in that article if you need help in the nutrition department. It’s simple, straight forward, and stress free.

Eating to build a better looking and healthier body should not be complicated. It’s about listening to your body, eating when you’re hungry and stopping when satisfied, and applying some common sense nutrition guidelines.

If you still want or need more nutrition information then what’s provided in the article above, check out Sane and Simple Nutrition.

It’s an anti-diet guide that will show you how to break free from obsessive eating habits and the sane and simple guidelines you should follow to build a better body.

Now that we touched on nutrition, let’s discuss which program in this ebook you should start with.
Where Do You Begin?

You’re going to be presented with two very different workout programs. The first is an 8 week program for building strength. The second is approximately 14 weeks in duration and is designed for sculpting sexy muscle and losing body fat (or Total Beautiful Badass-ification, as I like to call it).

So . . . which one should you do first?

That’s completely up to you, but here are a couple suggestions to set you on the right path.

If you’re a raw beginner and brand new to strength training in any form, then start with the Get Strong! Program. A beginner’s main priority should be getting stronger and building a base level of strength. By doing so you’ll be able to use more difficult variations for the Beautiful Badass-ification Bodyweight Program and achieve better results much quicker.

If you’re not new to the world of strength training, then the choice is yours. Do you want to focus on getting strong right now? Then do the Get Strong! Program. Would you like to challenge yourself and sculpt some sexy muscle, lose some excess body fat, or just perform a well-rounded routine? Then begin with the Total Beautiful Badass-ification program.

Now . . . let’s talk about getting strong with bodyweight workouts, and why it’s awesome.
Getting Stronger with Bodyweight Workouts

Strength is a skill, and skill requires practice.

Just like with any activity you want to improve upon – playing an instrument or participating in a sport – practice is crucial. The more often you practice, the better you’ll become at the specific activity.

For example, if you wanted to play the piano you wouldn’t just practice once a week for 30 minutes. You’d achieve quicker and better results if you practiced on a near daily basis.

This is the best way to approach getting stronger with bodyweight exercises. Treat it as a skill and practice frequently. But, please, never sacrifice quality for quantity. Tons of low quality practice won’t help you.

Just like banging keys randomly on a piano won’t help you learn to read or play music, performing sloppy reps with exercises won’t help you achieve the results you want.

I first read about the “strength is a skill” concept from Dan John in his article The 40 Day Program on T-nation (please note: the website has pictures of women in bikinis and half naked men flexing). In that article Dan lays out a simple program with only five movements: deadlift, upper body push (military press or bench press), upper body pull (pull-up or row), a full-body explosive movement (kettlebell swings), and an abdominal exercise.

For the duration of the program you do two sets of five reps (2x5) for the first three exercises and you “Always stay within yourself and go heavy ‘naturally,’” as Dan explains. The secret he says “Is that you get your volume from doing up to 10 sets of a lift in a week and the load increases as you naturally feel like the weights are ‘easy.’ It is that simple.”

I love the sheer simplicity and effectiveness of the program, and I believe it’s an incredibly useful strategy to apply to bodyweight workouts. So I applied this “strength is a skill” concept to bodyweight workouts, and that’s how the accompanying Beautiful Badass Get Strong! Program came to be.

It’s similar to Dan John’s 40 Day Program in that you’ll train on a near daily basis, but the layout is a little different.
The Beautiful Badass Bodyweight Get Strong! Program calls for three daily workouts in a row followed by a day off. (This is a 3 on/1 off rotation). And instead of 2x5, as Dan used in the 40 Day Program, you’ll be performing 4x5 (4 sets, 5 reps) for each exercise. In my experience, most trainees do well with the higher volume with bodyweight exercises.

The simplicity of the program is really what makes it incredible, and very effective. You’ll get all of the details for the Get Strong! Program in that chapter.

But now, let’s talk about achieving Beautiful Badass-ification with bodyweight workouts.
Losing Fat & **Sculpting Muscle**  
with Bodyweight Workouts

. . . or what I prefer to just call Beautiful Badass-ification.

Why are we discussing fat loss and sculpting muscle in the same chapter?

Great question.

My clients generally fall into one of three categories upon completion of the Total Beautiful Badass-ification Bodyweight Program.

1) They lose body fat, thereby improving their body composition and physique.

