

Smart Bodyweight Training Digital Workbook



By Matt Schifferle

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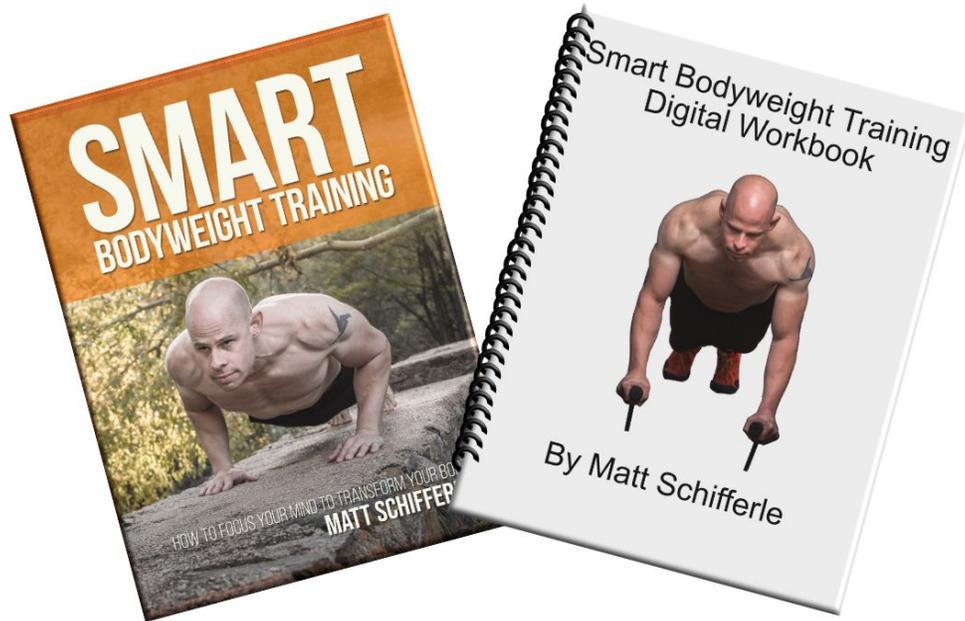
Disclaimer:

Matt Schifferle is not liable for any injuries or damages that individuals might incur by attempting to perform any of the exercises or feats of strength depicted or discussed in this book. Any individual attempting to do so does at their own risk. Consult with your physician before

beginning an exercise regimen.

And so it begins.....

Welcome to the Smart Bodyweight Training Digital Workbook. This is a free supplemental ebook for [Smart Bodyweight Training](#) which is book 2 of the [Red Delta Project](#).



The information in this ebook is meant to give you some rough templates and ideas about how to set up your own workout program. As I discuss in [Smart Bodyweight Training](#), I'm a big believer in the power of creating your own workout program.

Sure, I could hand you a random set of routines, but that would be quite the blind shot in the dark. I could say "do 100 push-ups three days a week" but there's a good chance that advice may not be right for you. That recommendation might be too much or even too little for you at this stage in your training career. Even if it was somehow a perfect fit, it wouldn't stay that way forever. Sooner or later your body and circumstances will change making that workout recommendation a poor fit.

Creating your own weekly workout plan gives you the freedom and flexibility to perfectly dial in your training to match your fitness level and lifestyle. It also allows you to make changes as needed so your workout habits bend rather than break. I laid out the general principle behind building a custom routine in Smart Bodyweight Training, but I know some folks like to work off of a set of templates rather than starting from scratch. That's why this book contains two different templates that focus on using tension for the three objectives of performance, building muscle and burning fat as mentioned in Smart Bodyweight Training. Keep in mind that any workout will

help you accomplish all three to some degree. These templates just focus your training toward one of those three goals. By all means, feel free to combine or mix any of the templates to focus on two or even three applications of muscle tension.

Above all, remember that these are rough templates. I expect you to make changes and modify them however you like. Remember, you're the expert on your own life which puts you in charge. This information is just a set of ideas and suggestions to help you build some momentum if you're feeling stuck. So play, experiment and have fun. Fitness is a never-ending process and no one ever moved forward when they knew all the answers. We grow by exploring, learning and, yes, sometimes making mistakes. Go boldly forth my friend. There are a lot of exciting discoveries waiting for you.

6 Questions That Will Change Your Body and Your Life.

As a personal trainer, I ask a lot of questions when I first meet a prospective client. I don't mean to pry, but it's the only way I can learn how I can best serve them. It would be terribly unprofessional of me to just introduce myself and start telling them what I think they should do.

