

**7**

WEEKS TO

**GETTING  
RIPPED**

# Level I

Welcome to Level I! By now you've already familiarized yourself with the pull-up, squat, push-up and plank involved in the test, and those will be the “Power 4” exercises that we'll build upon by using different grips, variations and more complex moves. Make no mistake about it—these four simple moves will absolutely shred your body when built into a structured workout that contains variations to mix it up.

Turn to Part III to familiarize yourself with the exercises for each workout before starting. If Day 1 of the workout is too easy for you, please just stick with it for the first week. If

you overdo it, you'll miss workouts and it'll be more difficult to get back on track. If you find the workouts still too easy during Week 2, repeat the first set for that day.

*Note:* Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 116–25 for ideas.

## Level I

### Week 1

Rest 2 minutes after every set (longer if required)

<b>Mon</b>	<i>set 1</i>	5 Chin-Ups	10 Squats	10 Push-Ups	:30 Plank
	<i>set 2</i>	4 Pull-Ups	10 Lunges per leg	9 Narrow Push-Ups	5 V-Sits
	<i>set 3</i>	5 Narrow Chin-Ups	10 Squats	7 Push-Ups	10 In & Outs
	<i>cardio</i>	10 minutes cardio/game			
<b>Tue</b>		Rest			
<b>Wed</b>	<i>set 1</i>	6 Pull-Ups	12 Squats	10 Push-Ups	:35 Plank
	<i>set 2</i>	5 Chin-Ups	10 Lunges per leg	7 Diamond Push-Ups	16 Supermans
	<i>set 3</i>	5 Narrow Pull-Ups	12 Squats	10 Push-Ups	20 Mason Twists
	<i>cardio</i>	10 minutes cardio/game			
<b>Thu</b>		Rest			
<b>Fri</b>	<i>set 1</i>	6 Chin-Ups	12 Squats	12 Push-Ups	:40 Plank
	<i>set 2</i>	6 Pull-Ups	11 Lunges per leg	10 Narrow Push-Ups	7 Hanging Leg Raises
	<i>set 3</i>	6 Narrow Chin-Ups	12 Squats	12 Push-Ups	10 In & Outs
	<i>cardio</i>	10 minutes cardio/game			
<b>Sat</b>		Rest			
<b>Sun</b>		Rest			

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## Level I

### Week 2

Rest 2 minutes after every set (longer if required)

<b>Mon</b>	<i>set 1</i>	7 Pull-Ups	12 Squats	12 Push-Ups	:45 Plank
	<i>set 2</i>	7 Chin-Ups	12 Lunges per leg	10 Narrow Push-Ups	7 Supermans
	<i>set 3</i>	7 Narrow Chin-Ups	12 Squats	10 Push-Ups	8 Hanging Leg Raises
	<i>cardio</i>	12 minutes cardio/game			
<b>Tue</b>		Rest			
<b>Wed</b>	<i>set 1</i>	7 Chin-Ups	12 Squats	13 Push-Ups	10 Hanging Leg Raises
	<i>set 2</i>	7 Pull-Ups	10 Wood Chops	10 Push-Ups	20 Mason Twists
	<i>set 3</i>	6 Pull-Ups	12 Lunges per leg	12 Push-Ups	7 V-Sits
	<i>cardio</i>	12 minutes cardio/game			
<b>Thu</b>		Rest			
<b>Fri</b>	<i>set 1</i>	9 Chin-Ups	12 Lunges per leg	12 Push-Ups	12 Hanging Leg Raises
	<i>set 2</i>	8 Pull-Ups	12 Wood Chops	10 Diamond Push-Ups	18 Supermans
	<i>set 3</i>	8 Chin-Ups	14 Squats	10 Push-Ups	:30 Side Plank per side
	<i>cardio</i>	12 minutes cardio/game			
<b>Sat</b>		Rest			
<b>Sun</b>		Rest			

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## Level I

### Week 3

Rest 2 minutes after every set (longer if required)

<b>Mon</b> set 1	10 Pull-Ups	15 Squats	14 Push-Ups	14 Hanging Leg Raises
set 2	11 Chin-Ups	13 Lunges per leg	15 Push-Ups	1:00 Plank
set 3	8 Pull-Ups	12 Squats	12 Narrow Pull-Ups	24 Mason Twists

*cardio*

14 minutes cardio/game

### Tue

Rest

<b>Wed</b> set 1	11 Chin-Ups	13 Lunges per leg	15 Push-Ups	1:00 Plank
set 2	10 Pull-Ups	16 Squats	12 Push-Ups	15 Hanging Leg Raises
set 3	10 Chin-Ups	12 Lunges per leg	10 Diamond Push-Ups	24 Mason Twists

*cardio*

14 minutes cardio/game

### Thu

Rest

<b>Fri</b> set 1	10 Pull-Ups	17 Squats	16 Push-Ups	15 Hanging Leg Raises
set 2	10 Burpees	:30 rest	10 Narrow Push-Ups	1:00 Plank
set 3	9 Pull-Ups	20 Wood Chops	12 Push-Ups	15 In & Outs

*cardio*

14 minutes cardio/game

### Sat

Rest

### Sun

Rest

## Level I Test

Congratulations on completing Level II!

You've done some fantastic work to get to this point! Now is a great time to test your progress. Take at least two full days of rest and then take the "Power 4" test again:

- **MAX NUMBER OF PULL-UPS**

(2:00 rest, write down your results)

- **MAX NUMBER OF SQUATS**

(2:00 rest, write down your results)

- **MAX NUMBER OF PUSH-UPS**

(2:00 rest, write down your results)

- **MAX TIME HOLDING A**

**PLANK** (write down your results)

Catch your breath, hydrate and relax. Check your results to see if you should re-take Level I or advance to Level II. How far have you come since your first test? Check out the results on paper—or, better yet, check 'em out in the mirror!

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## About the Author

**Brett Stewart** is a National Council for Certified Personal Trainers (NCCPT)-certified personal trainer, a running and triathlon coach and an endurance athlete who currently



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