2) They were fairly lean before beginning the routine and sculpted additional muscle, thereby improving their body composition and physique.

3) They lose body fat *and* sculpt muscle. This typically occurs with beginner and even intermediate clients, or those who haven’t used primarily compound exercises as provided in the program.

No matter what, most people experience and report noticeable results to their physique after completing the Total Beautiful Badass-ification Bodyweight Program. Whether you lose fat, sculpt muscle, or achieve some combination of the two, you’re going to look different. (As long as you follow the program as written and eat smart, of course, consistently. This isn’t magic. You still have to put in the work. But you already know this because you’re a Beautiful Badass).

Now we’re getting to the fun stuff! Let’s go over the Beautiful Badass bodyweight exercises and their many variations you’ll use with the workout programs.
The Beautiful Badass Bodyweight Exercises

This chapter contains videos for the exercises used in the Beautiful Badass Bodyweight Workout Programs. **These videos are Private and only you can view them, so please do not share them with anyone. And please note: you may want to adjust the video settings to improve the quality of the videos.**

You’ll notice most video demonstrations take place in a friend’s garage. That’s because I want you to see how easy it is to do these workouts anywhere and how you can use household items for your workouts (just make sure you’re safe!). You can literally do these workouts *anywhere*: in your house, hotel room, outside, in a friend’s garage like I do in the videos, or anywhere you happen to be.

That’s the beauty of the workout programs in this manual.

Each exercise video demonstrates the primary exercise *in addition to progressions* — you’ll see a range of beginner to advanced variations for each exercise listed. **This is very important because you must use certain progressions at different times during the programs.**

For example, in the Beautiful Badass-ification Program you’ll be instructed to use a variation of each exercise that allows you to perform 5 reps. With a push-up, for example, that could mean elevating your feet and using a close grip. You’ll later have to use a variation that allows you to perform 15 reps. As an example with push-ups that could mean elevating your hands.

**It’s important that you use the variation that works for you and suits your strength levels as demonstrated in the following videos.**

Refer to these videos again once you dig into the workout programs or anytime you need a refresher.

Please note that some of the demonstrations (specifically finishers and core finishers) are in the workouts themselves and not this chapter and appear as a blue hyperlink.
The Exercises and Advanced Training Techniques

This is where you can find all of the main exercises used in both workout programs in this ebook. Please refer to this chapter for all exercise demonstrations and to determine which variations you should use. Also included here are the advanced workout techniques.

Just click the links to watch the videos.

The Main Exercises

**Push-up variations**

**Handstand push-up variations**

**Chin-up variations**

**Inverted row variations**

**Step up, Single leg squat to box, and Pistol variations**

*Note* – if you notice that full range of motion pistols aggravate your knees, *don’t keep doing them!* Instead stick to step up and single leg squat to box variations. Some people’s knees just don’t like pistols, and if that’s you, use a different single leg squat variation as demonstrated in the video.

**Glute bridge & Hip thrust variations**

**Walkout variations**

**Burpee variations**

Advanced Training Techniques

**Rest/Pause**

**Tempo demonstration**

**1.5 rep demonstration**
THE BEAUTIFUL BADASS BODYWEIGHT WORKOUT PROGRAMS
The format of the Get Strong! workout is very simple. Perform all of the exercises in circuit fashion with minimum rest and complete a total of four circuits. That means you’ll do a set of exercises 1a, 1b, 1c, 1d, and 1e in a row. You’ll go through that circuit a total of four times with minimum rest.

You’ll be able to complete this workout in about 15-20 minutes or so.

You may be scoffing at the overall simplicity and brevity of this workout, especially since you won’t be left huffing and puffing at the end. But keep in mind two important notes. One, this is a strength program, not a conditioning workout. Two, you’ll be working out on a near daily basis.

If you want to “do more”, then I suggest you engage in fun recreational activity and not more “working out”. Go for a hike, play a sport, walk your dog, or do something you enjoy.

Don’t lose sight of the primary focus of this program – to get stronger.

Please refer to the demonstration videos on page 20 so you can determine which exercise variation to use; this greatly depends on your current strength and training experience level.

The next page has the single workout you’ll use for the duration of the Get Strong! Program.
The Get Strong! Workout

Please refer to the video demonstrations on page 20 for the exercises below.

