

Bodyweight Warrior

Strength / Balance / Mobility

Winter Program

Weekly Schedule

Day	Primary Session	Daily Practice
1	Upper body (High Reps)	Yes
2	Lower body (High Reps)	Yes
3	Upper body (Medium Reps)	Yes
4	Rest	Yes
5	Upper body (Low Reps)	Yes
6	Lower body (Low Reps)	Yes
7	Rest	Rest

DUP	Reps / Set	Sets
High Reps	6-8	3-4
Medium Reps	4-6	4-6
Low Reps	1-4	4-8

Volume Manipulation

Every fourth week, perform 40% of the total volume.

In the timed sets – perform 40 % of the total time allotted, but continue to strive for gains in intensity. Daily practice can be manipulated according to feeling or skipped all together from time to time in case of fatigue.

Progressive Overload

Every time you succeed in performing the max rep/set range prescribed, next workout increase the progression while still meet the minimum rep range.

Even in the deload session you increase the intensity, even though the sets are decreased. If unable to increase the intensity during all the rep/set range, aim to increase it even if it is only in the first couple of sets.

Daily Practice

Mobility

A1. Rotational Cat Cow - 3-5r per direction

A2. Neck Stretch Complex - 15s per position

B1. Yuri Mar's Banded Shoulder Rotations - 5r per side

C1. Passive Hang - 30-60s

D1. My Wrist Routine - 10r per position

E1. Table Rock Stretch - 10r + 10s

E2. Hanging Cobra Complex - 20s per position

F1. Lying Thoracic Rotation - 5r per side

F2. Lying Diagonal Glute Stretch - 30s per side

G1. Lateral Lunge to Cossack Squat - 5r per side

G2. Dr Andrea Spino Hip Mobility - 10r per position

H1. Head To Toe - 72r

H2. Bent Leg Hip Flexor Stretch - 30s PNF

I1. Ido Squat Routine - 10r per position

Sets: 1-3 **Rest:** Perform throughout the day

Balance / Bodyline (Optional)

B1. Handstand Alignment Hold - 20-60s

B2. L-Sit / Support Hold - 20-60s

B3. Hollow Body With Bar - 10r + 10s

B4. Arch Body With Bar - 10r + 10s

Sets: 1-3 **Rest:** Minimal between exercises, 60s between rounds

Upper body

Warm up

A1. General Warm Up and Mobilisation - 1-2m

A2. Ido Portal's Shoulder Band Mobilisation - 10r per position

A3. Ido Portal's Scapula Band Mobilisation - 10r per position

A4. My Wrist Routine - 10r per position

A5. Ido Portal's Squat Clinic 2.0 - 10r per position

Sets: 1 **Rest:** Minimal

Strength

B1. Planche Push Up / Isometric / Eccentric - 3-8r / 6-16s / 3-8s

B2. OAC Progression / Eccentric - 3-8r / 3-8s per side

Sets: 3-8 **Rest:** 90-180s between exercises

C1. HSPU Progression / Eccentric - 3-8r / 3-8s

C2. Front Lever Pull Up / Isometric / Eccentric - 3-8r / 6-16s / 3-8s

Sets: 3-8 **Rest:** 90-180s between exercises

D1. Dip Progression - 3-8r

D2. L-Sit / V-Sit Progression - 6-16s

Sets: 2-4 **Rest:** 60-90s between exercises

Prehab / Mobility

D1. Cuban rotations (weighted) - 10r

D2. Butchers block - 10r + 20s

D3. Bridge hold - 30s

Sets: 1-3 **Rest:** Minimal between exercises, 60s between rounds

Lower body

Warm up

A1. General Warm Up and Mobilisation - 1-2m

A2. Ido Portal's Scapula Band Mobilisation - 10r per position

A3. Ido Portal's Squat Clinic 2.0 - 10r per position

A4. Leg Swings - 10r per position (per side)

Sets: 1 **Rest:** Minimal

Skill / Strength

B1. Back / Front / Split Squat - 3-8r

B2. Natural Hamstring Curls - 3-8r

Sets: 3-6 **Rest:** 90-120s between exercises

or

B1. Tumbling / Acro - 30-60m

Sets: - **Rest:** -

Core / Mobility

C1. Ankle Stretch Warm Up - 20s per position (per side)

Sets: 1 **Rest:** -

D1. Ginga Lunge - 10r + 10s

D2. Jefferson Curl - 10r + 10s

D3. Pike Compression - 20-30s / 10r + 10s

Sets: 1-3 **Rest:** Minimal between exercises, 60s between rounds

E1. Weighted Tailor Pose - 10r + 30-60s

E2. Weighted Horse Stance Squat - 10r + 10-30s

Sets: 3-5 **Rest:** 60s between exercises

F1. Pancake / Seated Good Mornings - 10r + 10s

Sets: 1-3 **Rest:** 60s between sets

G1. Middle Split Isometric - 30-60s

Sets: 3-5 **Rest:** 60s between sets