



BODYWEIGHT

MASTERY PROGRAM

HOW TO USE YOUR
BODYWEIGHT
TO BUILD THE
CHISELED &
AESTHETIC
KINOBODY
PHYSIQUE

**GREGORY
O'GALLAGHER**



BODYWEIGHT MASTERY PROGRAM

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CHAPTER 01:

WHY DID I DECIDE TO WRITE A BODYWEIGHT PROGRAM?

As I embark on writing the Bodyweight Mastery Program, the obvious question is WHY.

Why am I writing this course? *Why* shall I create this program?

To date, I have created **five in-depth courses**, each one crafted with a different goal in mind. The testimonials I have received from every single one have been nothing short of amazing – and most times, downright mind-blowing.

Each and every day, new transformations flood in. Each and everyday, close to one hundred new people join one of my programs (some days *more*)...

So why not stop there? Why not rest my proverbial pen and relax?

It was never my plan – nor intention – to pump out program after program. But rather, my goal was one of simplicity, following my philosophy: *“less is more.”*

I don't want to be one of those people who create a course that's cool one day then obsolete the next. Cashing in on trends and they come and pass.

In fact, I want everything I create to be timeless.

- Timeless because it's so effective.
- Timeless because there's no end date, where you have the tools to continue following the program and make adjustments for as long as you want.
- And timeless because I strive to continue to update and improve my courses each and every year. I'd rather make updates to my current courses and give you those updates for free than create course after course, trying to milk as much money out of you.

So why create this program?

Well, the short and easy answer is because up until now, I never had a bodyweight program.

And that's the problem.

What do you do if you don't have a gym membership? What do you do if you're travelling for a week, or two weeks, or two months? What do you do if you're so busy that you can't afford to take the time to travel back and forth to the gym?

I've been there! I get it... Learning how to get a productive and awesome workout in with just your bodyweight is as I see it a critical skill to master.

But beyond just for convenience sake, bodyweight training is highly beneficial. And if done correctly, it can build an incredible physique that is strong, powerful and capable.

And let's not forget about the "coolness factor" that bodyweight training provides! Sure, lifting heavy weights is cool – but doing one arm push ups with your feet on a chair... Well, that's just on a whole other level.

The Missing Link

This program is the "missing link" in the Kinobody series. It's designed to fill in the gap for people that want to become a master at bodyweight movements AND a master at getting in a workout no matter where they are.

Now, the angle I come from isn't that weights are better than bodyweight exercises, or bodyweight exercises are better than weights. But rather, it's one of pragmatism.

I don't care to identify with the modality or tool of choice, but rather, **I want to get the maximum benefit.**

Bruce Lee is known for being way ahead of his time. When everyone else was identifying with his or her singular martial art, Bruce Lee sought to learn from

multiple arts. He sought to find the best of each art, adapt it and implement it into a fluid system.

This is the same way I approach training. I may have a penchant for free weights and bodyweight movements... But that doesn't mean I will never do a machine press.

Each and every tool offers a unique benefit. In my own training routine, I tend to utilize a mix of bodyweight training and weights. And when I feel totally sloshed, I'll throw some machine exercises into my program to limit mental burnout.

And when I'm travelling or when I want to take a month off from the gym, I'll implement bodyweight movements. Heck, even if you DO have complete access to a gym at all times, I still recommend learning and mastering bodyweight training.

This brings me to the next chapter...

CHAPTER 02:

THE BENEFITS OF BODYWEIGHT TRAINING

The benefits of bodyweight training are actually quite massive and profound! This chapter will seek to explore the motive behind working with bodyweight exercises to build strength and to build a great body.

Let's begin!

First things first, the main goal of working out is progressive overload – **to increase your strength.**

You can build strength with dumbbells, barbells, cables, rocks and yes – even your own bodyweight.

Some people are under the misconception that you can't build a lot of muscle with bodyweight training. Surely, these guys haven't hung out at Thompson Square Park in NYC or Santa Monica Beach.

Some of the best physiques I've seen in my life were built primarily from bodyweight training. Or, bodyweight training was at least a huge component.

If you work your way from assisted chin-ups to muscle ups (or heck, even one-arm chin-ups), well, dammit, your back and biceps will grow like crazy.

If you build your way up from regular push-ups to one-arm push-ups (or even feet-elevated one-arm push-ups), your chest, shoulders and triceps will explode!

So whether you work with external resistance or your own resistance, the same concept applies:

Get stronger and your muscles will grow!

Bodyweight Training is Great for Staying Injury-Free

Gym room injuries are very common and seem to be part of the game for most lifters. Whether it's a nagging shoulder or a pinched lower back, it seems as though injuries run rampant in weight rooms.

I've been able to stay injury free for the last couple years, especially since implementing cool tactics like Exercise Rotation and the "Trifecta" (*more on that later*).

But in the past, I would occasionally get injuries from lifting. Interestingly enough, bodyweight exercises were never the culprit. And even more interesting: if I had shoulder pain from benching, the same pain would be eliminated from doing push ups.

Bodyweight training really helps keep the body in proper position, staying injury free and mobile!

If you want to refresh and recharge your body, take a month off lifting and focus exclusively on bodyweight training. The difference will be night and day! You'll feel loose and light and injury-proofed.

Bodyweight Training May Activate More Muscle

Here's something very cool with bodyweight training:

Bodyweight movements are entirely closed-chain exercises. When you perform a push up, your hands are fixed to the ground and your body moves freely through space. Same with a pull-up and one-legged squat.

Compare that to the bench press, lat pull-down and leg press, and you'll notice that in this instance, your body is fixed and your hands move through space.

Well, interestingly enough, closed-chain movements (bodyweight movements) actually *help activate more muscle*, in addition to being easier on your joints.

This is why very few people get injured from push-ups compared to bench pressing!

As well, one really cool bench press tip is to pretend to turn the bench press into a closed-chain movement. Instead of trying to lift the barbell up over your chest, focus on driving your back into the bench. This little mental trick can help you activate more muscle and thus, lift more weight.