1a) *Pull-up variation
1b) *Single leg squat variation
1c) *Push-up or Handstand Push-up variation
1d) **Glute Bridge or Hip Thrust variation
1e) Walkout

Instructions for the Get Strong! Workout

- **Circuits**: 4
- **Reps for each exercise**: 5
- **Exercise difficulty**: Use a variation for each exercise (as demonstrated in the videos on page 20) that you can perform for 10 perfect reps (this is very important!)
- **Rest between exercises and circuits**: Minimum. You should be able to move quickly through the circuits.

This workout is a circuit. That means you’ll do a set of 1a, rest as needed, a set of 1b, rest, a set of 1c, rest, a set of 1d, and finish up with a set of 1e. Complete a total of four circuits in this fashion.

Make sure you focus on every rep of every set. The quality of every rep is crucial. Do not neglect this important tip. Put 100 perfect effort and focus on every rep of every set.

**Note** – if even the most basic pull-up variation is too challenging right now, then use an inverted row variation as demonstrated in the video on page 20. You have the choice between a push-up or handstand push-up variation. If you can’t do at least 12 perfect traditional push-ups, stick with a push-up variation; otherwise you may use a handstand push-up variation. Finally, if the most basic single leg squat variation is too challenging, use a step up as demonstrated in the video on page 20.

**Note**—you may use a variation (as shown in the exercise demonstration video) that allows you to complete up to 15 reps with either a glute bridge or hip thrust variation, and perform 10 reps for each set.
**Workout Frequency**

This means how often and when you’ll perform the single Get Strong! workout.

You’ll follow a 3 days on/1 day off frequency. Perform the workout on the previous page for three days in a row, take a day off, and repeat for a period of eight weeks.

Here’s how the first four weeks will look, assuming you begin the program on a Monday.

W = the Get Strong! workout listed on the previous page

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You don’t have to begin on a Monday. This is just a visual of the 3 days on/1 day off workout frequency you’ll use.

**When and how to progress the Get Strong! workout**

Use the same variation of each exercise for the first two weeks of the program, and then increase the difficulty slightly. When you begin using the more challenging variation at the beginning of the third week, you should still be able to complete about 10 perfect reps of that variation.

After the fourth week, increase the difficulty *slightly* once again, and repeat this process every two weeks for the duration of the eight week program.

Here’s how it looks over the course of eight weeks:

- Weeks 1-2: Starting variation
- Weeks 3-4: Increase the difficulty *slightly*
- Weeks 5-6: Increase the difficulty *slightly* once again
- Weeks 7-8: Increase the difficulty *slightly* one more time
For example, let’s say in Week 1 you’re doing modified handstand push-ups with your feet on the floor. You would use this variation for weeks one and two. On Week 3, you could elevate your feet slightly by about six inches or so to increase the difficulty, and you’d use this variation for Weeks 3 and 4. On Week 5, you could elevate your feet again by another inch or two.

Using a single leg squat to a box as an example, you could decrease the height of the box a couple of inches every other week.

The goal is to *slightly* increase the difficulty every two weeks. At no point should you struggle to complete a rep of any exercise. If you’re straining to squeeze out the last rep, you need to decrease the difficulty.

This gradual increase in difficulty is what will allow you to make quick strength improvements.
The Beautiful Badass-ification Bodyweight Program

The Beautiful Badass-ification Bodyweight Program with last approximately 14 weeks. You’ll perform a total body workout every other day; the exception is when you’ll take three days off after each phase.

If you start this program on a Monday, for example, here’s how it will look.

W #1, W #2, and W #3 are the workouts listed below

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... repeat this process for Phase 2 and Phase 3.

You will perform every workout in each Phase a total of five times each. That means each phase will last a little over four weeks total, as you see in the example above. After you complete Workout #3 for Phase 1 a fifth time, take three days off and then start Phase 2.

You’ll repeat the same process - perform a workout on an every-other-day basis until you complete each workout in Phase 2 a total of five times, followed by three days off - and then repeat the process one more time for Phase 3.

You may be wondering, “What should I do on my Off days?”

I suggest one of three options.
Option one, don’t do a dang thing and rest!

Option two, go for a walk to get in some extra movement and help aid recovery from the previous day’s workout; this optional is the most popular.

