

# THE BODYWEIGHT FOUNDATION WORKOUT

THE TOTAL BODY WORKOUT FOR BEGINNERS BY RHYS MORGAN





# ABOUT ME



## RHYS MORGAN

---

I'M RHYS,

A PERSONAL TRAINER & AMATEUR GYMNAST FROM THE UK.

I HELP PEOPLE DEVELOP AWESOME STRENGTH USING NOTHING BUT THEIR BODYWEIGHT.

AT MORE THAN LIFTING I SHOW YOU HOW YOU CAN USE PROGRESSIVE SKILL TRAINING TO DEVELOP AN ENGAGING AND CREATIVE MOVEMENT PRACTICE WITH SKILLS LIKE THE HANDSTAND, FRONT LEVER & PLANCHE.

THE FOUNDATION WORKOUT IS DESIGNED TO BUILD THE BASE LEVEL OF STRENGTH AND SKILL NEEDED TO PROGRESS ONTO MORE ADVANCED TRAINING.

I CREATED THIS EBOOK TO GUIDE YOU THROUGH EVERYTHING STEP-BY-STEP.

CONNECT WITH ME





# THE FOUNDATION WORKOUT

---

## Warm Up

Total Body Stretch

## Set 1 - Foundation Triset

x 3

- Pull - Pull Ups x 10
- Push - Dips x 10
- Core - Hanging Leg Raises x 10



## Set 2 - Legs & Isometrics Superset

x 3

- Legs - Pistol Squats (Assisted) x 10
- Isometrics - L Sit x 10 Seconds



## Set 3 - Beginner Triset

x 3

- Pull - Inverted Rows x 10
- Push - Push Ups x 10
- Core - Tuck Raises x 10

## Cool Down

Total Body Stretch



# CONTENTS

---

## WORKOUT GUIDE

1 Getting Started

2 Warm Up

3 Beginner Triset

4 Foundation Triset

5 Legs & Isometrics

6 Moving Forward



1

# Foundation Workout

---

## Getting Started





# GETTING STARTED

---

Ever since I started MoreThanLifting people from all over the world have asked me to look at the workouts they have been doing... 'is this right?' 'Is this good?' Or even, 'How do I train?'.

Well, great news everyone! This is why I created the Bodyweight Foundation Workout.

This is The Workout you want to master before trying anything more advanced like levers and flags.

The Foundation Workout is designed to become a template you can use in your training to move forward effectively, when you are ready.

Whether it is different variations you progress to, or different skills altogether.

The Foundation Workout will build the initial strength, coordination and mobility necessary to tackle harder skills and exercises. So if you don't get to this level first, you will find more advanced skills almost impossible, and your progress slow or stagnant.



# GETTING STARTED

---

The Bodyweight Foundation Workout uses the basic movement patterns with core strengthening exercises to build strength, control and coordination across all of the muscles in your body.

If you can't flag right now, and you want to, you will need to build all of these aspects in some form. So having one workout that does all of that, so you don't need to think about it, one that covers all bases so you never leave something out accidentally...

That's a pretty useful tool if you ask me!

## 3 BASIC MOVEMENT PATTERNS

### Push

Push movements are those that move the limbs away from the body. Think push ups, bench press and squats.



### Pull

Pull movements are those that bring the limbs into the body. Think pull ups, inverted rows, bicep curls.

### Isometric

Isometric or hold movements seem a little counterintuitive because you aren't moving. You are using muscle tension to maintain position. This is usually done as a pause in a rep (yeah, right), but with bodyweight exercise you have loads of isometric exercises to try. Think handstand, l sits, human flag and crowstand.





# GETTING STARTED

---

The Foundation Workout in particular focuses on the Push and Pull movements, paired with a serious strength building core exercise that will have massive benefits on your overall bodyweight training and help you get strong very fast.

This workout doesn't really cover isometrics in detail because it is specifically for building a foundation of strength. But there are loads of things you can try, and can do right now, in your living room or at work. Check them out here.

## HOW IS THE WORKOUT STRUCTURED?

The workout is split into Trisets.

That's 3 different exercises in sequence.

The first two are a pair of the main movement patterns followed by a core exercise to work everything from your shoulders to your hip flexors.

You will see these Trisets appear in many of my workouts in my programs and free downloads. This is because they are very powerful tools for training.

I love Trisets.

You can work a pull, a push and a hold exercise into one set - that's pretty powerful - you can easily cover all bases in one go.

That means you can have a very quick and efficient workout because you don't need to think about cramming loads of exercises in.

Speed, efficiency, that means big results for anyone who follows the template, without wasting time on pointless exercises and skills - that are really just wearing you out so you can't do the things that *will* get you results.





# GETTING STARTED

---

Bodyweight training is great because there are loads of exercises you can do to make your training interesting and engaging, but you need to get to a certain level before you can do a lot of them. So this is where it all starts.

This is The Foundation of your bodyweight training. The start of our journey.

Once you have mastered this workout you are ready to start tackle harder and more advanced skills. Without first achieving this, you will struggle with L Sits, let alone a planche or a front lever.

## 2 TRISETS (AND A BONUS SUPERSET)

Set 1 is more advanced than set 2.

Set 2 is the Beginners Triset and is push ups, inverted rows and tuck raises.

Set 1 is the foundation and it is the next level up. Pulls, dips and full hanging leg raises.

Full hanging leg raises are much harder than tuck raises but will build super strong shoulders and give you those washboard abs.

And The Bonus Superset?

This is the missing piece of the puzzle - Legs & Isometrics.

A fun combo of upper and lower body exercises sandwiched between the 2 Trisets.

Now I know you are itching to dive in, but before you do we need to prepare ourselves for exercise - so let's take a look at the Warm Up.





2

## Foundation Workout

---

Warm Up





## WARM UP

---

So you know what you're doing and you want to dive head first into the deep end. Good on you mate! But first . . .