Since I can't be with you to give a personal consultation, I wanted to give you the following questions to help you figure out what you need to do to achieve success.

Please don't just skim through these and give mental answers in your head. Break out a notebook and write down these questions along with your answers. It's important to not only give these questions some serious thought but to record your answers so you can come back to them. You may find your answers will change over time and it's good to have a record of them so you can progress the focus of your training. Let's get started.

#1 What do you want?

This is the mother of all progress and success. You can't pursue something until you clearly know what it is you want to accomplish.

This question may seem simple, but it can be one of the most difficult to truly understand. For example, while many people will say they want to lose weight, but everyone may have different motivations behind that goal. One person may want to feel sexy and attractive. Another might want to feel lighter and more energetic. Yet someone else will say they just want to just feel like themselves again.

My advice is to really think about this question for a solid week or two. Keep asking yourself why you feel you want something to dig deep into your motivational drive. The deeper you dig the deeper your conviction will be.

#2 What are some of the obstacles or challenges you're facing?

Everyone has their own challenges and obstacles to overcome. Even the most genetically gifted individuals who seem to have every advantage in the world are fighting their own personal battles. It's good to understand this because there are a lot of ideas floating around out there that portray success like sliding down a hill. You just hop on the right sled and glide your way to

success. This idea will take you to the same place you end up while sledding down a hill; right to the bottom.

If you want to get to the top you're going to have resistance in some form or another. The climber at the top of a mountain didn't fall up there. They overcame gravity, altitude, weather, doubt and equipment failures. This is the way success happens. If you feel like the whole world is against you then congrats. You're headed in the right direction.



The purpose of this question is to help you draw out the challenges you have to face. Don't buy into the idea that a lack of time or ability is just an "excuse" which often means it somehow doesn't count. Almost every excuse ever made is perfectly valid and 100% true. Telling someone "Don't make excuses" is like telling a climber on the side of a cliff to ignore gravity or a perilous sheet of ice. At best it's foolish and it could even be dangerous. Draw your challenges out into the open so you can observe them in an honest light so you can then move onto the next question.

#3 What can you do to start getting around these obstacles?

Excuses get a bad reputation because they often stop people in their tracks but this doesn't always have to be the case. Discovering an "excuse" or challenge to your objective is quite the blessing. Once you know what the issue is you can start taking steps to get around it.

You don't have to fully solve the problem. If you don't have much time, see if you can carve out just 5-10 minutes in the day. If money is tight, see if there are some free workout videos on Youtube or a free workout app you can download. You just need to start chipping away to start making progress.

#4 What resources do you have (flexible lunch break, home exercise equipment, friends or co-workers etc) that can help you get what you want?

This question is intended to help you identify and appreciate all of the potential advantages surrounding you that can help you get what you want. The more you become aware of them, the more you can appreciate and use them for all they are worth.

Maybe you have a coworker who you can ask for advice since they've already accomplished what you want. What sort of clubs or resources within your town can help you be active and improve your training? Even your smartphone can offer a lot of resources with all of the fitness apps you can download.

Yes, I know there are challenges and counter-productive influences out there but don't let them distract you from all of the blessings you have at your disposal.

#5 What constructive habits do you enjoy practicing?

Finding constructive habits you enjoy is super important to your success. I know you want to succeed, but there will be days, even weeks or months, where the desire to reach success alone isn't going to be enough. That's why it's critical to find habits you enjoy practicing for their own sake. Forget about what someone claims to be the "best" exercise or workout program. It doesn't matter if a scientific study claims that running is the best way to burn calories. You're not going to do it if you would rather eat a ghost pepper than run a mile. But if you get excited over the idea of attending a yoga retreat then pursue that for all it's worth.

#6 What has worked for you in the past?

There's no need to reinvent the wheel. If something worked for you in the past, there's a good chance it's going to work again. I would look to revisit old training methods that worked for you before rather than taking a chance on something completely new.

Also, consider why you stopped practicing those methods the first time around. See if you can identify the challenges and issues that came up before so you can productively handle them this time around. And no, vowing to just try harder and use more willpower isn't a good plan. Try to create a solid plan of action to overcome your previous challenges that don't just involve trying to "not screw up."

There you have it, 6 questions that can help you focus your attention on what's most important for your training success. Like all good questions, these will probably lead to more questions and uncertainty. That's a good thing. The more questions you ask, the more answers you'll seek which is the key to learning and progression

Workout Templates for Burning Fat

The following two weekly templates are focused on the I.C.E (Increase Calorie Expenditure) application of muscle tension. As I mention in the S.B.T, there is no such thing as any sort of exercise or workout that directly causes weight loss. Instead, your training serves to increase the rate at which you burn calories which can be an effective influence for weight loss and management.

