

# No Gym? No Problem



**A complete bodyweight workout  
program**



# **You don't always need a gym**

To get a great workout. All you need is your body, gravity and a little determination.

Bodyweight training will increase your basic strength, flexibility and conditioning while building body awareness.

This program contains 4 workouts. Each is a different style of programming that work synergistically to change your body. You'll be building strength, increasing endurance and conditioning your muscles and cardiovascular system.

The majority of exercises require nothing besides your body, but the occasional chair or elevated surface is called for. The workouts can be done mostly indoors, but one requires you to go outside. I know, terrible.

# Bodyweight Strength Workout

Exercise	Sets	Reps	Notes
A1. Push Up	5	20	
A2. <a href="#">Air Squat</a>	5	25	
A3. <a href="#">Squat Jump</a>	5	12	
B1. <a href="#">See Saw Lunge</a>	5	10 (front and back)	
B2. <a href="#">Pike Push up</a>	5	15	
B3. <a href="#">Chair Skull Crushers</a>	5	14	
C1. <a href="#">See Saw Plank</a>	3	AMRAP	

## Bodyweight Pyramid

Perform this set with no rest back to back.

Start with 12 reps, then once you are finished the set start over but perform 10 reps, etc.

A lot of these are unilateral exercises so you will do the prescribed reps for each arm/leg,

Exercise	Sets	Reps	Notes
1. <a href="#">Chair (or bench) dip</a>	5	12,10,8,6,4	
2. <a href="#">One Leg Hip Thrust</a>	5	12,10,8,6,4	Perform the reps for each leg!
3. <a href="#">Alternating Lunge Jump</a>	5	12,10,8,6,4	ΛΛΛΛ
4. <a href="#">Push Up with Twist</a>	5	12,10,8,6,4	ΛΛΛΛ
5. <a href="#">Reverse Lunge</a>	5	12,10,8,6,4	Same thang.

# Bodyweight Density

Density Training is a great way to insert a ton of volume and intensity into a short training session. You just follow a simple set non-stop for 25 minutes. Do not break at all!

Put 25 minutes on a timer. Do each exercise for 10 reps then move onto the next one. Once 25 minutes is over, you're done.

Exercise	Sets	Reps	Notes
1. Close Grip Pushups	25 mins	10	Hands as close together as possible
2. Box Jump	25 mins	10	Find something to jump on, or to jump over!
3. <a href="#">Hollow Man Leg Raise</a>	25 mins	10	
4. <a href="#">Bulgarian Split Squat</a>	25 mins	10(each leg)	Find something to rest your foot on- can be anything that is elevated.
5. <a href="#">Reverse Plank "Push ups"</a>	25 mins	10	In the video she is holding the plank. I want you to do it for reps. Think of it like a reverse push up.

# Miserable Bodyweight Workout

Alright, I apologize for this one in advance. It should take less than 20 minutes but it will be hard.

Perform this nonstop, and only break for 20-30 seconds when you absolutely have to. All you need is 30-40 yards.

You'll perform one exercise, sprint the distance, then perform the 2<sup>nd</sup> exercise at the end of the sprint. That's one set.

For example; Perform 10 Push ups, sprint 30-40 yards. Once at the end of the distance perform 10 Squat Jumps. That's one set. Repeat 3 more times.

Exercise	Sets	Reps	Notes
A1. Push ups	4	10	
A2. Sprint	4	30 yards	
A3. <a href="#">Squat Jumps</a>	4	10	
B1. Close Grip Push Ups	4	10	Hands as close as possible, concentrating on using the triceps.
B2. Sprint	4	30 yards	
B3. <a href="#">Hip thrust</a>	4	25	
C1. <a href="#">Alternating Lunge Jumps</a>	2	10 (each leg)	
C2. Sprint	2	30 yards.	
C3. <a href="#">Walk Out</a>	2	10	

## Schedule

Mon	Tues	Weds	Th	Fr
Strength	Pyramid	Density	Strength	Misery

# Hi. I'm Patrick Henigan.

I view fitness differently than most other trainers, because my path to fitness was much different. From my late teens to mid-20s I was an [opiate addict](#). I was scrawny, unhealthy and unhappy. Through vigorous physical and spiritual discipline I transformed my body, my mind and my life. I learned to push myself so I could live my life to its full potential.

I know there are tons of people who feel the way I felt. They feel lost, unhappy and do not like themselves. They could have a drug problem, a health problem, a self-control problem or be in a bad situation.

Developing discipline and a hearty work ethic in the gym can make anyone's life better.

Physical fitness can change who you are as a person. It can give you the mental strength needed to overcome any obstacle. The act of pushing your body teaches you how to be comfortable in an uncomfortable situation. That trait will make every other part of your life better.

Here's the boring stuff. I am a certified Strength Coach through the American Council on Exercise, a movement expert certified through the Functional Movement Screen and a Soccer Conditioning Coach recognized by the National Soccer Coaches Association of North America.

[I have nearly a decade](#) of experience working with athletes, celebrities and people just like me.

# Push Yourself

We all need help reaching our potential. You can optimize your life, your body and your mind. You just need the right coach.

I can help you push past plateaus, build a body you love and teach you how to structure your workouts and nutrition to keep that body forever.

I don't believe in fads or trends, only scientifically proven ways to sustainably change.

[Get in touch](#) and let's charge towards your goals.

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