You need to prepare your body for exercise. Most of us lead very sedentary lifestyles, and our bodies are not active enough to be ready to spring into action at a moment's notice.

Even if you are . . .

You still need to get your blood flowing and stretch out those muscles ready for training.

I will walk you through my entire total body stretch routine now.

We start at the top and work our way down, so we don't miss anything out.



# WARM UP

---

## TOTAL BODY STRETCH

### Neck

Your neck probably isn't your first thought when you are warming up but it is actually quite important. However we don't twist or roll our head around to stretch out the muscles in our neck, we stay on a single plane and go back and forth.

Left to right. Side to side. Front to back.





# WARM UP

---

## TOTAL BODY STRETCH

**Shoulders** These are the key joint in your upper body, possibly the most complex. So you need to warm them up effectively and take a bit of time to stretch each of the muscles around it.

We start with neutral arms rolling forwards and back. Then we straighten our arms out and do big circles moving your shoulder but keeping your arms straight.

We go forwards and backwards again.

Then we swing them up and down, reaching tall at the top. And finally side to side, spreading your arms right back behind you and then forwards, crossing in front of your body.

Finally we will stretch each shoulder across your body the stretch out all of the connecting muscles to your back like your rhomboids.





# WARM UP

---

## TOTAL BODY STRETCH

### Triceps

As a key component of your push movements it is important to stretch your tris out too. We will do a simple stretch where you point your hand down the centre of your back from your shoulders. Support the stretch with your other hand by holding your elbow and applying a little pressure. Bring your elbows behind your back and get your head high above the bar.



### Chest & Biceps

Although they are mainly used in different movements, we stretch the chest and biceps together. Plant your hand at shoulder height against a wall or pole. Step through with your inside leg and straighten your arm.



# WARM UP

---

## TOTAL BODY STRETCH

### Lats & Obliques

the sides of our trunk are equally as important as our abs and our back. Spread your legs wide but comfortable. Put one hand on your hip, and stretch high with the other. Lean your high hand over your head to point in the other direction aim to get close to 90.

Next pivot your shoulders so that you are looking straight down your arm. Finally stretch your hand down to touch the opposite foot.

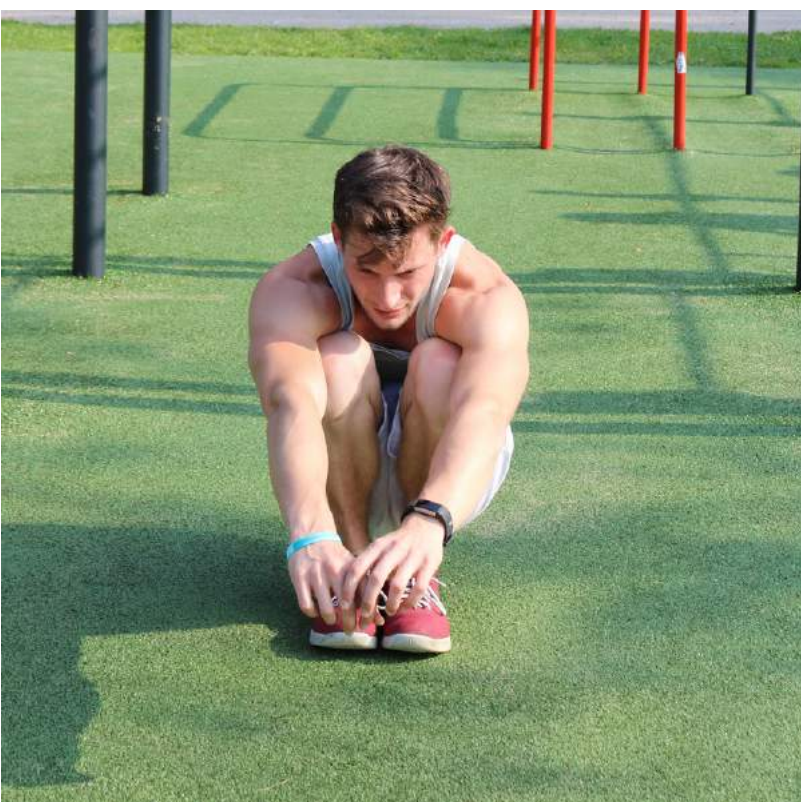


### Back & Hamstrings

with your legs still spread, touch the floor with your hands. Keeping your hands planted, try to bend your arms slightly and lower your head towards the floor.

Bring your feet together and lower your hands from about knee height towards the floor, try to plant your palm onto the floor.

Now bend at your knees and squat down as low as you can on your feet. Plant your palms back onto the floor and stand as high as you can without lifting your palms off the floor.





# WARM UP

---

## TOTAL BODY STRETCH

### Quads & Hips Flexors

Hold on to something for balance and lift your heel up to you bum to stretch out your quads and hip flexors. You will be doing specific legs exercises in most of your workouts. And you will quickly realise the need for stretching them out, when it comes to our core exercises.

Your hip flexors are an important part of your hip and core action and will get worked a lot during this workout so get them stretched nicely.



### Core & Shoulders

Combining a few very simple yoga positions we can very effectively stretch out our shoulders and our core muscles. These are both super important for normal movement and about to get shredded with this workout so dont skip these out.

Put your hands and feet on the ground and straighten your limbs to form a sort of triangle shape. In this position gently try to lower your head to the ground by overextending your shoulders.

Now lower your hips to the ground, and with your arms straight, tilt your head to look up at the sky.