This is because closed-chain movements allow for enhanced muscle fiber recruitment.

If someone is new to weight training, they will struggle to be able to use close to their strength potential. That said, if they were to hang from a chin-up bar, they would be able to exert as much force as possible.

What's also quite fascinating is this: everyone plateaus on bench press. There is no getting around the fact. Some people even plateau on bench press before they even get to a decent level of strength.

But interestingly enough, very few people plateau on weighted dips. Well, at least until they are very strong!

I remember being unable to budge past 300 lbs on bench press. Then I switched to a closed-chain exercise: weighted dips.

Doing this, I was adding 5 pounds per workout with ease! This carried on for several weeks, to the point that **I went from 135-lb dips all the way up to 180-lb dips in 8 weeks!**

I would have continued to build more strength if it wasn't for the fact that having more than 180 pounds on weighted dips felt like torture, haha. I seriously thought my sternum was going to crack.

But what's interesting is that when I went back to bench press, I was so much stronger than before. The 45 pounds of strength I gained on weighted dips helped a TON. Within a very short period of time, I was repping 315 pounds for reps.

Closed-chain exercises are no freaking joke! You can take bodyweight exercises like chin-ups and dips and throw on a dipping belt, and then you have the best of both worlds.

And best of all, you can add weight each week to a closed chain movement.

Workout Anywhere with Bodyweight Training

With bodyweight training, the world is your gym – you can workout anywhere you want! You can even train outside in the beautiful sun...

Outdoor workouts are my favorite. I remember when I was in Santa Monica, I dreaded going to the hotel gym to lift weights. But working out on the beach seemed like PLAY!

I hit the pull up bars by the beach and I never felt better. I had so much energy and was so freaking happy. If you haven't worked out in the outdoors before, give it a try. It's awesome! (*Just try and find a spot that has a pull up bar.*)

When I'm in NYC, I love to go to Central Park. They have some pull up bars there, so I could workout there all day if I wanted to. It's so much fun!

With bodyweight training, you never have to worry about taking a step back in your progress when life gets busy or while you're traveling or on vacation.

Who doesn't have the time to drop down and do a set of push-ups or one-arm push-ups? It's the *commute* and *time it takes to get to the gym* that takes a ton of time!

With bodyweight training you don't have to wait for a machine to free up. You are your own exercise machine. Hell, you could be at home working or reading and doing a set every few minutes.

Talk about productivity!

Bodyweight Training Will Build a Killer Core & Crazy Coordination

Bodyweight training requires an immense amount of core activation. When you build up to one-arm push-ups, your core will be nothing short of extraordinary.

In order to keep your body centered and balanced, your core has to be extremely strong. The same is true for one-arm chin-ups.

With bodyweight training, you have no option but to develop great core strength and coordination.

Chin-ups, one-arm push-ups, pistols, bridging and front levers require a tremendous amount of core strength and stability. Continued use of these exercises will build an incredibly strong, dense and chiseled set of abs. In fact, you can build perfectly developed abs without the need for direct abdominal work.

Bodyweight Training Promotes Incredible Aesthetics

To become proficient at bodyweight training you need to be very lean! The less fat you have on your body the more proficient you will be.

I have always found that bodyweight training makes it quite easier to lean down. This is because dieting and body weight training complement each other.

Getting leaner and losing fat improves your bodyweight training performance. On the other hand, dropping weight tends to decrease weight-training performance.

It can be frustrating to see your weights go down as you get leaner and subconsciously you may blow your diet to try and maintain your lifts.

Whereas, with a bodyweight training routine you know damn well if you get to a lower body fat, it will be easier to move your body through space. Even a

3 or 4 pound drop in fat tends to improve bodyweight performance noticeably.

What's more, bodyweight training promotes an incredibly aesthetic physique. Do you know the key to looking amazing? **Great relative strength**. This is the greatest indicator of a strong muscle-to-fat ratio.

The reason people who are masters of bodyweight training have such incredible physiques is because they must stay lean. If they gain 15 pounds, they need to ensure each and every pound they gain counts. Fat doesn't count; muscle does.

With weight training, you can gain 30 lbs (half being fat) and it won't matter. You don't have to lift your own weight; you're lifting external weight.

So bodyweight training will incentivize you on a conscious and unconscious level to manage your body fat levels.

If your goal is to build muscle, you'll be eating to build only lean mass. If your goal is to lose fat, it will be easier to stick to your diet because with every pound of fat you lose, your bodyweight performance will improve greatly!

Don't worry – we'll cover nutrition in a later chapter.

Bodyweight Training Will Turn Heads Faster than Margot Robbie in a Bikini

Train with bodyweight movements for several months and you will progress to some of the most advanced variations of exercises known to man.

People will stop what they are doing at the gym to admire you. You see, in today's world 300+ benchers and 500+ deadlifters are not uncommon.

What is a total rarity is to see someone who has completely mastered his or her own bodyweight.

When was the last time you've ever witnessed someone at the gym do a chin-up with only the use of *one* arm? Or how about hang from a pull up bar and,

keeping their entire body and arms straight, lift themselves up until their body was parallel to the ground?

I'm going to go out on a limb here and say you've probably never seen that.

Bodyweight training just looks DAMN COOL! Most people can't relate to bench, squat and deadlift numbers.

I remember when I told my brother I bench pressed 315 pounds one day and he asked me if that was supposed to be good. Seriously.

On the other hand, almost everyone can fathom the strength it requires to do push-ups and chin-ups with one arm.

This is the reason why Hollywood films turn to bodyweight exercises for workout scenes and clips...

For example, in the show *Arrow*, Stephen Amell is doing muscle ups, hanging leg raises and one arm push-ups in the training montage scene.

And yes – people flipped over that montage!

CHAPTER 03:

THE PROBLEM WITH MOST BODYWEIGHT COURSES

I would never in a million years even entertain the idea of writing a bodyweight course if I didn't think I could create the best one in the world!