Option three, engage in a fun, recreational activity. This is dependent on your preferences, but I suggest you do something that gets you active but isn’t considered “exercise”. I truly loathe that word because it sounds like a chore, or even punishment; like something you’re obligated to do.

Forget that and do something fun instead.

If you don’t have a clue what “something fun” is, then start thinking outside of the box. What are some activities you used to enjoy? What are some activities you’ve always wanted to try?

For example, I enjoy hiking, bouldering, ski-boarding, racquetball, and other activities.

Get creative if necessary; just make sure you have fun if you choose this option.

**Important Note Regarding Exercise Frequency**

If you know it’s not practical for you to work out every-other-day as shown above, then you can simply perform three workouts per week; just make sure you do the workouts on non-consecutive days. Something like Monday, Wednesday, and Friday would work well if you want the weekends off.

Should you choose this option, follow the same progression guidelines provided for each workout and complete each workout a total of five times. It will just take an extra week or so to complete each phase.

Now that you know how to set up the workout frequency, let’s jump into Phase 1 of the Beautiful Badass-ification Program!
Beautiful Badass-ification

PHASE 1
Phase 1 Instructions: Perform a workout every other day, as shown above on page 26. Repeat this pattern until you complete each of the three workouts a total of five times each. Then take three days off and move on the Phase 2.

Be sure to apply the progressions listed below each workout.

### Phase 1 Workout #1

#### Circuit 1

1a) Chin-up  
1b) Handstand push-up  
1c) Glute bridge

**Variation:** use a variation of each exercise that allows you to complete approximately 7-8 perfect reps  
**Sets:** 5  
**Reps:** 5  
**Rest between exercises:** 30 seconds

#### Circuit 2

2a) Inverted row  
2b) Push-up  
2c) Single leg squat

**Variation:** use a variation of each exercise that allows you to complete approximately 7-8 perfect reps  
**Sets:** 5  
**Reps:** 5  
**Rest between exercises:** 30 seconds

**Finisher:** perform the following exercises with no rest between each: 5 rocket jumps + 10 reverse lunges each leg + 20 squats (click here to watch the demonstration video)

**Sets:** 2  
**Rest between circuits:** as long as needed
Phase 1 Workout #1 Progression

For Circuit 1 and Circuit 2: every other workout add an additional rep to each exercise. For example, when you perform Workout #1 for a third time, you’ll perform 5x6 for each exercise. The fifth time you repeat the workout you’ll perform 5x7 for each exercise.

For the Finisher: decrease the rest between the two circuits every other workout.
Phase 1 Workout #2

Circuit 1
1a) Chin-up
1b) Handstand push-up
1c) Glute bridge

**Variation:** use a variation of each exercise that allows you to complete approximately 12 perfect reps of every exercise

**Sets:** 4
**Reps:** 10
**Rest between exercises:** 45 seconds

Circuit 2
2a) Inverted row
2b) Push-up
2c) Single leg squat

**Variation:** use a variation of each exercise that allows you to complete approximately 12 perfect reps of every exercise

**Sets:** 4
**Reps:** 10
**Rest between exercises:** 45 seconds

Core circuit: ([click here](#)) to watch the demonstration video
3a) Reverse crunch
3b) Plank
3c) Superman hold

**Sets:** 3
**Reps/duration:** as many as possible or as long as possible
**Rest between exercises:** none
Phase 1 Workout #2 Progression

For Circuit 1 and Circuit 2: every other workout add an additional rep to each exercise. For example, when you perform Workout #2 for a third time, you’ll perform 4x11 for each exercise. The fifth time you repeat the workout you’ll perform 4x12 for each exercise.

For the core circuit: every other workout perform more reps and/or increase the duration of the plank and superman hold.
Phase 1 Workout #3

Circuit 1
1a) Chin-up
1b) Handstand push-up
1c) Glute bridge

Variation: use a variation of each exercise that allows you to complete approximately 20 perfect reps of every exercise
Sets: 3
Reps: 15
Rest between exercises: 60 seconds

Circuit 2
2a) Inverted row
2b) Push-up
2c) Single leg squat

Variation: use a variation of each exercise that allows you to complete approximately 20 perfect reps of every exercise
Sets: 3
Reps: 15
Rest between exercises: 60 seconds

Finisher: Burpee variation 15 seconds on/45 seconds off for 6 minutes
Phase 1 Workout #3 Progression

For Circuit 1 and Circuit 2: every other workout add an additional rep to each exercise. For example, when you perform Workout #2 for a third time, you’ll perform 3x16 for each exercise. The fifth time you repeat the workout you’ll perform 3x17 for each exercise.

