

MINIMALIST:
A WORKOUT

PUSH/ PULL/ SQUAT

100 pull-ups

100 dips

100 squats

AS MANY TIMES A
WEEK AS YOU CAN.

AVOID FAILURE.

BUT WORK HARD.

WHEN YOU CAN COMPLETE 100 DIPS IN 5
SETS OF 20

ADD WEIGHT

WHEN YOU CAN COMPLETE 100 PULL-UPS
IN 10 SETS OF 10

ADD WEIGHT

WHEN YOU CAN COMPLETE 100 SQUATS IN
5 SET OF 20

ADD WEIGHT

HOW MUCH WEIGHT?

MORE IS MORE.

BUT WITH A HIGH FREQUENCY OF TRAINING, A LITTLE GOES
A LONG WAY.

ACCUMULATION.

SO LET'S CALL 10% OUR CEILING.

WEIGH 80KG AND MANAGED TO HIT ALL OF YOUR DIPS IN
SETS OF 20?

ADD 8KG NEXT SESSION.

REPEAT THE PROCESS, REAP THE REWARDS.

CAN'T DO DIPS AND
PULL-UPS?

DO PUSH-UPS AND
INVERTED ROWS
UNTIL YOU CAN.

DAYS YOU FEEL
BEAT UP BUT WANT
TO TRAIN?

DO THOSE INSTEAD.

HOW LONG TO DO

THIS FOR?

UNTIL YOU DON'T

WANT TO DO IT ANY

MORE.

PRINT THIS NEXT

PAGE.

AS MANY AS YOU

NEED.

TALLY.

MAKE NOTES.

CONSULT.

PROGRESS.

P U S H

P U L L

S Q U A T

YOU DON'T EVEN NEED TO READ THE NEXT PAGES IF
YOU DON'T WANT TO.

INFORMATION IS AMAZING.

BUT ACTION?

ACTION IS LIFE CHANGING.

SO, IF YOU'RE READY.

GO.

Why?

Some things to look at- The lats and biceps of gymnasts, the quads of cyclists, delts of boxers, calves of footballers and the forearms of pretty much anybody who picks things up for a living. The correlation? All of those people use those muscles to a large degree, DAILY. Notice anything else? Well, just in case you don't, take a look at Chris Hoy's legs.

Can you see where I'm going with this?

Now, I'm not saying we're all training wrong, far from it. In fact, in my experience people respond so differently to various protocols, that it's almost impossible to peg what exactly 'the best' style of training is. It's far beyond the scope of this article to argue the merits of frequency vs. volume, high rep vs. heavy weight, split vs. full body or anything else you care to throw into the pot, so all I'll say is this- If you're over the moon with the results you're getting from your current methodology feel free to stop reading right now, I salute you, you've found the golden gains ticket for your body, keep smashing it.

However... If you're in a rut, slightly bored or just generally up for a challenge, keep reading.

Everyday is leg day.

A course of high frequency, overload training when used correctly, can yield some pretty awesome results, particularly if you've been working with a weekly body-part split since the days Kanye West used to produce insightful, engaging music. I know from personal experience how effective this type of training can be, long term followers may remember the '30 days of dips and chins' challenge I put out in 2014, I was eating in a surplus at the time but in the weeks following the challenge I gained inches across my chest and arms, and was able to add some serious poundage to my weighted dips and pull, something I wasn't expecting, but like they say- 'If you want to get good at something, do it everyday'. The feedback I got from others trying the challenge was equally as positive.

The key element to factor in, and probably the most important thing to mention about the demographics I cited above is keeping things 'sub-maximal'. You're going to be hitting these exercises daily, so squatting until you puke and rendering yourself a voluntary paraplegic for the rest of the week probably isn't going to work out all that well. Same can be said for loading up a weighted belt and doing chins until your arms fall off. You're not going to feel so 'beast mode' when you have to get back on the bar within 24 hours, are you now? To put it frankly- You should avoid hitting failure on any set, at all costs.

Don't be a stranger

If you decide this is something you want to have a good crack at, make sure you let me know.

Also feel free to comment any questions you might have or just to share your experiences and please share this with anyone you think might benefit from it, I wholeheartedly look forward to hearing from you guys!

And PS. There are more "Minimalist" workouts on the horizon.

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