Call that arrogant, but it's the truth, so hats off to you for picking the right program! It's not easy to be able to cut through the bullshit in the fitness industry (or any industry for that matter) and determine what's the real deal and what isn't.

Now, most bodyweight programs miss the point completely.

Training to build an amazing physique is NOT about burning calories, it's NOT about doing really tough workouts and it's NOT about tons of volume.

Doing 100 push-ups in a row may sound cool, but that's a complete and absolute waste of time. Why? Well because building up to higher and higher reps has little to no value.

With high rep training, you're only recruiting maximum muscle fibers during the last few reps. You're basically spending 90% of the set to finally give your muscles a proper workout. What's more, eventually it gets very difficult to add rep after rep. Most people stall very quickly if all they're doing is adding more and more reps.

The other problem with most bodyweight programs is that they're based on circuits and repetitions. **You can't optimally increase strength and support muscle growth if you're jumping from one exercise to the next with minimal rest.**

Sure, circuits are great if you're merely trying to challenge yourself or get a cardio workout. For that purpose, they can work quite well. But if building a great physique is what you're after, circuit (or even interval) training has limited value.

The other issue with most bodyweight programs is that they are chock full of 50 (or more) different exercises, all designed to give you a unique challenge and stimulus.

You know what I say to that? *Bullshit.*

You can flirt around with hundreds of variations all day, but I challenge you to do a muscle up. I challenge you to pull your chin up and over a bar with one arm. I challenge you to put your hands on blocks and kick up into a handstand and do 10 full range handstand push ups.

Building a great physique is simple. It only requires a few basic movements. *Less is more!* It's hard to build strength, when you have 50 exercises in your arsenal.

Screw 50 exercises. Get strong on chin-ups and that strength will carry over across the board to any back and biceps movement.

Screw doing circuits of exercise after exercise. The goal is strength. Build strength and you'll add rock hard dense muscle.

There's a reason why gymnasts look so good: they're strong as hell! There's a reason why bodyweight artists look so good: they have strength.

You can't build strength effectively if you're in a fatigued state. Bodyweight circuits are great if you're trying to challenge yourself from an endurance standpoint, but don't kid yourself into believing you're going to build a great physique.

Strength is the foundation. If you can build your way up to a set of 3 one-arm chin-ups, then doing 30 pull ups will be a joke. If you can build your way up to 5 clean, feet-elevated one-arm push-ups, then doing 80 push ups will be a piece of cake.

When you build incredible strength, you'll have all the endurance you need. If you want a cardio workout... Well, play sports or have intense sex!

Unless you're a professional athlete, training for conditioning and stamina is plain silly – but that's just me!

If you want to strip off fat, it all comes down to what you put in your mouth. You can't "out-exercise" a high calorie diet.

Walking can help increase your calorie deficit without increasing hunger – but that's about it. Intense strength training, lots of walking and proper nutrition is the perfect recipe for a downright lean and chiseled physique!

What About The *Other* Bodyweight Programs Out There Based Around Strength & Mastery?

Certainly there are some bodyweight courses that "get it." Certainly there are some bodyweight courses designed around getting stronger on the key movements in a smart and sensible fashion.

Well, I'm not so sure. Many of the best bodyweight courses to date have been designed by people that refuse to *walk the walk*. They refuse to demonstrate the power of their program. And honestly, I wouldn't trust an author who stands "behind the scenes."

I've followed some of the touted "best" bodyweight courses in the past and invariably, they all needed some tailoring or tweaking. The exercise progressions didn't exactly work out how they should've. That, or the author was simply mistaken into believing that doing one-hand handstand push-ups is a smart goal... Or that one-arm push-ups should be done with the feet together.

This is what happens when authors create workout programs with goals that they themselves (or anyone they have trained) haven't accomplished.

That's where this program TRULY shines: in the strength standard section, you better believe that I have accomplished the highest level of each exercise. If I hadn't, I wouldn't put it in the book!

Only when you have accomplished something can you teach it! In the same way, I'm not going to teach someone how to get down to 7% body fat if I've never achieved that goal myself.

What looks good on paper or theoretically “should work” is all fine and dandy, but if you haven’t actually achieved the goal, you don’t *know* shit. The real learning isn’t from what you read in a book – even this one. It isn’t from what you read in a medical journal, and it’s not what someone tells you.

- Real learning comes from *experience*.
- Real learning comes from working on achieving your goals and pushing past adversity and roadblocks.
- Real learning comes from the journey to your goals.

To hell with “armchair experts!”

Now, of course, there’s always the “genetically gifted” that have a much easier time reaching certain fitness standards than you ever will.

That said, with certain feats of strength, genetics only give you so much. No one is born being able to do one-arm pull-ups.

No matter how genetically gifted you are, it’s going to take a ton of effort and smart training to achieve that goal.

Now, maybe I’ll be able to get to five reps as my absolute genetic potential, within reason. And maybe you will only be able to do one rep. But either way, if you learn from people who are at the highest level, at the *very least* you’ll make some killer progress!

But surely that’s not enough. You must seek to learn from people that have also helped other people achieve similar goals. If you’re here and if you’re reading this, you’ve probably seen some of the hundreds of transformations that have been sent to me...

In any case, many of the best bodyweight courses still needed much work. *What exactly makes a great bodyweight program?* This is exactly what we will be exploring in the following chapter... So buckle up!

CHAPTER 04:

THE GOAL OF THE BODYWEIGHT MASTERY PROGRAM

Any well-designed workout program or course requires an identifiable goal.

- What are we trying to accomplish?
- What are we trying to do here?

Without a clear and identifiable goal, it's impossible to structure and create a well-designed workout program.

The goal of the bodyweight mastery program is about two things:

1. Building an extremely well-developed, proportionate physique
2. Becoming very strong throughout the entire body

Lucky for us, these two goals go hand in hand. As you develop more strength throughout your body, your muscles will become bigger and denser.

As your muscles grow, you will have more strength. The two are more or less tied together! That said, we're really focusing on the second goal to take care of the first goal.

