



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

8 WEEK MUSCLE BUILDING BODYWEIGHT WORKOUT

Build muscle without a gym! This 8-week hypertrophy routine will help you progress from basic to advanced bodyweight exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-muscle-building-bodyweight-workout>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 30-45 Mins
Equipment: Bodyweight, Exercise Ball, Kettlebells
Author: Brad Borland

Week 1

Exercise	Sets	Reps
Push-Ups	3	15
Inverted Rows	3	10
Diamond Push-Ups	3	10
Deep Squats (w/ 3 Secs pause at the bottom)	3	15
Single Leg Calf Raises	3	15
Stationary Lunges	3	10
Lying Leg Raises	3	10
Floor Crunches	3	10

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30-60 Secs rest between sets.

Week 2

Exercise	Sets	Reps
Push-Ups	4	AMRAP*
Inverted Rows	4	AMRAP
Diamond Push-Ups	4	AMRAP
Deep Squats (w/ 3 Secs pause at the bottom)	4	20
Single Leg Calf Raises	4	AMRAP
Stationary Lunges	4	20
Lying Leg Raises	4	15
Floor Crunches	4	15

*AMRAP = As Many Reps As Possible. To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30-60 Secs rest between sets.

Week 3

Exercise	Sets	Reps
Medium Width Grip Pull Ups	4	10
Feet Elevated Push-Ups	4	15
Rear Foot Elevated Bulgarian Split Squats	4	10
Feet Elevated Diamond Push-Ups	4	10
Jump Squats	4	10
Walking Lunges	3	Lengths
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	10
Hanging Leg Raises	4	10

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30-60 Secs rest between sets.

Week 4

Exercise	Sets	Reps
Medium Width Grip Pull Ups	4	15
Feet Elevated Push-Ups	4	20
Rear Foot Elevated Bulgarian Split Squats	4	15
Feet Elevated Diamond Push-Ups	4	15
Jump Squats	4	15
Walking Lunges	3	Lengths
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	15
Hanging Leg Raises	4	15

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30-60 Secs rest between sets.

Week 5

Exercise	Sets	Reps
Medium Width Grip Pull Ups	4	AMRAP
Feet Elevated Push-Ups	4	AMRAP
Rear Foot Elevated Bulgarian Split Squats	4	15
Feet Elevated Diamond Push-Ups	4	AMRAP
Jump Squats	4	15
Walking Lunges	3	Lengths
Single Leg Calf Raises	4	AMRAP
Decline Board Crunches	4	15
Hanging Leg Raises	4	15

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30-60 Secs rest between sets.

Week 6

Exercise	Sets	Reps
Superset		
Medium or Wide-Grip Pull Ups	3	10
Feet Elevated Push-Ups	3	15
Superset		
Reverse-Grip Chin Ups	3	10
Parallel Bar or Bench Dips	3	15
Superset		
Rear Foot Elevated Bulgarian Split Squat	3	10
Ball Leg Curls or Glute/Ham Raises	3	10
Superset		
Box Jumps	3	10
Single Leg Calf Raises or Squat Calf Raises	3	15
Superset		
Bicycle Crunches	3	15
Lying Leg Raises	3	15

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30 Secs rest between Supersets.

Week 7

Exercise	Sets	Reps
Superset		
Medium or Wide-Grip Pull Ups	3	AMRAP
Feet Elevated Push-Ups	3	AMRAP
Superset		
Reverse-Grip Chin Ups	3	AMRAP
Parallel Bar or Bench Dips	3	AMRAP
Superset		
Rear Foot Elevated Bulgarian Split Squat	3	15 - 20
Ball Leg Curls or Glute/Ham Raises	3	15
Superset		
Box Jumps	3	15
Single Leg Calf Raises or Squat Calf Raises	3	20
Superset		
Bicycle Crunches	3	20
Lying Leg Raises	3	20

To be performed on 3 non-consecutive days of the week (e.g. M/W/F). 30 Secs rest between Supersets.

Week 8

Exercise	Sets	Reps
Superset		
Weighted Medium Grip Pull Ups	3	AMRAP
Feet Elevated Push-Ups w/ Bands	3	AMRAP
Superset		
TRX Triceps Extensions	3	AMRAP
TRX Biceps Curls	3	AMRAP
Superset		
Jump Split Squats	3	20
Weighted Rear Foot Elevated Bulgarian Split Squats	3	15
Superset		
Weighted Single Leg Calf Raises	3	15
Kettlebell Sumo Squats	3	20
Superset		
TRX Pikes	3	15
TRX Leg Tucks	3	15

To be performed 3 non-consecutive days of the week (e.g. M/W/F). 30 Secs rest between Supersets.