



# LDII

## Bodyweight Workout

# Lockdown II

Well here we are again, but this time we're ready!

While lockdown II is a massive inconvenience we now know what to expect, we know what we did well and where we can improve.

Over the next 4 weeks we are here with you every step of the way to help you leave lockdown with a better mindset, knowledge and fitness level.

## Your Bodyweight Plan

Your Lockdown II Body Weight Plan has been specifically designed for those who want to leave lockdown a little slimmer, a little firmer and fitter than they are right now. The plan uses a three day split with each day being full body. Each workout targets one body part more heavily providing a better stimulus and muscle activation while keeping weekly volume high. By following this plan and pairing with a cardio workout, you may see improvement in strength, aerobic fitness, and your physique.

“  
*What you put into  
your body will affect  
**how you look and  
how you feel.***  
*What you put into your  
head will affect  
**what you think  
and what you do**”*

# Movement

## **1 - Progressive Overload**

Progressive overload is a state of continued improvement throughout the whole training cycle. For example, Week 1 you may manage 3 sets of 7 chin ups, the next week you should try and achieve 3 sets of 8, progressing to 10 by the end of the programme.

## **2 - Rest Times**

Rest times should be kept between 1-2 minutes to allow sufficient recovery. The heavier/more intense the set felt the longer your rest period.

## **3 - Control is key**

Control your negatives - 70% of muscular stimulation occurs in the negative portion of a repetition. By controlling our tempo, we can make the most of our reps and increase overall muscle hypertrophy.

## **4 - Warm Up**

Along with warm up exercises, perform enough lighter sets of your specific exercise until you feel effectively warmed up and primed for your working sets.

# Food

## 1 - Macronutrient set-up

Calories will be the determining factor as to whether you gain or lose weight. During a time of reduced training we recommend maintenance or a slight deficit. For detailed breakdown please read Alex's nutrition guide.

## 2 - Resisting Temptation

After the last lockdown we are all aware of how easy it is to let our good habits slip. Rather than try and be a saint all the time look to the 80/20 rule. 80% of your food should be fresh, nutritious and goal specific. The easiest way to avoid over eating junk is to simply avoid buying it.

# Thoughts

## 1 - Mindset

“Focus on what you can control and ignore that which you can't”

## 2 - Brain Training

Try to avoid binge watching streaming sites and 24hr news. Instead pick up a book (5-10 pages a day), listen to a podcast or sign up to an online course.

# LDII Bodyweight Plan

## Day One: Chest and Tri's

EXERCISE	SETS	REPS	NOTES
Jog on Spot	2	30 seconds	
Shoulder rolls	2	30 seconds	Make circles as large as possible. Rotate forward for 15 seconds and back for 15 seconds on each set.
Straight Punches	2	30 seconds	Keep these light to get blood in to the area and warm up the fluid in your joints. No haymakers.
Press Ups	3	12-15	Elbows at 45 degree. Focus on big range of motion.
Tricep Ext	3	12-15	Place hands palm down on a table with torso at 45 degrees. Bend elbows to lower body before driving back to start position.
Jumping Squats	2	15	Aim for thighs parallel to floor before exploding back up into a jump.
Close Grip Press Ups	3	12-15	Advanced should form a diamond between fingers and thumbs. Beginners place hands just inside shoulder width.
Chair Dips	3	15	Place feet further from the chair to increase resistance.
Sit Ups	3	12-15	Keep upper arm stationary. Tense tricep on lockout, ensuring full stretch of bicep.

# LDII Bodyweight Plan

## Day 2: Legs

EXERCISE	SETS	REPS	NOTES
Jog on Spot	2	45 Seconds	
Duck Walk	2	45 Seconds	Sit into a squat and while remaining there take 4 steps forward and 4 back. Repeat.
Jumping Lunges	3	12-16 (6-8/leg)	Perform alternating lunges on the spot by jumping from one rep into the next.
Tempo Squat	3	10	Perform a full squat but take 4 seconds each rep for the lowering phase.
Elevated Press Up	2	10-12	With feet on a chair and backside elevated perform a press up. Torso should be at a steep angle to engage shoulders similar to a handstand press up.
Bulgarian Split Squat	3	16-20 (8-10/leg)	Adopt a lunge stance with rear leg elevated on a chair. Lower trailing knee to just above the floor and rise back up.
Static Scapula Retraction	3	10	Lay facedown with shoulders and elbows at 90 degrees. Raise arms and squeeze shoulder blades together. Hold for 5 secs.
Heel Taps	3	20 (10/side)	In a sit up position tap your heels, alternating sides. Keep core engaged throughout.
Crunches	3	10	Lay on your back perform a sit up while bringing your knees to your chest.

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## Day 3: Back and Bi's

EXERCISE	SETS	REPS	NOTES
Jog On Spot	2	30 Seconds	
Shoulder Rolls	2	30 Seconds	Make circles as large as possible. Rotate forward for 15 seconds and back for 15 seconds on each set.
Straight Punches	2	30 Seconds	Keep these light to get blood in to the area and warm up the fluid in your joints. No haymakers.
Table Rows	3	15	Using a kitchen table or suitable surface, take hold of an edge while positioned beneath it, chest up. Pull into the table and lower under control.
Scapula Retract and Depress	3	10	Laying on your front, retract shoulders, pause for 2 seconds and draw shoulders towards your hips. Return and repeat.
Reverse Grip Decline Press Up	3	12-15	On a secure surface place palms down with knuckles facing back. Perform as a usual press up.
Reverse Lunge	3	16-20 (8-10/leg)	Step back with one leg and lower that knee towards the floor. Step back to an astride stance. Alternate between legs.
Chin Ups	3	8-12	Always pull from a dead hang and initiate movement at the shoulder not the elbow.
Leg Raises	3	12-15	Perform hanging if available or laying prone if not.