For the finisher: every other workout perform one more minute.
Beautiful
Badass-ification
PHASE 2
Phase 2 Instructions: Just like in Phase 1, perform a workout every other day in Phase 2. Repeat this pattern until you complete each of the three workouts a total of five times each. Then take three days off and move on to Phase 3.

Be sure to apply the progressions listed below each workout.

**Phase 2 Workout #1**

This workout will utilize timed sets. For the first superset (1a and 1b) you’ll use a variation for each exercise that you could perform for 9-10 reps. Set a timer for 12 minutes and perform as many reps as possible for each exercise in that period.

*I recommend that you start with 5 or 6 reps for each exercise*. You don’t want to get too close to failure or you’ll burn out too quick.

So, let’s say you start with 6 reps for each exercise. You perform them in an alternating fashion with minimum rest for the 12 minute period. As the set goes on and fatigue sets in, you can decrease the number of reps you do each set. For example, you may be able to perform 6 reps for each exercise the first five minutes. Then you may drop down to 5 reps. After a few minutes you may drop down to 4 reps each, and then 3. The last minute or so you may only do singles for each exercise.

The point is to perform as many reps as possible during the time period. Make sure you keep track of how many you get!

**Timed Set 1**

1a) Single leg squat  
1b) Glute bridge or Hip thrust

**Variation**: one that allows you to complete 9-10 reps  
**Duration**: 12 minutes

**Timed Set 2**

2a) Handstand push-up  
2b) Chin-up

**Variation**: one that allows you to complete 9-10 reps  
**Duration**: 12 minutes
**Finisher:**

Burpee – 50 reps as fast as possible

**Variation:** one that allows you to complete 10 reps in a single set

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**Phase 2 Workout #1 Progression**

**For Timed Set 1 and Timed Set 2:** Each time you repeat Workout #1, perform more reps for each exercise during the time period.

The *third* time you repeat the workout, add an additional minute to each (13 minutes total). And add an additional minute to each round the *fifth* and final time you repeat the workout (14 minutes).

Here's how it looks:

Workout #1
- First time: 12 minutes
- Second time: 12 minutes
- Third time: 13 minutes
- Fourth time: 13 minutes
- Fifth time: 14 minutes

**For the finisher:** complete the 50 burpees in less time. The *third* time you repeat the workout, perform 60 burpees. Perform the 60 burpees in less time each following workout.

Here's how it looks:

Workout #1 Finisher
- First time: 50 burpees
- Second time: 50 burpees in less time
- Third time: 60 burpees
- Fourth time: 60 burpees in less time
- Fifth time: 60 burpees in less time
Phase 2 Workout #2

Rest/Pause Exercises

1) Inverted row

2) Single leg squat variation

3) Push-up

Variation: use a variation for each exercise that you can perform for 10-12 reps

Total: One rest/pause set per exercise

How to perform Rest/Pause: use a variation for the exercise that allows you to complete 10-12 reps. Perform a set to failure (meaning another rep with good form is not possible). Rest 30 seconds and then perform another set to failure. Rest 30 seconds and perform a third set to failure. Here’s the rest/pause demonstration video again.

Rest/Pause example with inverted rows:

- Set #1: 12 reps
- Rest 30 seconds
- Set #2: 7 reps
- Rest 30 seconds
- Set #3: 6 reps

The total for your Rest/Pause set is 25 reps (12 + 7 + 6)

Repeat this process with the remaining exercises.

After you perform exercises 1-3 using the rest/pause method above, move on to the circuit below.
**Circuit**

1a) Glute bridge or Hip thrust  
1b) Chin-up  
1c) Handstand push-up

**Variation:** use a variation that allows you to perform about 6 perfect reps  
**Sets:** 7  
**Reps:** 3  
**Rest between exercises:** minimum (you shouldn’t have to rest more than 30 seconds between exercises)

**Phase 2 Workout #2 Progression**

**For the Rest/Pause exercises:** perform more total reps each time you repeat the workout. The fourth and fifth time you repeat the workout, add a fourth “set” to the Rest/Pause set for each exercise.