# WARM UP

---

## TOTAL BODY STRETCH

### Wrists

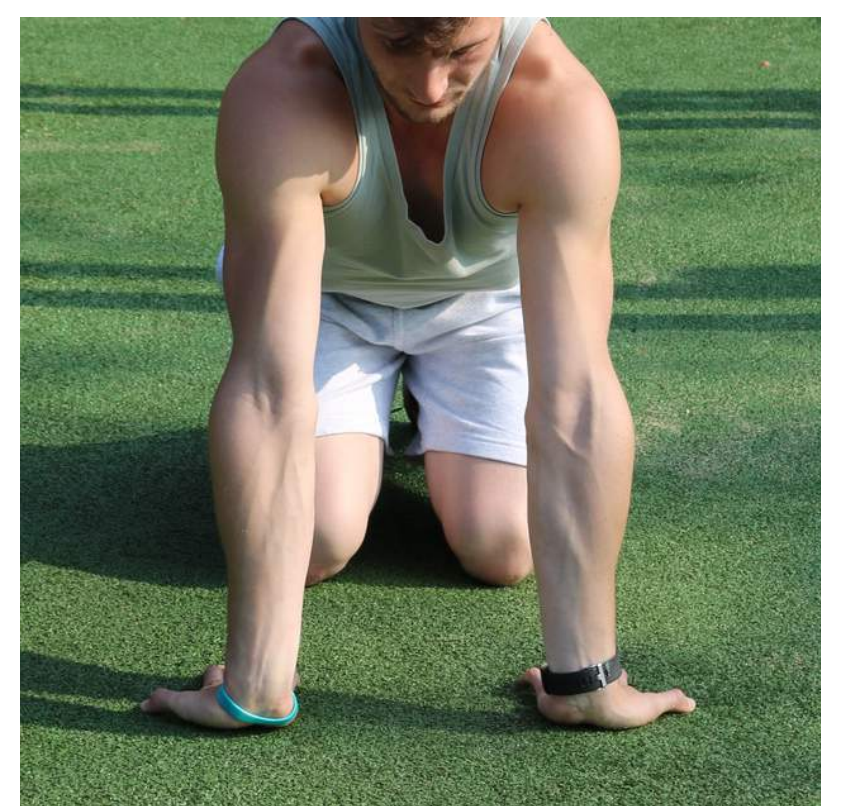
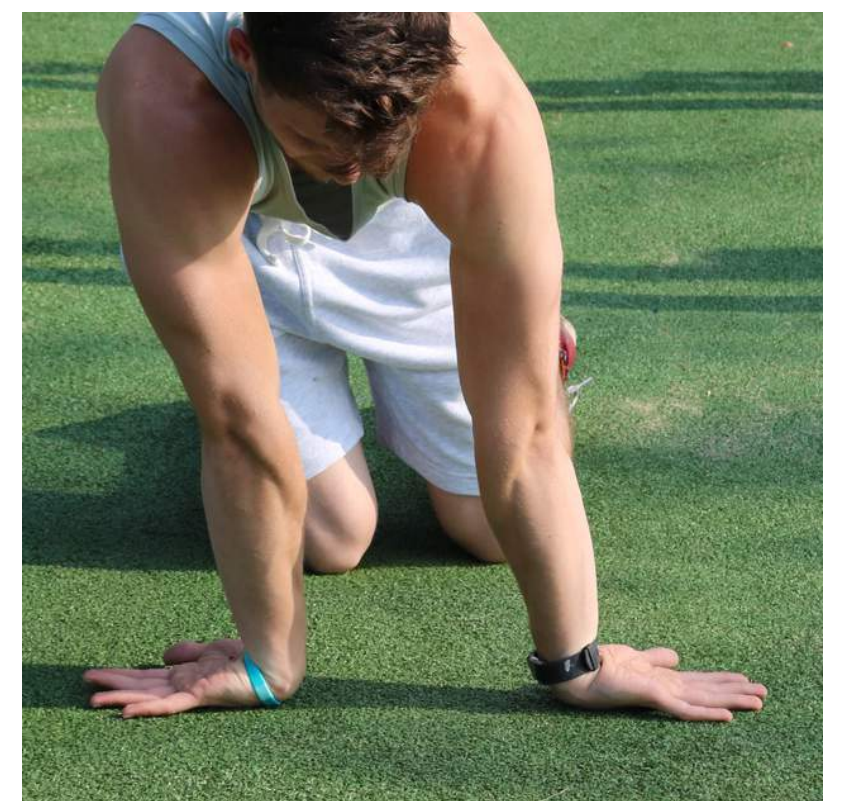
Last we do our wrists, stretching out all of the muscles in our forearms.

Start on your hands and knees, and turn your hands so your fingers point out in either direction. Gently rock back and forth on your hands to slowly stretch out your wrists.

Then turn your hands over so your palms are face up and gently rock back and forth again.

Turn your palms back down and face your fingers into your body and gently lean back to bring your bum towards your heels.

Stand up and give everything a quick shake and you're ready to train.





3

Foundation Workout

---

Foundation Triset





# FOUNDATION TRISET

---

The Foundation Triset is the most commonly used bodyweight set that I train with clients and even myself.

This set is called the Foundation because it will build the base strength and balance for all of your advanced skill training and strength progression.

You will become very familiar with it as you train and it will always be a challenge.

This will become a very powerful training tool for you as you develop. You can switch out the basic variations for more advanced ones, safe in the knowledge that you won't be missing anything out, or letting it lag behind.

Regardless of what variations of the exercises you are doing this set covers all bases and if you follow this template you will continue to progress without hitting a plateau.



# FOUNDATION TRISET

---

## THE EXERCISES

Repeat x 3

Pull - 10 x Pull Ups

Push - 10 x Dips

Core - 10 x Hanging Leg Raises

FOUNDATION TRISET



# FOUNDATION TRISET

---

## PULL UPS

You've seen pull ups before. They are a great strength building exercise that comes with plenty of variations for all levels. They will become your staple Pull exercise and will build super strong shoulders, back and biceps.

They are quite difficult to get initially, but once you can do one, you will fly up to 10 Reps in no time.