One of the main reasons why so many people struggle to gain muscle, whether they are training with free weights, machines or bodyweight exercises, is because they're so focused on gaining muscle – on pumping their muscles up and trying to get them to grow bigger.

Instead, they should focus on adding strength!

You're not going to be doing ten full-range handstand push-ups with undersized delts. You're not going to be smashing muscle ups with a small upper-body.

Focus on strength and you'll experience muscle gains faster than ever before.

To really build strength as effectively as possible, we need to balance out a few different factors, which we'll get to in a minute.

But first, what kind of physique are we trying to build here? *What kind of "look" are we after?*

If you've been following Kinobody for any length of time, you probably know there is a certain aesthetic I focus on.

I call this the "Hollywood physique," categorized by having a square chest, well developed shoulders, wide back, slim waist, chiseled abs and lean and defined legs (that aren't bulky).

For examples, look no further than the actors in a few key leading movie roles: Brad Pitt in *Troy*, Stephen Amell in *Arrow*, or Ryan Reynolds in *Blade Trinity*.

Building this type of physique requires a strong emphasis on handstand push-ups, feet-elevated push-ups (and advanced variations), pull-ups and chin-ups (and advanced variations), core movements like L-sits, hanging leg raises and front lever pulls... And yes, some leg movements: pistol squats and Bulgarian split squats.

Progress on these different exercise and you'll build a perfectly aesthetic physique, no question about it!

Now, let's discuss some key principles to maximize strength gains:

Principle #1: Focus on Key Movements (Less is More)

If you really want to get strong as hell and build a physique that would make any woman's panties drop, then focus on key movements.

It's extremely hard to get better at a thousand exercises at once. But here's the thing: building an all-around strong and aesthetic physique doesn't require a ton of exercises.

If you get stronger on chin-ups, all your back and biceps movements will improve. If you get stronger on push-ups, all your pressing movements will improve.

Smart training emphasizes exercises that have a very strong carryover.

If an exercise only got you stronger at that specific movement, then training would be next to useless.

But exercises will get you stronger at any exercise that involves those specific muscle groups. I hardly do any rows in my training, yet I can smash nearly any bodybuilder on the row machine because I can do 120-lb weighted pull-ups with ease.

All these wanna-be jacked guys focus on hitting their back from five different angles, but they're *weak*. They can barely do 8 pull-ups. Forget about all the nonsense; get strong on chin-ups and pull-ups and watch how your back transforms.

This is my philosophy. It's about getting stronger on key movements. And you're damn right -if you get close to the Mastery level in this program, you'll be an absolute beast at nearly anything.

Principle #2: Limit Training to Three Days Per Week!

Training only three days per week on nonconsecutive days has been the holy grail in my strength program.

In the past, I would struggle to gain strength and push past plateaus. I was in the gym grinding my gears day after day after day. I was experiencing intense neural drain. My nervous system was never given the rest it needed in order to completely recharge.

For this reason, I was always training under limited conditions. Strength training doesn't only tax the specific muscles you are using - it also intensely taxes and fatigues the neural component.

You see, in order to trigger the muscles in your back and biceps to fire during a pull-up, you have to create a stronger neural impulse... And creating powerful nerve impulses drains the nervous system.

It takes roughly 48 hours of rest from heavy training to allow the nervous system to recharge fully.

That means if you really want to get strong as shit and build an amazing physique, you want to go to the gym three times per week on nonconsecutive days to give your nervous system the full 48-hour recovery time.

What you'll experience is downright beautiful. You'll feel stronger and fresher than ever before. That, and you'll be able to increase strength with much more ease than ever before.

I understand that some people absolutely love training and they want to workout 5, 6 or even 7 times per week. I get that. But distance makes the heart grow fonder. *It's only when you take time off the gym that you can completely appreciate it.*

Do you really enjoy sex if you're having sex every single day without a break? Yeah, probably... But take a couple days off, and it's way hotter!

Well, training is the same. Even beyond the neural fatigue, when your life doesn't revolve around going to the gym everyday, you'll be able to pour in so much more effort.

And you'll never fall into the trap of life getting too busy to maintain your extreme exercise regime. No more "one step forward, one step back."

The result:

Consistent, fast, long-term progress with ease!

Principle #3: 4-6 Exercises of Three Hard Sets (And Long Rest Periods)

For a workout to be truly productive, you must be able to maintain a high level of intensity. If your strength or performance drops off too much, you're only going to dig yourself in a hole.

Unfortunately, most people today train FOR the drop off. They do supersets and drop sets and pound themselves into the floor into such a state of fatigue, they can barely lift the pink dumbbells in their gym.

While this type of training is certainly hard, it's in no way, shape or form productive.

Remember the goal: to get stronger and build a better physique.

If you're so fatigued you can barely lift your arms, do you really think you're going to be gaining strength and muscle? *Of course not!*

To build strength, you need to be in a strong state. If your training revolves around fatiguing yourself into the floor, all you're doing is teaching your body to better handle fatigue training.

You're teaching your body to be more resistant to fatigue. If anything, this training will actually reduce strength. And in fact, it does.

I had to hack away at the unessential in order to work up to my current lifts. Part of this meant getting rid of the unnecessary fatigue work that was draining my strength adaptations. Once I did, my strength increase with ease!

The key number is this: 4-6 exercises per workout and three hard sets per exercise. If you stay within this range, you'll be able to maintain optimal intensity with little performance drop-off.

Now make no mistake, some performance drop-off is part of the game – even needed. But we're not training specifically for maximum fatigue. If you can do 15 pull-ups, we don't want to fatigue you to the point that you can barely do 3 chin-ups. That is beyond counterproductive.

But if you're training hard, you'll experience some strength drop-off! In order to limit this drop off and properly trigger strength and muscle growth, it's important we take proper rest periods.

My recommendation is to rest at least 2 minutes and up to 3 minutes. This will limit fatigue *immensely*. And it will help keep you strong and powerful throughout the workout.

