



F.A.S. Training Inc.
Fitness, Agility & Strength
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Foundational Bodyweight Training Program

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Program Description

This program is based around bodyweight movements to prepare someone for a more technical program with a specific goal. The intention is that you will train Monday – Saturday.

The objective of the program is to improve your leg strength, core strength, and heart and lung capacity. There will also be upper body movements such as push-ups and pull-ups.

Equipment

There is minimal equipment need for this program and it can be done in a field or gym.

You will need: 1. Pull-up Bar

2. Timer

3. Cone or markers

Pace

The training sessions should be done quickly but not frantically. Each session could take 45-60 minutes unless indicated differently.

Exercises

All exercises are completed with bodyweight unless indicated. If there are any unfamiliar exercise check <https://www.youtube.com/user/MrJypee3>

Supplements

Consume a BCAA shake prior and during training session. Preferably drink half 30 minutes before training session then sip on the rest during the session. After consume a whey protein shake.

- Some trusted supplement companies: USP LABS, BIOTEST and EAS

Week 1

Monday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

10 Sets w/ 15sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

3 Sets

30 sec Push-ups

30 sec rest

After 3 sets immediately perform 60sec of push-ups

10 Set w/ 15sec rest

4x 40 foot shuttle sprints

4 Sets w/no rest

25x Sit-ups

30sec Plank

15x Supine Knee Hugs

40x Mountain Climbers

Tuesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

10x Squats

3x Strict Pull-ups

10x Hanging Roll Backs

10 Sets w/ 20 sec rest

2x Strict Pull-ups

2x Burpees

Run 1.5 Mile @ Moderate Pace record time

4 Sets w/no rest

25x Med Ball Slams

15x Sit-ups

30sec Plank

Wednesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

10 Sets w/ 15sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

3 Sets

30 sec Push-ups

30 sec rest

After 3 sets immediately perform 60sec of push-ups

4 Sets w/no rest

25x Sit-ups

30sec Plank

15x Supine Knee Hugs

40x Mountain Climbers

Thursday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

10x Squats

3x Strict Pull-ups

10x Hanging Roll Backs

5 Sets w/ 30sec rest

5x Burpees for height
4x 40 foot shuttle sprints

10 Sets w/ 20 sec rest

2x Strict Pull-ups
2x Hand Release Push-ups

4 Sets w/no rest

25x Med Ball Slams
15x Sit-ups
30sec Plank

Friday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
5x Push-ups
10x Sit-ups
10x Squats
3x Burpees

4 Sets w/ 30 sec rest

Super Legs:
20x Squats
20x Lunges
20x Split Jumps
10x Squat Jumps

Rest 2 minutes then...

6 Sets w/ 15 sec rest

Mini Super Legs:
10x Squats
10x Lunges
10x Split Jumps
5x Squat Jumps

Run 3 Miles @ Moderate pace record time

Saturday

Pick an outdoor activity to do for 1 hour. Example Bike, Hike, Recreational Sports...

Week 2

Monday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

4 Sets w/ 30 sec rest

Super Legs:

20x Squats

20x Lunges

20x Split Jumps

10x Squat Jumps

Rest 2 minutes then...

6 Sets w/ 15 sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

4 Sets

30 sec Push-ups

30 sec rest

After 3 sets immediately perform 60sec of push-ups

12 Set w/ 15sec rest

4x 40 foot shuttle sprints

4 Sets w/no rest

25x Sit-ups

30sec Plank

15x Supine Knee Hugs

40x Mountain Climbers

Tuesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

10x Squats

3x Strict Pull-ups

10x Hanging Roll Backs

5 Sets w/ 30sec rest

4x Pull-ups

4x Burpees

Rest 2 minutes

5 Sets w/ 15sec rest

2x Pull-ups

2x Burpees

Run 1.5 Mile @ Moderate Pace beat last week's time

4 Sets w/no rest

25x Med Ball Slams

15x Sit-ups

30sec Plank

Wednesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

4 Sets w/ 30 sec rest

Super Legs:

20x Squats

20x Lunges

20x Split Jumps

10x Squat Jumps

Rest 2 minutes then...