It would look like this the fourth and fifth time you perform the workout:

- Set #1 to failure  
- Rest 30 seconds  
- Set #2 to failure  
- Rest 30 seconds  
- Set #3 to failure  
- Rest 30 seconds  
- Set #4 to failure

**For the circuit:** use the following guide each time you repeat the workout.

- Second time: perform an additional set (8x3)  
- Third time: perform an additional set (9x3)  
- Fourth time: perform an additional rep (9x4)  
- Fifth time: perform an additional set (10x4)
Phase 2 Workout #3

1.5 Reps Circuit 1  (Here’s the 1.5 rep demonstration video again)
   1a) Chin-up
   1b) Glute bridge or Hip thrust
   1c) Handstand push-up

Variation: use a variation that you can complete for 12 reps
Sets: 5
Reps: 5 using 1.5 rep style
Rest: Minimum

Circuit 2
   2a) Inverted row
   2b) Single leg squat
   2c) Push-ups

Variation: Use a variation that allows you to complete 12 reps
Sets: 4
Reps: 8
Rest: Minimum
Tempo: (tempo demonstration video here)
   - Workouts 1-2: 3-1-X-1
   - Workouts 3-4: 3-2-X-1
   - Workout 5: 4-2-X-1

The Tempo is written in four separate numbers, each number representing the number of seconds. Let’s break down the tempo you’ll use for the first two times you perform this workout: 3-1-X-1
   3 – this is the lowering portion of an exercise (3 seconds)
   1 – this is how long you pause in the lowered position (1 second)
   X – this is the lifting portion and it means you lift as quickly as possible
   1 – this is the top portion of the exercise (1 second)

So using this 3-1-X-1 tempo with a push-up, you’ll take 3 seconds to lower yourself down (make sure it’s actually 3 seconds), you’ll pause for 1 second at the bottom, you’ll press up as hard as possible while maintaining perfect form, and then you’ll hold the top position for one second before repeating for the prescribed number of reps.
Core Finisher: (Click Here to watch a video demonstration of this finisher)

3a) Hanging knee raise (as many as possible)
3b) Side plank (as long as possible each side)

Sets: 2
Rest: Minimum

Phase 2 Workout #3 Progression

For Circuit 1 with 1.5 reps: every other workout perform an additional rep for each set. The third time you repeat the workout you’ll do 5x6 (five sets, six reps each set). And the fifth and final time you’ll do 5x7 for each exercise.

For Circuit 2: follow the tempo progression listed below the workout.

For the Core Finisher: each week perform more reps and/or increase the duration of the plank
Beautiful Badass-ification

PHASE 3
Phase 3 Instructions: Just like in Phase 1 and Phase 2, perform a workout every other day in Phase 3. Repeat this pattern until you complete each of the three workouts a total of five times each.

As usual, be sure to apply the progressions listed below each workout.

**Phase 3 Workout #1**

Rest/Pause Exercises

1) Chin-up

2) Glute bridge or Hip thrust

3) Handstand push-up

Variation: use a variation for each exercise that you can perform for 10-12 reps

Total: One rest/pause set

Perform exercises 1-3 using the rest/pause technique and then move on to the circuit.

Circuit

1a) Single leg squat
1b) Inverted row
1c) Push-up

Variation: use a variation that allows you to perform about 6 perfect reps

Sets: 7
Reps: 3
Rest between exercises: minimum (you shouldn’t have to rest more than 30 seconds between exercises)
Finisher (click here to watch the demonstration video)
Tabata squats 20 seconds work/10 seconds rest for 4 minutes

Perform squats for 20 seconds and rest for 10 seconds. Repeat this for 8 rounds (4 minutes). Try to perform as many squats as possible each 20 second period.

**Phase 3 Workout #1 Progression**

**For the Rest/Pause exercises:** perform more total reps each time you repeat the workout. The fourth and fifth time you repeat the workout, add a fourth “set” to the Rest/Pause set.