Now, let's move into the next section...

CHAPTER 05:

THE BEST BODYWEIGHT EXERCISES FOR STRENGTH & MUSCLE DEVELOPMENT

I now want to discuss the best bodyweight exercises for strength and muscle development. I touched on them earlier, but this chapter will take things even deeper.

There are hundreds upon hundreds of exercises out there, but we can't do all of them (nor would we want to). Remember: less is more!

It's important to focus on the select few exercises with the greatest benefit. And of course, we want to ensure our exercise arsenal allows for well-rounded development.

Let's begin!

Push-ups & Push-up Variations

The most well known bodyweight exercise is the push-up – and for good reason! It's a great exercise to build pressing strength and to increase muscle on your chest and triceps (and front delts to some extent).

Push-ups will also increase core strength. This is increasingly true if you work your way up to one-arm push-ups.

Eventually, you want to progress to push-ups with your feet elevated on a bench or chair. Doing push-ups with your feet elevated will not only make the exercise harder, it will also increase the tension placed on the upper pecs.

This is great because well-developed upper pecs are one of the greatest signs of an aesthetic physique. It gives your chest that square, powerful, "masculine" look.

The highest level of strength is to perform one arm push ups with your feet elevated on a chair. If you can work your way up to this exercise for 5 solid reps... You will have a word class upper body and core.

Pike Push-ups & Handstand Push-ups

Push-ups aren't enough to build a great upper body. We also need to work on vertical presses. This will help support well-developed and rounded shoulders.

Great shoulder development is a key sign of a great physique! In this "bench press crazed" fitness world, there's no shortage of guys with big, bulky pecs.

But strong, powerful shoulders are a rarity in this world... And great shoulder development exudes masculinity and power!

The key to building great shoulders is to get very strong on overhead presses.

One way to accomplish this goal is by doing shoulder presses with weights. Another way is to build your way up to handstand push-ups against a wall... But here's the kicker: place your hands on blocks or parallel bars.

This will allow you to get the full range of motion. If you can build up to 10 full-range handstand push-ups against the wall, you will have some seriously strong and round shoulders!

Chin-ups and (Advanced Variations)

One of the most functional movements known to man is to hang from a bar and lift your chin up over the bar!

This exercise will increase strength throughout your upper back and biceps. In fact, the best way to build a solid back and V-shaped torso is to become a beast on the bar.

When pull-ups and muscle-ups are a piece of cake, your back and biceps will be dangerously strong! You'll also have great shoulder width.

The shoulder-to-waist ratio in men is the most powerful physical sign of attraction, and pull-ups support broad shoulders beautifully.

This is because the bigger and stronger your upper back is, the wider your torso will be. Once you're proficient on chin-ups and pull-ups, you'll be working your way up to one-arm chin-ups and muscle-ups. These are the movements that will take your physique to a whole other level!

Pistol Squats (And Pistol Progressions)

It's no mystery that the most basic and effective leg exercise is the squat. It involves all the major muscles in the lower body.

When we're working with our own bodyweight, the logical step is to advance to doing a full squat on one leg. This exercise is called a **pistol squat** – the reason being that the bottom position resembles a pistol.

The advantage of pistol squats over traditional barbell squats is that the lower back isn't a limiting factor. What's more, pistol squats will increase balance, coordination and flexibility.

When you can explode up on your pistol squats with ease, you will have a serious set of legs – legs that will allow you to sprint fast and jump high! Legs that will make you an athletic beast!

I believe everyone should work up to being able to do 5 pistols on each leg.

The next step from there is **speed pistols**. This is where you focus on standing up as fast as possible.

Hanging Leg Raises and Front Lever Pulls

What would a bodyweight course be without an emphasis on specific core training?

Now, when it comes to the core, there's no need for a dozen abdominal exercises. Simplicity is best! The hanging leg raise exercises are *hands down*

the best abs exercises you can perform. You'll build incredible core strength without causing back pain or stress.

When full-range hanging leg raises are no longer a challenge, the next step is to work towards performing front lever pulls.

Not only does this exercise look freaking badass, it will build the abs of a world-class gymnast. That, and you'll develop some incredibly strong lats!

I have developed some seriously etched-out abs, yet I hardly do ANY direct abs training. Usually I just work in a few sets of front lever pulls and L-sit holds into my training – and that's it!

For example, check out the picture below (ignore the half naked model, lol):



L-Sits & Back Bridges

Two exercises that have delivered for me massively are the L-sit and back bridge. Not only do these exercises support incredible core strength, but they build a very valuable type of flexibility.

They build flexibility during tension. These exercises will absolutely injury-proof your body. Implementing back bridges and L-sits into your routine will turn you into an athletic bad ass.

In the Bodyweight Mastery Program, we're going to be finishing all the workouts off with some L-sits and back bridges. If you have had back pain or shoulder pain, get ready to say goodbye once and for all!

You see, you can have all the strength in the world... But if you have a bad back or nagging shoulders, what's the point? All that strength and size is useless.

It's important to be highly limber, functional and resistant. L-sits and back bridges get the job done better than anything I've ever seen.

If you want to learn more about these exercises, I suggest checking out *Convict Conditioning 2*.

Just know that these exercises are extremely powerful and will ensure a completely balanced body!

CHAPTER 06:

ENTER THE WORKOUT PROGRAM PROGRESSION

Let's dig into the workout programming for the Bodyweight Mastery Program!

For the workout program, we'll be alternating between two workouts: a **Workout A** and a **Workout B**.

Furthermore, for reasons discussed in a previous chapter, we'll be training three days per week on nonconsecutive days (*for example: Monday, Wednesday & Friday*).

The first week, you will perform Workout A twice per week, the second week you would perform Workout B twice per week, and so on.

Here's how A-B workout splits look:

Week 1

- Workout A
- Workout B
- Workout A

Week 2

- Workout B
- Workout A
- Workout B

In Workout A, we'll be focusing on chest, one leg squats and explosive pull-ups. In Workout B, we'll be focusing on back, shoulders, explosive jumps and abs.