6 Sets w/ 15 sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

4 Sets

30 sec Push-ups

30 sec rest

After 3 sets immediately perform 60sec of push-ups

4 Sets w/no rest

25x Sit-ups

30sec Plank

15x Supine Knee Hugs

40x Mountain Climbers

Thursday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

10x Squats

3x Strict Pull-ups

10x Hanging Roll Backs

6 Sets w/ 30sec rest

6x Burpees for height

4x 40 foot shuttle sprints

5 Sets w/ 30sec rest

4x Pull-ups

4x Burpees

Rest 2 minutes

5 Sets w/ 15sec rest

2x Pull-ups

2x Burpees

4 Sets w/no rest

25x Med Ball Slams

15x Sit-ups

30sec Plank

Friday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

4 Sets w/ 30 sec rest

Super Legs:

20x Squats

20x Lunges

20x Split Jumps

10x Squat Jumps

Rest 2 minutes then...

6 Sets w/ 15 sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

Run 3 Miles @ Moderate pace beat last week's time

Saturday

Pick an outdoor activity to do for 1.5 hours. Example Bike, Hike, Recreational Sports...

Week 3

Monday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

6 Sets w/ 30 sec rest
Super Legs

Rest 2 minutes then...

4 Sets w/ 15 sec rest
Mini Super Legs

5 Sets
30 sec Push-ups
30 sec rest
After 3 sets immediately perform 60sec of push-ups

14 Sets w/ 15sec rest
4x 40 foot shuttle sprints

4 Sets w/no rest
25x Sit-ups
30sec Plank
15x Supine Knee Hugs
40x Mountain Climbers

Tuesday

3 Sets w/ no rest
60sec Jump Rope @ 110 revolutions a min
10x Squats
3x Strict Pull-ups
10x Hanging Roll Backs

5 Sets w/ 30sec rest
6x Pull-ups
6x Burpees

Rest 2 minutes

5 Sets w/ 15sec rest
4x Pull-ups
4x Burpees

Run 2 Miles @ Moderate Pace

4 Sets w/no rest

25x Med Ball Slams
15x Sit-ups
30sec Plank

Wednesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
5x Push-ups
10x Sit-ups
10x Squats
3x Burpees

6 Sets w/ 30 sec rest Super Legs

Rest 2 minutes then...

4 Sets w/ 15 sec rest Mini Super Legs

5 Sets

30 sec Push-ups
30 sec rest
After 3 sets immediately perform 60sec of push-ups

4 Sets w/no rest

25x Sit-ups
30sec Plank
15x Supine Knee Hugs
40x Mountain Climbers

Thursday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
10x Squats
3x Strict Pull-ups
10x Hanging Roll Backs

7 Sets w/ 30sec rest

7x Burpees for height
4x 40 foot shuttle sprints

5 Sets w/ 30sec rest

4x Pull-ups

4x Burpees

Rest 2 minutes

5 Sets w/ 15sec rest

2x Pull-ups

2x Burpees

4 Sets w/no rest

25x Med Ball Slams

15x Sit-ups

30sec Plank

Friday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

4 Sets w/ 30 sec rest

Super Legs:

20x Squats

20x Lunges

20x Split Jumps

10x Squat Jumps

Rest 2 minutes then...

6 Sets w/ 15 sec rest

Mini Super Legs:

10x Squats

10x Lunges

10x Split Jumps

5x Squat Jumps

Run 5 Miles @ Moderate pace record time

Saturday

Pick an outdoor activity to do for 2 hours. Example Bike, Hike, Recreational Sports...

Week 4

Monday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
5x Push-ups
10x Sit-ups
10x Squats
3x Burpees

10 Sets w/15 sec rest Super Legs

6 Sets
30 sec Push-ups
30 sec rest
After 3 sets immediately perform 60sec of push-ups

16 Sets w/ 15sec rest 4x 40 foot shuttle sprints

4 Sets w/no rest

25x Sit-ups
30sec Plank
15x Supine Knee Hugs
40x Mountain Climbers

Tuesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
10x Squats
3x Strict Pull-ups
10x Hanging Roll Backs

10 Set w/ 15 sec rest

6x Pull-ups
6x Burpees

Run 2 Miles @ Moderate Pace beat last week's time

4 Sets w/no rest

25x Med Ball Slams
15x Sit-ups
30sec Plank

Wednesday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min
5x Push-ups
10x Sit-ups
10x Squats
3x Burpees