1 Start hanging from the bar.



2 Activate your shoulders and pull up high.



# FOUNDATION TRISET

---

## PULL UPS

3

Bring your elbows behind your back and get your head high above the bar.



4

Pause at the top.

5

Lower yourself slowly resisting gravity.



6

Last relax your shoulders to full hang.



# FOUNDATION TRISET

---

## DIPS

Dips are the equivalent push exercise to pull ups. They are a step above push ups because you are totally supported on your arms. There are a few variations of dip, but not as many as other exercises - they just get much harder much quicker.

- 1 Start up on the dipping bars with your arms straight and your shoulders fully extended.



- 2 Slowly lower yourself resisting gravity.



# FOUNDATION TRISET

---

## DIPS

- 3 Try to bring your shoulders down to your hands on the bar.



- 4 Pause at the bottom.



- 5 Push hard back to the top.



- 6 Finish with your arms straight and your shoulders fully extended.



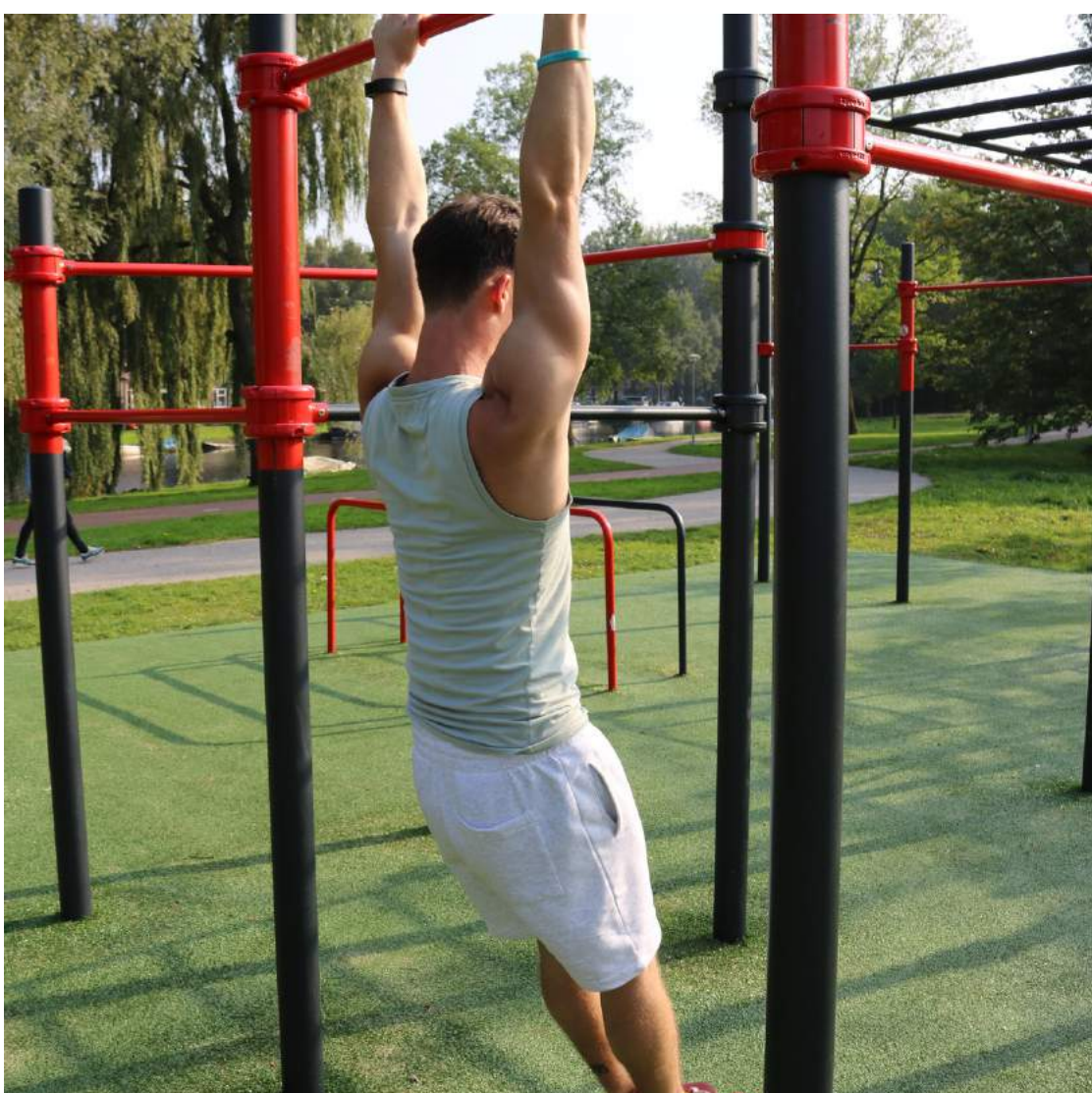
# FOUNDATION TRISET

---

## HANGING LEG RAISES

These are the best bodyweight core exercise in my opinion. They are reasonable difficult so they take a bit of work to get to, but you won't need to do much else once you've mastered them. There are also a few rotational variations you can do when you have developed the required stability and mobility.

1 Start hanging from the bar.



2 Activate your shoulders and point your toes.



# FOUNDATION TRISET

---

## HANGING LEG RAISES

- 3 Raise your legs from your hips, with your legs straight



- 5 Pause at the top.



- 4 Use your core and shoulders to bring your toes right up to the bar.



- 6 Slowly lower your feet back towards the ground and finally relax your shoulders.



4

Foundation Workout

---

Beginner Triset





## BEGINNER TRISET

---

Not everyone can do pull ups. They're difficult. Same goes with dips and leg raises.

So when you first start training, if you are struggling with pull ups and dips, this is where you start, these are the initial progression exercises that will get you started.