Then on both days, we'll work on bridging and L-sits. These movements help support a highly functional, limber physique.

I find this split to be very optimal for maximum progress. The explosive pull-ups (or muscle ups) on Workout A will help improve your chin up strength.

As well, the explosive jumps on Workout B will greatly increase your lower body power and athleticism.

I find that recovery is better with bodyweight training than with weight training. Typically, I don't like to hit chest heavy two days after a heavy shoulder workout.

That said, I find this not to be as much of an issue with bodyweight training. You can do intense push-ups on Monday, and by Wednesday, you'll be ready to hit handstand push ups again.

This is my experience! If you really want to become proficient with bodyweight training, this split is perfect as it allows for the perfect frequency...

Every exercise you'll be hitting once every four to five days. I've found trying to do everything twice per week seems to interfere with recovery. Once per week works, but it's a slower process. Hitting your key exercises every four to five days is magical.

This is the same workout split strategy I use in the [Greek God Program](#), and dammit, it works!

The 8 Levels In The Bodyweight Mastery Program

In the Bodyweight Mastery Program, there are a total of eight levels. Each level is designed to build you up to the subsequent level. As you work your way up to the higher levels, you will be working with more advanced exercises.

This is how a highly effective bodyweight training program works. It's not about adding more and more reps; it's about progressing to more advanced workout variations.

My goal is to take you from the elementary level – doing push-ups and chin-ups and lunges – all the way up to doing full-range handstand push-ups, one-arm chin-ups, feet-elevated one-arm push-ups and explosive pistol squats.

Most people will spend 3-4 weeks at each level before progressing to the next level...

- In 8 months, you can go from doing feet-elevated push-ups to feet-elevated one-arm push-ups with ease.
- In 8 months, you can go from bodyweight chin-ups, to one-arm chin-ups. In 8 months, you can be hammering 15 muscle-ups with ease.
- ***In 8 months, you can master your bodyweight.***

Now, make no mistake: for some people, it will be a longer road, possibly as much as up to 2 years. And some people may be able to get there in less than 8 months... Even as fast as the 5-6 month mark.

But don't lose sight of the goal: consistent, weekly progress. I don't care if it takes you 5 months or 5 years – as long as you're making steady progress, you're absolutely awesome!

How To Do The Workout

First of all – make sure to watch the Progression Video Tutorial for each exercise! This will help you understand everything visually as I demonstrate the progressions for every level.

You'll be resting about 2-3 minutes between sets for each exercise. Every workout, strive to tighten up your form and increase reps.

When you've mastered the level you're on, you can move to the next level. This means hitting the top end of the rep range for all sets and also maintaining very solid form.

Let's now take a look at the eight different levels...

BMP: Level 1

Workout A

- Feet Elevated Push ups: 3 sets of 6-10 reps
- Bodyweight Dips: 3 sets of 6-10 reps
- Reverse Lunges: 3 sets of 6-10 reps per leg
- Speed Pull ups: 3 sets of 3 reps
- Hip Bridge Hold: 2 x 20 seconds
- L-sit Hold (below 90): 2 x 10-30 seconds

Workout B

- Chin ups: 3 sets of 4 to 8 reps
- Hands elevated Pike Push ups: 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Knee Raises: 3 sets of 6-10 reps
- Hip Bridge Hold: 2 x 20 seconds
- L sit Hold (below 90°): 2 x 10-30 seconds

BMP: Level 2

Workout A

- Feet Elevated Push ups (side to side): 3 sets of 6-10 reps
- Bodyweight Dips: 3 sets of 10-15 reps
- Bulgarian Split Squats: 3 sets of 6-10 reps per leg
- Explosive Pull ups (bar to sternum): 3 sets of 3 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Pull ups: 3 sets of 6 to 12 reps
- Feet on Chair and Hands elevated Pike Push ups: 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Leg Raises to 90 degrees: 3 sets of 6-10 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP: Level 3

Workout A

- Assisted One Arm Feet Elevated Push ups: 3 sets of 6-10 reps
- Forward Lean Dips: 3 sets of 6-10 reps
- Pistol squats onto a box: 3 sets of 6 reps per leg
- Explosive Pull ups (bar to sternum): 3 sets of 5 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Pull ups: 3 sets of 6 to 12 reps
- Feet on Chair and Hands elevated Pike Push ups: 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Leg Raises to 90 degrees: 3 sets of 6-10 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP: Level 4

Workout A

- One Arm Push ups: 3 sets of 5-10 reps
- Feet Elevated Assisted One Arm Push ups: 3 sets of 6-10 reps
- Pistol squats (assisted): 3 sets of 6 reps per leg
- Muscle ups: 3 sets of 3 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Side to Side Pull ups: 3 sets of 3-6 reps per arm
- Handstand Pushups Against Wall: 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Leg Raises into a V: 3 sets of 6-10 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP: Level 5

Workout A

- One Arm Push ups: 3 sets of 5-10 reps
- Feet Elevated Assisted One Arm Push ups: 3 sets of 6-10 reps
- Pistol squats: 3 sets of 6 reps per leg
- Muscle ups: 3 sets of 5 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Towel Assisted One Arm Chin ups: 3 sets of 3 reps per arm
- Full Range Handstand Pushups Against Wall: 3 sets of 4-6 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Leg Raises into a V: 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP: Level 6

Workout A

- Feet Elevated One Arm Push ups: 3 sets of 5-10 reps
- One Arm Push ups: 3 sets of 5-10 reps
- Speed Pistols: 3 sets of 6 reps per leg
- Muscle ups: 3 sets of 5-10 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Towel Assisted One Arm Chin ups: 3 sets of 5 reps per arm
- Full Range Handstand Pushups Against Wall: 3 sets of 6-8 reps
- Squat Jumps: 3 sets of 6 reps
- Hanging Leg Raises (90 degrees to bar): 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP: Level 7