It would look like this the fourth and fifth time you perform the workout:
- Set #1 to failure
- Rest 30 seconds
- Set #2 to failure
- Rest 30 seconds
- Set #3 to failure
- Rest 30 seconds
- Set #4 to failure

**For the circuit:** use the following guide each time you repeat the workout.
- Second time: perform an additional set (8x3)
- Third time: perform an additional set (9x3)
- Fourth time: perform an additional rep (9x4)
- Fifth time: perform an additional set (10x4)

**For the finisher:** Each time you repeat the workout add another round (additional 30 seconds). Here’s how it will look:
- Second time: 9 rounds (4 minutes 30 seconds)
- Third time: 10 rounds (5 minutes)
- Fourth time: 11 rounds (5 minutes 30 seconds)
- Fifth time: 12 rounds (6 minutes)
Phase 3 Workout #2

Timed Set 1
1a) Push-up
1b) Inverted row

Variation: one that allows you to complete 9-10 reps
Duration: 12 minutes

Timed Set 2
2a) Single leg squat
2b) Glute bridge or Hip thrust

Variation: one that allows you to complete 6 reps
Duration: 12 minutes

Because you’re using a variation that only allows you to complete 6 reps, start your timed set by performing only 3-4 reps of each exercise.

Core Finisher
3a) Superman hold
3b) Reverse crunch

Sets: 2
Duration: perform as many reps as possible of each exercise for one minute
Phase 3 Workout #2 Progression

**For Timed Set 1 and Timed Set 2:** Each time you repeat Workout #2, perform more reps for each exercise during the time period.

The *third* time you repeat the workout, add an additional minute to each (13 minutes total). And add an additional minute to each round the *fifth* and final time you repeat the workout (14 minutes).

Here’s how it looks:

**Workout #1**
- First time: 12 minutes
- Second time: 12 minutes
- Third time: 13 minutes
- Fourth time: 13 minutes
- Fifth time: 14 minutes

**For the finisher:** try to perform more reps each workout.
Phase 3  Workout #3

1.5 Reps Circuit 1
1a) Inverted row
1b) Single leg squat
1c) Push-up

Variation: use a variation that you can complete for 12 reps
Sets: 5
Reps: 5 using 1.5 rep style
Rest: Minimum

Circuit 2
2a) Chin-up
2b) Glute bridge or Hip thrust
2c) Handstand push-ups

Variation: Use a variation that allows you to complete 12 reps
Sets: 4
Reps: 8
Tempo:
• Workouts 1-2: 3-1-X-1
• Workouts 3-4: 3-2-X-1
• Workout 5: 4-2-X-1
Rest: Minimum

Finisher
Burpees – 20 seconds on/40 seconds off for 6 minutes
Phase 3 Workout #3 Progression

For Circuit 1 with 1.5 reps: every other workout perform an additional rep for each set. The third time you repeat the workout you’ll do 5x6 (five sets, six reps each set). And the fifth and final time you’ll do 5x7 for each exercise.

For Circuit 2: follow the tempo progression listed below the workout.

For the finisher: every other workout perform one more minute.
Where to Go From Here

Congratulations! It’s my sincerest hope you’ve enjoyed this bodyweight-workout strength training journey and that you’re achieve your initial goals, and so much more, along the way.

If you haven’t done so already, I strongly encourage you to perform both of the Beautiful Badass Bodyweight Workout Programs before you move on to something different.

Once you’ve completed both programs, you should consider doing one of the following:

1) **Repeat one or both programs.** You’ll be able to use more challenging variations of each exercise, so you will keep getting the results you’re after.

2) **Tackle a new challenge.** Maybe you’re ready to start resistance training with weights again, or perhaps for the first time. If so, I recommend you check out the *Train to be Awesome Guide*. It contains the following workouts:

   - **8 Week Beginner BLAST-OFF.** The perfect routine for beginner strength trainees AND those who want to spend minimum time working out while reaping maximum results.

   - **16 Week Train to be Awesome Program.** The ultimate routine for becoming a stronger, more awesome version of yourself.

   - **16 Week Advanced Train to be Even MORE Awesome Program.** The follow-up to the original Train to be Awesome Program.

   - **Demonstration videos.** Every exercise has its own demonstration video; there are over 50.

It also includes the Train to be Awesome Guide that tells you everything you need to do to build the body you want, by focusing on becoming more awesome. You’ll discover how to forge a powerful mindset (and why it’s so important) and some other great information.

[Click here to get the details about the Train to be Awesome Guide](#).