You won't grow out of these exercises, you might change where in the workout they go, depending on your goals and level you are training at but you will still do them.

There are also plenty of variations of each of these exercises that you can do to change the dynamic and increase the difficulty of each one.

They will become very useful building blocks for advanced training from skills progressions to finisher circuits there are endless ways that you can use these low level drills in your workouts.



# BEGINNER TRISET

---

## THE EXERCISES

Repeat x 3

Pull - 10 x Inverted Rows

Push - 10 x Push Ups

Core - 10 x Tuck Raises

BEGINNER TRISET



# BEGINNER TRISET

---

## INVERTED ROWS

Rows are the beginner progression to pull ups and are a great way to learn the dynamic variations of pull ups. You can use them to train archers and even one arm pulls!

Although it may seem a little easy at first, after a set or two you will really feel it. The more you focus on your technique, just like push ups, the more you will get out of it.

1

Start with a low dipping bar and hang underneath in an upside down push up position.



2

Pull hard up to the bar, bringing it right into your chest.



# BEGINNER TRISET

---

## INVERTED ROWS

3

Pause at the top, with your elbows behind you.



4

Bring yourself back down slightly slower, so you can feel it working your body the whole time.



5

Last relax your shoulders to finish in a full dead hang.





# BEGINNER TRISET

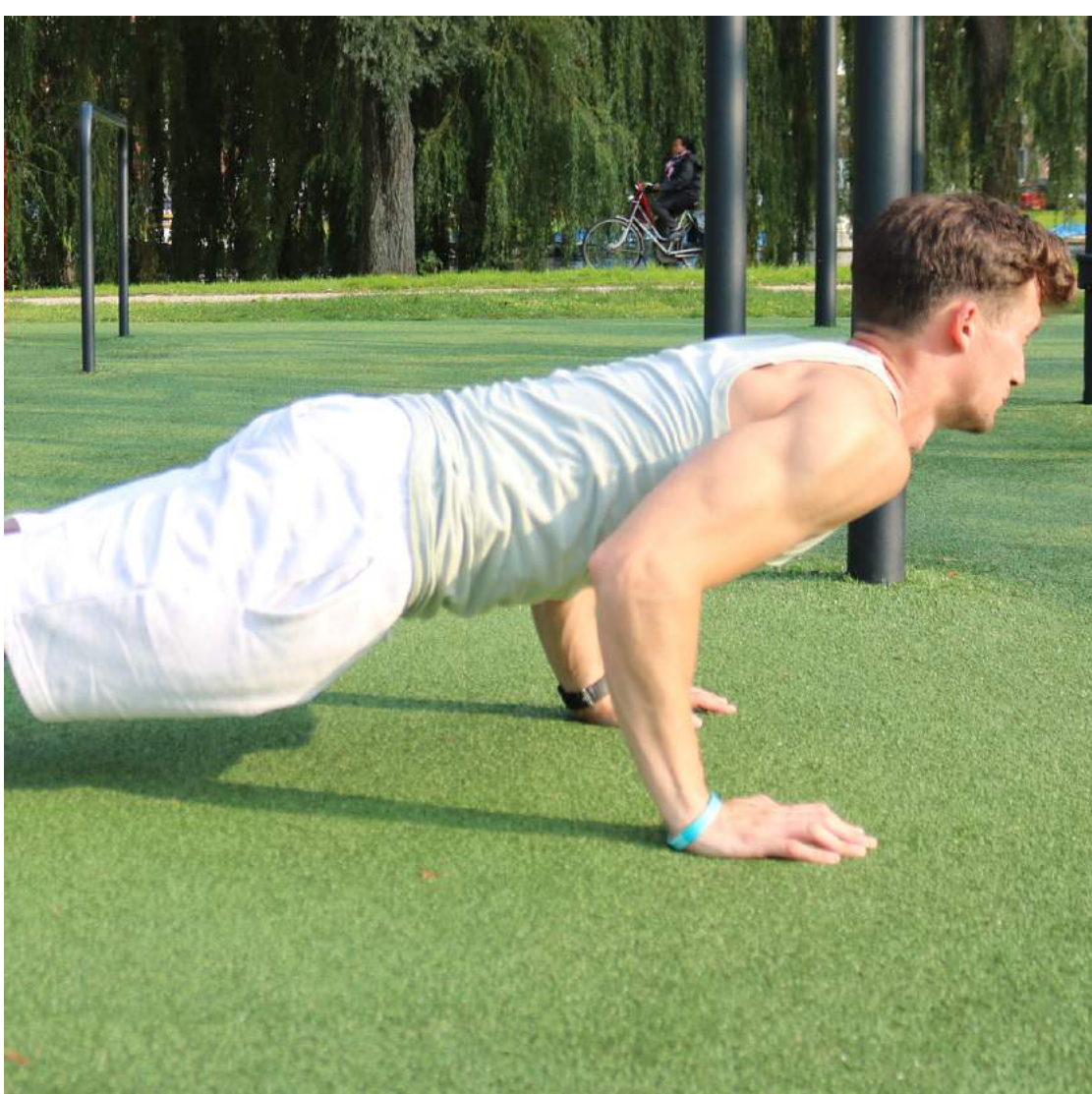
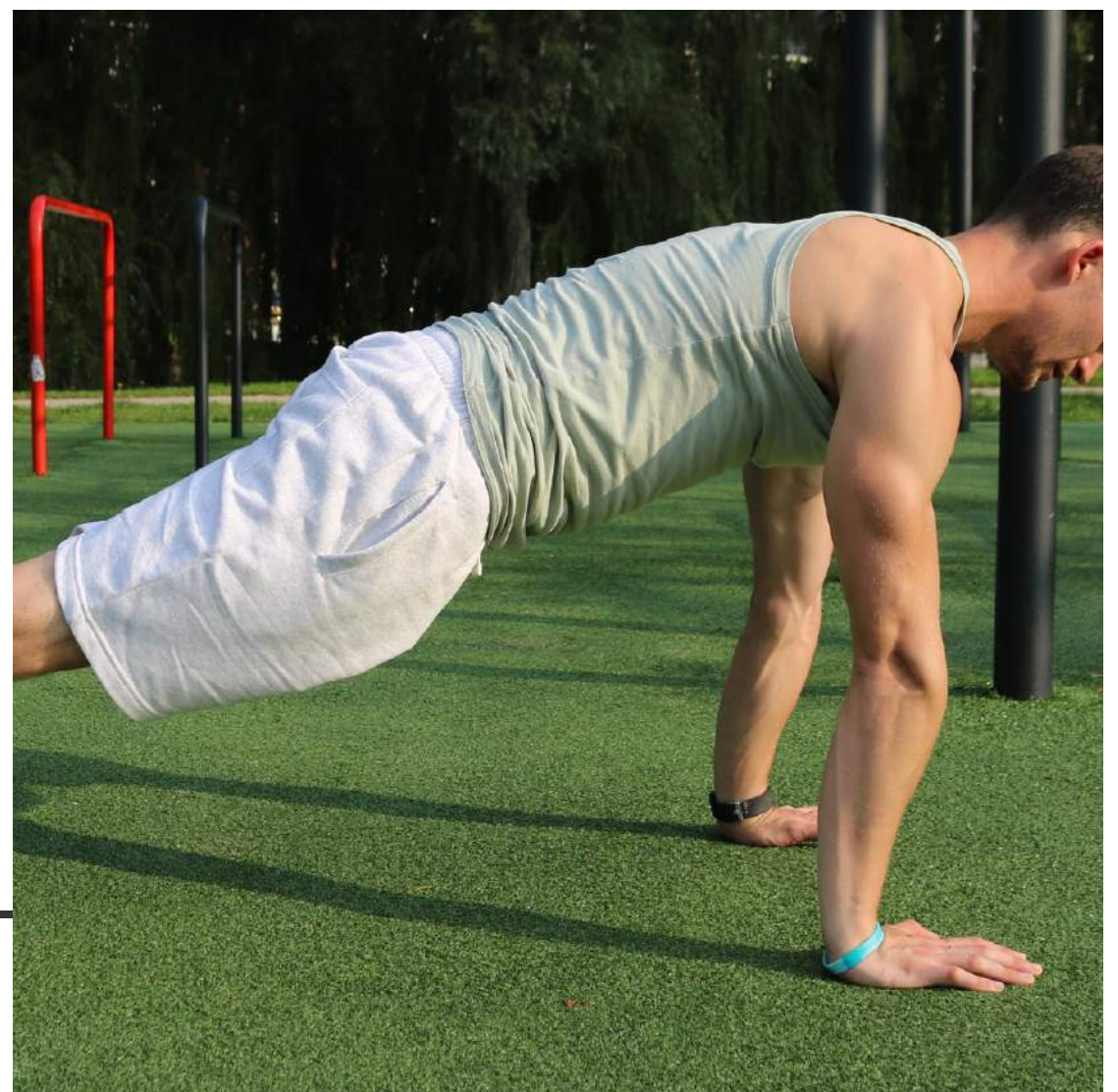
---