Workout A

- Feet Elevated One Arm Push ups: 3 sets of 6-12 reps
- One Arm Push ups: 3 sets of 6-12 reps
- Speed Pistols (with a hop): 3 sets of 6 reps per leg
- Close Grip Muscle Ups: 3 sets of 5-10 reps
- Back Bridge Hold: 2 x 20 seconds
- V-sit Hold: 2 x 10-30 seconds

Workout B

- One Arm Chins: 2 x 1 rep + 2 sets of 5 assisted reps
- Full Range Handstand Pushups Against Wall: 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Front Lever Pulls (one leg tucked): 3 sets of 5 reps
- Back Bridge Hold: 2 x 20 seconds
- V-sit Hold: 2 x 10-30 seconds

BMP: Level 8

Workout A

- Feet Elevated One Arm Push ups (pause at bottom for 1-2 seconds): 3 sets of 5-10 reps
- One Arm Push ups (pause at bottom for 1-2 seconds): 3 sets of 6-12 reps
- Speed Pistols (with a jump): 3 sets of 6 reps per leg
- Close Grip Muscle Ups: 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- V-sit Hold: 2 x 10-30 seconds

Workout B

- One Arm Chins: 2 x 2 reps + 2 sets of 5 assisted reps)
- Full Range Handstand Pushups Against Wall (1-2 second pause at the bottom): 3 sets of 6-12 reps
- Squat Jumps: 3 sets of 6 reps
- Front Lever Pulls: 3 sets of 5 reps
- Back Bridge Hold: 2 x 20 seconds
- V-sit Hold: 2 x 10-30 seconds

BMP: The Beginner Program

What if you can't yet perform bodyweight chin-ups, dips and feet elevated push-ups? Well have no fear! That is why I crafted the bodyweight program together. Let's go through it now :)

Workout A

- Regular Push-ups (or hands on bench push ups): 3 sets of 5-15 reps
- Bench Dips: 3 sets of 10-15 reps
- Step-ups: 3 sets of 6-10 reps per leg
- Bodyweight Row: 3 sets of 6-10 reps
- Hip Bridge: 2 x 20 seconds
- Plank: 2 x 30 seconds

Workout B

- Chin up negatives: 6 sets of chin up negative (lower as slow as possible)
- Pike push-ups (hands on a stable surface to make it easier): 3 sets of 6-10 reps
- Squat Jumps: 3 sets of 6 reps
- Lying Leg Raises: 3 sets of 10-20 reps
- Hip Bridge: 2 x 20 seconds
- Plank: 2 x 30 seconds

BMP Hybrid Workout: Version 1 (Weights & Bodyweight Training)

In this hybrid version, we're going to stick to the same framework as the bodyweight workouts...

Only difference is, we're going to sub free weight exercises in place of some of the bodyweight exercises.

Here's how it looks:

Workout A

- Incline Bench Press: 3 sets (4-6, 6-8, 8-10)
- Bench Press: 3 sets (4-6, 6-8, 8-10)
- Pistol squats: 3 sets of 6 reps per leg
- Muscle ups: 3 sets x 3-6 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Weighted Chin ups: 3 sets (5, 6, 8 reps)
- Full Range Handstand Pushups Against Wall: 3 sets of 5-15 reps
- Incline Dumbbell Curls: 3 sets (4-6, 6-8, 8-10)
- Hanging Leg Raises into a V: 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP Hybrid Workout: Version 2

In this workout, we're going to change the workout split up slightly. We're going to follow the same protocol that is in my Greek God Program.

On Workout A, we'll be hitting the pressing muscles: chest, shoulders and triceps.

On Workout B, we'll be hitting the pulling muscles and legs.

Here's how it looks:

Workout A

- Incline Bench Press: 3 sets (4-6, 6-8, 8-10)
- Handstand Push ups: 3 sets x 5-15 reps
- Triceps Extensions: 3 sets (6-8, 8-10, 10-12)
- Lateral Raises: 4 sets (12, 10, 8, 6)
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Weighted Chin-ups: 3 sets (5, 6, 8 reps)
- Incline Dumbbell Curls: 3 sets (4-6, 6-8, 8-10)
- Pistol Squats: 3 sets of 6 reps
- Hanging Leg Raises into a V: 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

BMP Hybrid Workout: Version 3

In this version, we're going to do two bodyweight workouts per week, and one gym workout per week. For the gym workout, we're really going to emphasize chest and arms.

Workout A

- Feet Elevated One Arm Push ups: 3 sets of 5-10 reps
- Hands Elevated Handstand Push ups: 3 sets of 5-15 reps
- Muscle ups: 3 sets of 5 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout B

- Towel Assisted One Arm Chin ups: 3 sets of 3 reps per arm
- Pistol squats: 3 sets of 6 reps per leg
- Hanging Leg Raises into a V: 3 sets of 8-12 reps
- Back Bridge Hold: 2 x 20 seconds
- L-sit Hold: 2 x 10-30 seconds

Workout C (Gym Workout)

- Incline Bench Press: 3 sets (4-6, 6-8, 8-10)
- Flat bench Press: 3 sets (4-6, 6-8, 8-10)
- Incline Dumbbell Curls: 3 sets (4-6, 6-8, 8-10)
- Rope Push Downs: 3 sets (6-8, 8-10, 10-12)
- Lateral Raises: 10-15 + 4 sets of 4-6 reps (rest pause)

CHAPTER 07:

STRENGTH STANDARDS FOR THE BODYWEIGHT MASTERY PROGRAM

I love strength standards! They give you something to shoot for and basically “game-ifies” the fitness journey.

As a kid, I was always obsessed with video games. I loved the idea of leveling up and the idea of boosting my attributes and unlocking new skills. My dopamine levels would go through the roof.

Well, when you apply the same mentality to fitness, getting in shape can be fun as hell!

Now, fair warning: these aren't your typical fitness standards.

I don't believe in settling and I don't believe in mediocrity. **I believe in living up to your absolute highest potential.**

So, naturally, some of these strength standards may be intimidating or downright daunting. Don't worry. Not everyone has to strive to become a Bodyweight Master.