I.C.E Template A

Su	M	T	W	Th	F	S
45-90 min Light or moderate cardio	3 sets of push pull squat	20-30 min Light or moderate cardio	30-45 min moderate to hard cardio	20-30 min Light or moderate cardio	3 sets of push pull squat	Rest Day

This first workout template is designed for the individual who is just getting back to into shape after a long hiatus or wants to ease into their workouts. It uses a lot of light to mild activity like walking or casual bike riding to simply get the blood flowing and increase your energy level. The moderate to hard workout on Wednesday is designed to help you stretch your wings a bit and push the intensity so you work up a good sweat and spend most of the time breathing pretty hard.

The two strength days include the three primary movement chains to work the whole body with an efficient workout. I recommend variations of push-ups for the push chain, rows for the pull-chain and squats or spot lunges for the squat chain. Work with whatever rep range feels best for you to get the muscles burning and be slightly out of breath.

I.C.E Template B

Su	M	T	W	Th	F	S
90-120 min Hard to moderate cardio	4 sets of All 6 Chains	30-45 min Light or moderate cardio	20-30 min Super intense to hard cardio	30-45 min Light or moderate cardio	4 sets of All 6 Chains	20-30 min Light cardio

This template uses a greater amount of both time and intensity to speed up your rate of calorie expenditure. Your cardio days are comprised of longer workouts that vary in intensity from super intense (like sprinting or running up hills) to light such as going for a casual walk. The focus is on doing at least some form of activity every day of the week to keep your energy expenditure high while allowing easier days to recover from harder days.

The two strength days also now make use of all 6 muscle chains for a full-on strength workout that should push your muscles pretty hard within 10-20 reps or 30-60 seconds of time.

Muscle Building Workout Templates

These workout templates are based on the T.U.T (Time Under Tension) Application of muscle tension. They are primarily about building muscle and helping to sculpt your body without too much distraction from exercises and workouts that can interfere with your results

T.U.T Template A

Su	M	T	W	Th	F	S
Free Day	3 sets of Push Pull Squat	Free Day	3 sets of Push Pull Flexion Extension	Free Day	3 sets of Push Pull Squat	Free Day

This first T.U.T template is a classic full-body workout done three times a week. It's a routine that works very well for almost anyone and is an excellent workout to return to when you feel your training is becoming too hectic or complicated.

The two "book end" workouts are comprised of the 3 primary movement chains while the middle workout excludes the squat chain and includes the two flexion and extension support chains. This is to give your legs a little more rest since they often need a bit more recovery plus your flexion and extension chains are often included with your push and pull chain exercises so they don't need as much direct work.

The four free days are open to whatever you like. You can do some light cardio, practice skill work, or attend that Karate class at the YMCA. You can also just use them as a rest day and practice some light stretching to keep your muscles ready for the following day.

T.U.T Template B

Su	M	T	W	Th	F	S
Free Day	4 Sets Push Flexion chains	4 Sets Pull Extension chains	4 Sets Squat Lateral chains	4 Sets Push Flexion chains	4 Sets Pull Extension chains	4 Sets Squat Lateral chains

This template uses all 6 muscle chains in a 3-way split that's executed over 6 days. This gives you the luxury of being able to pour a lot of focus and energy into just to muscle chains each day for 4 total work sets.

Effective recovery is critical with a program like this so be sure your diet and sleep habits are on point. You may notice your second round of workouts are not as good as your first if you don't get enough sleep or keep a diet that's too restrictive.

Performance Enhancing Workout Templates

Programs for improving performance can vary greatly due to the infinite number of activities you can train for. Training for wrestling is different from training for basketball which is also different than training to improve your handstand. It's also difficult to recommend a program template when you may have a practice schedule set by a coach or organization.

Still, sometimes you may be primarily practicing on your own and have a fairly flexible practice schedule. In either case I hope these templates can give you some structure and direction.

S.A.I.D Template A

This template is good for athletes who are either in season or need to spend most of their time on the field rather than in the gym. It helps keep both body and mind fresh by alternating between light and heavy practice days so your practice doesn't become too monotonous. The intensity of your training can mean different things depending on what you're practicing. In general, hard practices usually involve spending a lot of time and energy to push your capabilities as much as possible. Light practice is more casual or playful in nature and is more about having fun rather than being so serious.

