



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

BODY LIKE A GOD: A COMPLETE BODYWEIGHT MUSCLE BUILDING PLAN

Get back to basics and build muscle at home with this classic bodyweight training system. This is a flexible training system that focuses on the use of exercise complexes.

Link to Workout: <https://www.muscleandstrength.com/workouts/body-god-complete-bodyweight-muscle-building-plan>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 4 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-60 Mins
Equipment: Bodyweight
Author: Brad Borland

Workout 1

Exercise	Sets	Reps
Complex 1		
Push Up	2 - 5	10 - 20
Medium-Grip Pull Up	2 - 5	10 - 20
Handstand or Jackknife Push Up	2 - 5	10 - 20
Diamond Push Up	2 - 5	10 - 20
Inverted Rack Curl	2 - 5	10 - 20
Complex 2		
Single-Leg Calf Raise	2 - 5	10 - 20
Jump Squat	2 - 5	10 - 20
Walking Lunge	2 - 5	10 - 20
Hanging Leg Raise	2 - 5	10 - 20
Short All-Out Sprint Outdoors or on Treadmill	2 - 5	Distance & duration varies according to your fitness level & experience.

Perform each workout once or twice per week. No rest between exercises, 1 Min after each complex.

Workout 2

Exercise	Sets	Reps
Complex 1		
Feet-Elevated Push Up	2 - 5	10 - 20
Wide Grip Inverted Row	2 - 5	10 - 20
Rack Triceps Press or Parallel Bar Dips	2 - 5	10 - 20
Shoulder-Width Reverse-Grip Pull Up	2 - 5	10 - 20
Floor Crunch or Planks	2 - 5	10 - 20
Complex 2		
Box Jump	2 - 5	10 - 20
Bulgarian Split Squat	2 - 5	10 - 20
Reverse Lunge	2 - 5	10 - 20
Bench Step Up	2 - 5	10 - 20
Short All-Out Sprint Outdoors or on Treadmill	2 - 5	Distance & duration varies according to your fitness level & experience.

Complete each complex for 2 - 5 rounds. No rest between exercises, 1 Min after each complex.