Building yourself up to the *Decent* or *Good* level is still more impressive than most of the fitness world!

If you can reach the *Great* level, you'll be insanely strong and fit.

Only a very small select few of the people who read this book will become a *Master*...

If you become a Bodyweight Master, you will be in better shape than nearly the entire fitness world – including personal trainers and fitness authors.

Lets take a look at the strength standards now, on the next page...

Chin up Strength Standards

- Decent: 15 pull-ups
- Good: 10 side-to-side pull-ups (5 per side)
- Great: 5 towel assisted one-arm chin-ups (minimal use of towel)
- Master: 2 x one-arm chin-ups

Push up Strength Standards

- Decent: 10 feet elevated side to side push ups
- Good: 10 assisted one arm push ups (feet elevated)
- Great: 10 one arm push ups
- Master: 10 one arm push ups (feet elevated)

Handstand Push-ups

- Decent: 10 full range feet elevated pike push ups
- Good: 5 full range handstand push ups against wall
- Great: 10 full range handstand push ups against wall
- Master: 15 full range handstand push ups against wall

Muscle-Up Strength Standards

- Decent: 5 pull ups to chest level
- Good: 5 muscle ups
- Great: 10 muscle ups
- Master: 10 close grip muscle ups

Pistol Squats

- Decent: 5 pistols onto a low box
- Good: 5 pistols
- Great: 5 speed pistols
- Master: 5 jumping pistols

Leg Raises

- Decent: 10 hanging leg raises to 90 degrees
- Good: 10 hanging leg raises into a V
- Great: 5 Front Lever Pulls (one knee tucked)
- Master: 5 Front Lever Pulls

CHAPTER 08:

HOW TO GET THE MOST OUT OF THE PROGRAM

Thousands of people will invest in this course, yet only a fraction of the people will actually follow through with it and experience amazing results.

Now, with most fitness programs, the drop off is a lot worse. I actually have an amazing follow-through rate with my programs, comparatively.

This is for a couple of reasons:

First is because my programs make sense. They're logical and the science is there to support it.

Frankly, no one can disagree that eating at a calorie deficit will trigger fat loss; or that getting stronger will support muscle growth.

My programs work gangbusters! And when you see incredible results, it's hard to stop.

But that leads to reason number two: my programs are also well-designed.

They're meant for humans, not machines. They're extremely enjoyable to stick to. You're training with great intensity a few days per week, and then you're taking a lot of rest.

This approach is really the best way to go. It's sustainable and it's drastically more effective than turning fitness into a "more is better" protocol and living in the gym.

Remember: it's hard to build strength when you overdo it. That's the fact of the matter. But even with the most enjoyable, sustainable and effective course, only a fraction of you will actually stick with it.

So I want to leave you with a few tips that I think will greatly improve your ability to follow through on the program.

Let's begin!

Rule #1: Track Your Workouts

People that stick with their workouts are people that track their workouts. When you see the progress firsthand, you'll be more motivated than ever to hit the gym.

You won't want to miss a workout because you'll be so stoked to add those reps to your pull-ups, or to progress to a harder, more challenging variation.

If you never track your workouts, there's nothing to lose and there's nothing to gain. I track all my workouts on my iPhone in the Notes section. It's simple as hell. I have one note for Workout A and one note for Workout B.

This way, I can also scroll down the note document and see all my old workouts.

For more on this, check out this post on Kinobody: <http://kinobody.com/workouts-and-exercises/why-you-must-track-your-workouts-for-maximum-gains/>

Rule #2: Don't Let Your Mind Trick You

When you really don't want to workout, perhaps because you're super busy, stressed or tired, that's when you must put a gun to your head and force yourself to train. Yes, even if it means sacrificing sleep or working out at 1am to get a workout in.

Why? Because you don't want to create negative momentum. Every time you allow yourself to succumb to the thoughts of your mind, you weaken your resolve and you weaken your ability to achieve what you want in life.

So when you feel the resistance, you must put a gun to your head and really make the time to workout –ideally right then.

This is the greatest tip I can possibly give you! It works and it's super powerful.

Don't forget how the choices you make will shape your future and your willpower.

Rule #3: Find a Workout Buddy

See if you can get a committed friend to workout with you. This can make training a hell of a lot more fun!

Keep in mind that I typically train on my own, but I definitely enjoy workouts with hard-training buddies the most!

If you can get a committed workout buddy, awesome! If you can't, then that's totally cool too. As long as you make the time for training, you're good to go.

CHAPTER 09:

THE CONCLUSION

That's all she wrote! When I set out to write the Bodyweight Mastery Program, I wanted to keep it laconic.

Laconia was a town in ancient Greece that was inhabited by the Spartans. They were known to be very brief with their words. Thus, the word laconic came to mean the art of using very few words.

I strive only to put to paper the essential that you need to know. Life is damn busy! I don't want to throw 300+ pages at you, merely the essential to understand my teachings and be able to apply them with amazing results.

Less is more!

The same way I approach training, I apply to my courses and programs! Now this course has the power to turn you into a physical bad ass: lean, strong and downright muscular.

It's simple. But make no mistake – when you're hammering handstand push-ups, muscle-ups, one-arm push-ups, pistol squats and one-arm chin-ups... There's no way you can't look damn breathtaking.

Pour your efforts into working your way to more advanced bodyweight movements.

You don't have to follow this program 12 months out of the year. You may decide you want to workout at your gym for part of the year, and then dedicate a few months to bodyweight training.

The choice is yours.

In any case, dedicating some serious time to bodyweight training is not only convenient, it's highly effective.

Bodyweight training will give you so much, and you'd be silly to write it off. Everyone that is serious about fitness and building a strong and aesthetic physique should strive to master their own bodyweight.

You now have the tools to do so.

Use them as you will.

To your new physique,
Greg O'Gallagher
Founder, [Kinobody.com](https://www.kinobody.com)