## PUSH UPS

Everyone knows the humble old push up. They are a great way to build muscle and tone in a countless amount of variations, so you can never get too good for them.

For the Beginner Triset we just do regular or Neutral Grip push ups. Feel free to mix it up with something more advanced if you think you can hack it!

- 1 Get on the floor with your hands shoulder width apart.



- 2 Keeping your core tight, lower yourself all the way to the ground keeping your elbows in close to your sides.

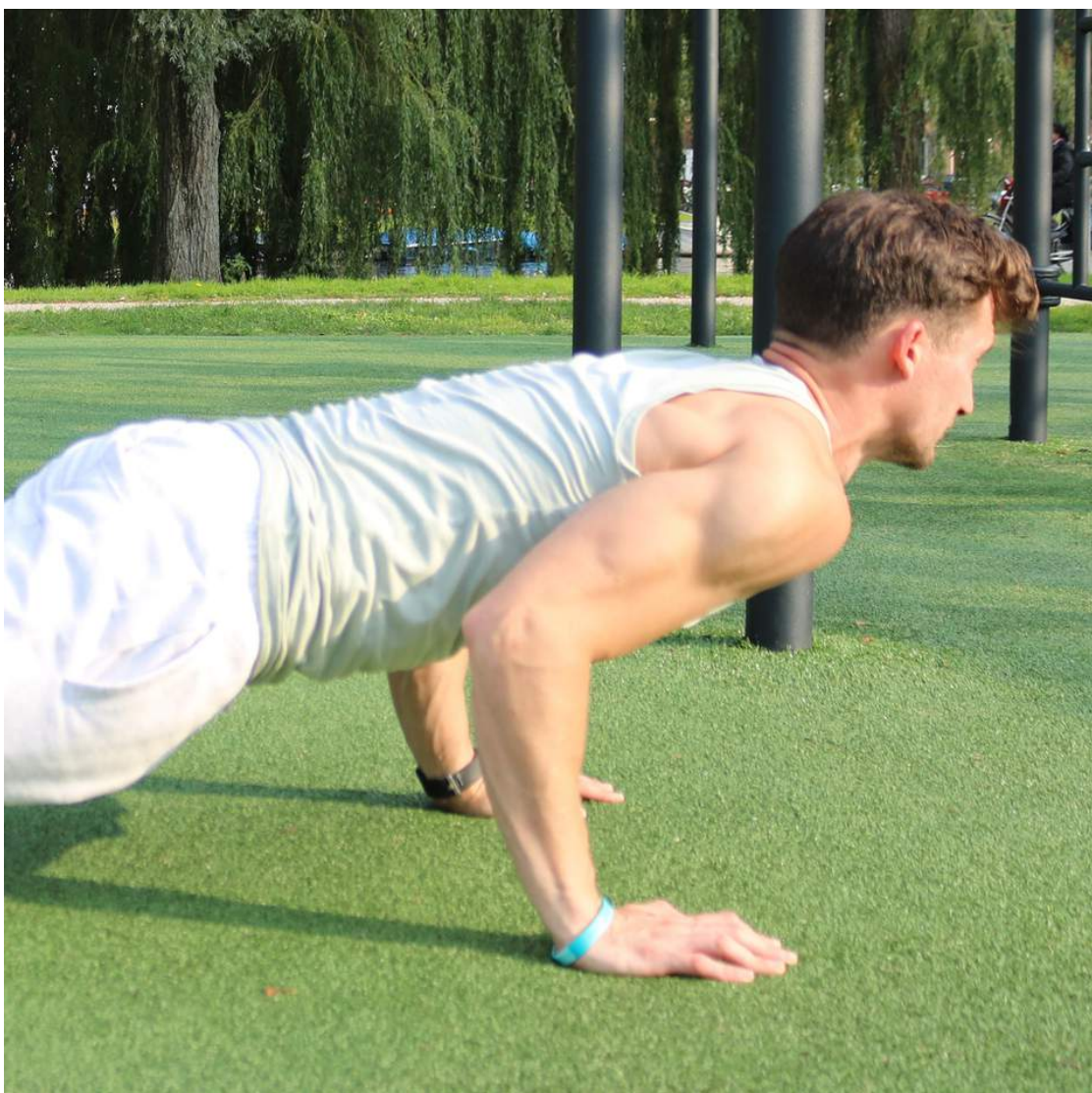
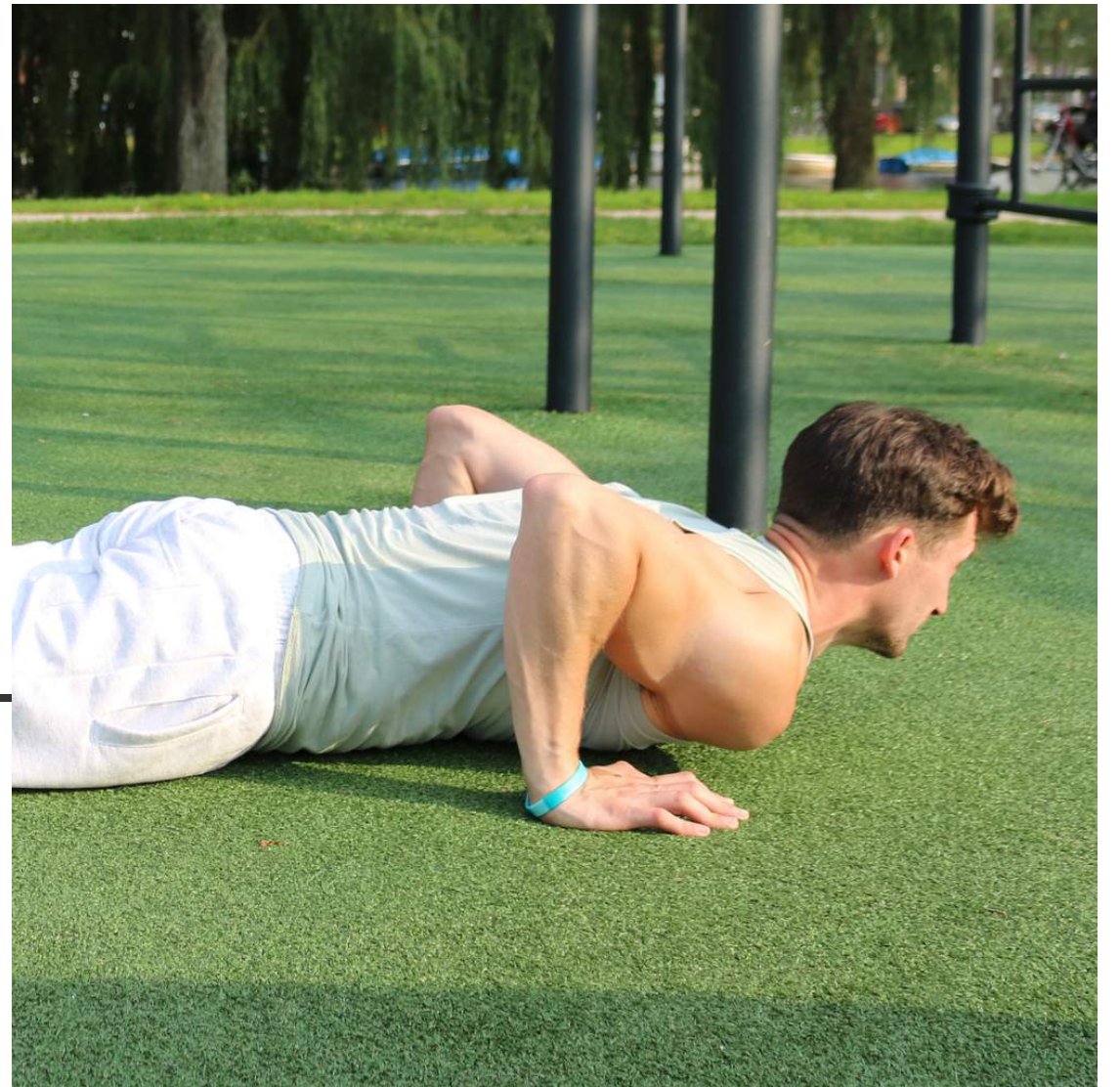


# BEGINNER TRISET

---

## PUSH UPS

3 Pause at the bottom.



4 Push away hard breathing out as you do.



5 Finish with your arms and shoulders fully extended.



# BEGINNER TRISET

---

## TUCK RAISES

Tuck raises are a great core exercise that will build super strength in your shoulders and wrists too. They are level 1 of hanging leg raises and will become the focus of your core training to build your whole trunk.