Su	M	T	W	Th	F	S
Free Day	Light Practice	2-3 sets Push Pull Squat	Hard Practice	2-3 sets Push Pull Squat	Light Practice	Hard Practice / Game

S.A.I.D Template

This second S.A.I.D template places more emphasis on strength and conditioning and less on practice. It's a good strategy to use during the off season or if you're getting burned out on your activity of choice.

The first part of the week involves an aggressive 2-day split where you put a lot of effort into strengthening your 6 muscle chains. The second day of the split primarily involves your extension and lateral chains in an effort to give your legs and upper body a little bit of recovery time before your first practice of the week.

The second workout is a lighter full-body plan that's just meant to get the blood flowing through the muscles and to wake them up rather than drive them into the ground with fatigue. This should help you both recover for your second practice session. The weekend is comprised of free days where you can get some light practice in or just take a rest day to get ready for the following week.

Su	M	T	W	Th	F	S
Free Day	3-4 sets Push Flexion Squat	3-4 sets Pull Extension Lateral	Practice	2-3 sets All 6 chains	Practice	Free Day

S.B.T Workout Log

Few things can improve the quality of your training like keeping a simple workout log. Writing down your workouts helps you focus your mind so you can analyze and assess what you've done while learning what you can do to improve from one workout to the next. I know such a habit may seem too elementary, but it can literally make all the difference between achieving great results or just running around in the circles for the next several years.

I've long been frustrated by most cookie-cutter workout logs that were either too complicated or restrictive in what I could do with them. That's why I created the Smart Bodyweight Training Workout log which you can download here:

S.B.T. WORKOUT LOG			
Name:	SU M T W TH F S	Tension Focus: S.A.I.D T.U.T I.C.E	
CHAINS/SKILLS	EXERCISES	PERFORMANCE	NOTES
Click here to download!			

Using this log is simple. Print one page for each separate workout you do through the week. So if you have a 3-way split then you would print out three separate pages. At the top, label each page with the workout you plan on doing (ie Push & flexion chain, hard practice, long cardio day etc).

To the right circle or underline the day of the week you'll be practicing that workout. On the far right circle the tension application/s you want to focus on with that workout.

S.B.T. WORKOUT LOG			
Name: <i>Chest + Abs</i>	SU <u>M</u> T W TH F S	Tension Focus: S.A.I.D <u>T.U.T</u> I.C.E	

The table is comprised of four sections. On the left you write down the muscle chains or skills you want to practice during the workout. Next, you write in the specific exercises you want to do to practice those skills or work the muscle chains. After that, you write how you do those exercises including sets, reps, time, shots, miles, rest periods and any other information pertaining to your performance. Lastly, on the right you write in any notes pertaining to your use of tension and your performance. You can also make notes to remind yourself what you can work on to progress in your next workout.

CHAINS/SKILLS	EXERCISES	PERFORMANCE	TENSION NOTES
<i>Push Chain</i>	<i>Ring Dips</i>	<i>10 10 8</i>	<i>Work on range during last set</i>
	<i>MB Archer Push-Ups</i>	<i>6 6 6/side 1min rest</i>	<i>Maintain tension in lats for stability</i>
<i>Flexion Chain</i>	<i>Lying straight leg raises</i>	<i>75 total reps in 3:22</i>	<i>Keep abs tense at bottom of each rep</i>

You can print up a separate sheet for every time you practice a workout, but I much prefer to just write my logs down in pencil. That way, I can make a change to the single sheet rather than spend the time continuously filling in little boxes. I only make a change if needed. If I do 3 sets of 8 pull-ups and then the same thing in the next workout then I don't change anything. If I do 9 for the first two sets and 8 on the last set then I erase the 8 8 8 and write 9 9 8 so I know that's my new benchmark. I don't change anything if my numbers go down. So if I have a rough workout and do 8 7 6 then I keep the original 8 8 8. That way, I continue to focus on beating my personal best rather than trying to improve upon a lackluster workout.

Well my friend, thank you once again for helping to support the Red Delta Project and making Smart Bodyweight Training the success that it is. I hope this digital workbook will help you in your training for a long time to come. Above all, feel free to modify, change or discard anything in this book as you like. Even use the workout log as a general template for your own creation if you can make something even better.

Keep training hard, have fun and keep me up to date on your progress. I would love to hear from you on the R.D.P [YouTube Channel](#), Instagram, [Twitter](#) or [Facebook](#).

Be fit & live free,

Matt Schifferle