10 Sets w/15 sec rest

Super Legs

6 Sets

30 sec Push-ups
30 sec rest
After 3 sets immediately perform 60sec of push-ups

4 Sets w/no rest

25x Sit-ups
30sec Plank
15x Supine Knee Hugs
40x Mountain Climbers

Thursday

3 Sets w/ no rest

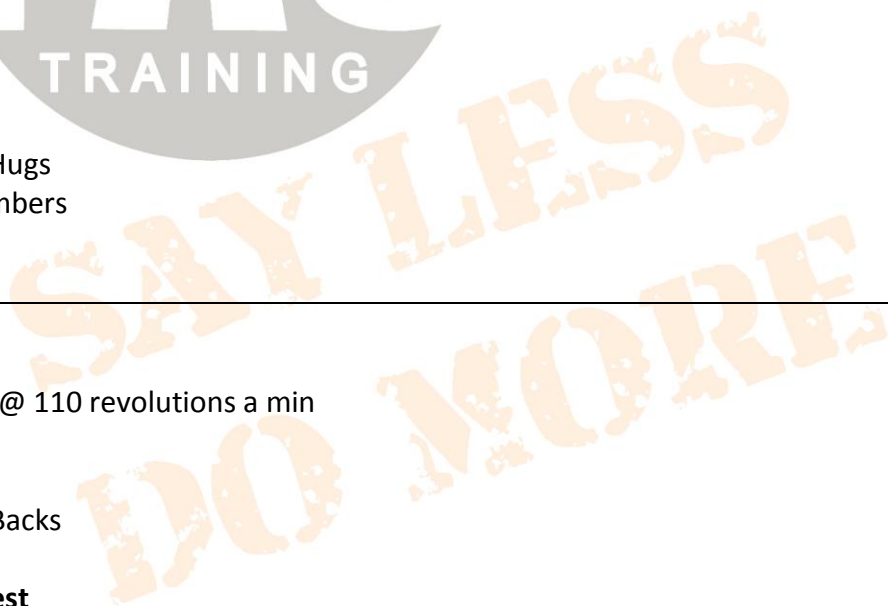
60sec Jump Rope @ 110 revolutions a min
10x Squats
3x Strict Pull-ups
10x Hanging Roll Backs

8 Sets w/ 15sec rest

7x Burpees for height
4x 40 foot shuttle sprints

10 Sets w/ 15 sec rest

6x Pull-ups
6x Burpees



4 Sets w/no rest

25x Med Ball Slams

15x Sit-ups

30sec Plank

Friday

3 Sets w/ no rest

60sec Jump Rope @ 110 revolutions a min

5x Push-ups

10x Sit-ups

10x Squats

3x Burpees

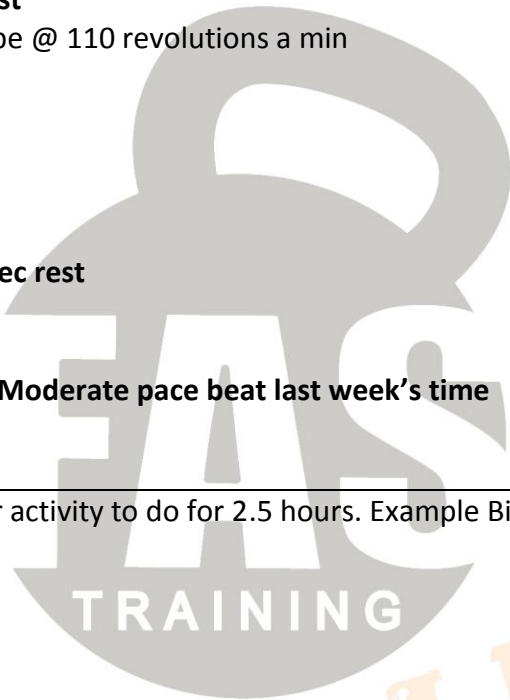
10 Sets w/ 15 sec rest

Super Legs

Run 5 Miles @ Moderate pace beat last week's time

Saturday

Pick an outdoor activity to do for 2.5 hours. Example Bike, Hike, Recreational Sports...



**SAY LESS
DO MORE**