1 Start hanging from the bar.



2 Activate your shoulders and bring your knees into your chest.



# BEGINNER TRISET

---

## TUCK RAISES

3

Pause at the top. Tapping the bar with your feet if possible.

---



4

Lower your feet towards the ground slowly to minimize swing.



5

Last relax your shoulders and return to full dead hang.

---



5

## Foundation Workout

---

Legs & Isometrics





## LEGS & ISOMETRICS

---

I have included these two together because they are both super important and also both missing from these two Trisets.

We all no the classic Legs Day memes and I am sure you have all seen top heavy guys with a massive upper body and tiny stick legs underneath.

It isn't just to save embarrassment that you should train your legs though, they are the pillars on which you stand - literally!

A lot of people miss out the Legs part of bodyweight exercise, or any gym training at all, but with bodyweight training there doesn't seem to be a lot you can do past a basic squat and a lunge.

As for Isometrics (Hold Exercises), there are an infinite number of hold exercises and variations to try out. Which quickly becomes a problem in itself.

I am going to take you through 2 simple exercises you can try in between these Triset, one for Legs, one for Isometrics, that will get you started and get you BIG results.



# LEGS & ISOMETRICS

---

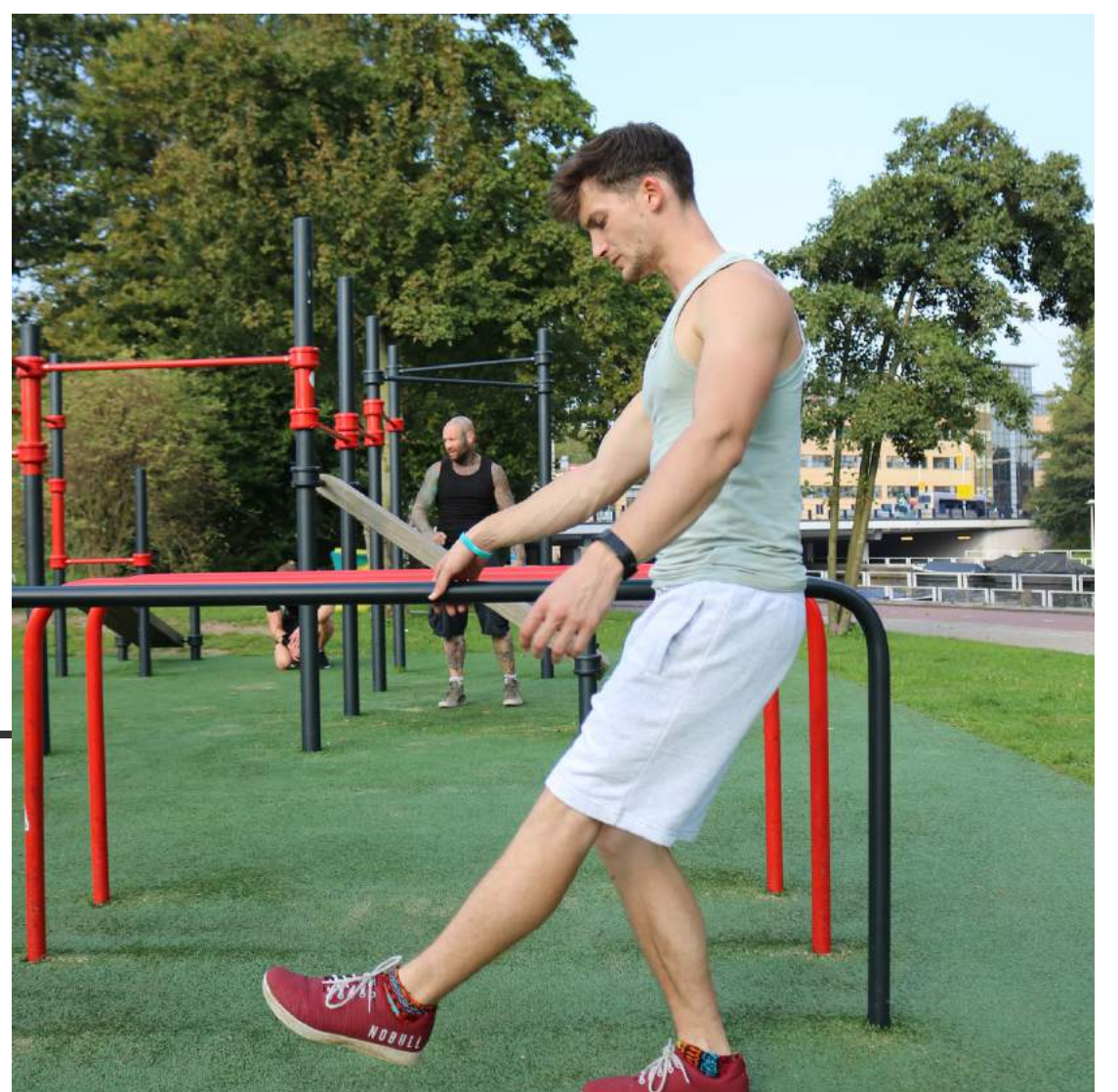
## PISTOL SQUATS (ASSISTED)

Pistol Squats are single leg squats. I do NOT recommend you dive straight into them because they require a lot of mobility and specific instruction for them to be executed effectively - plus you need pretty strong legs!

Instead we will be doing a great progression exercise that will build up to the free standing pistol squats - The Assisted Pistol Squat.

1

Hold onto something solid and lift your outside leg slightly off the floor.



2

Slowly lower yourself down towards the floor using your arm for support.





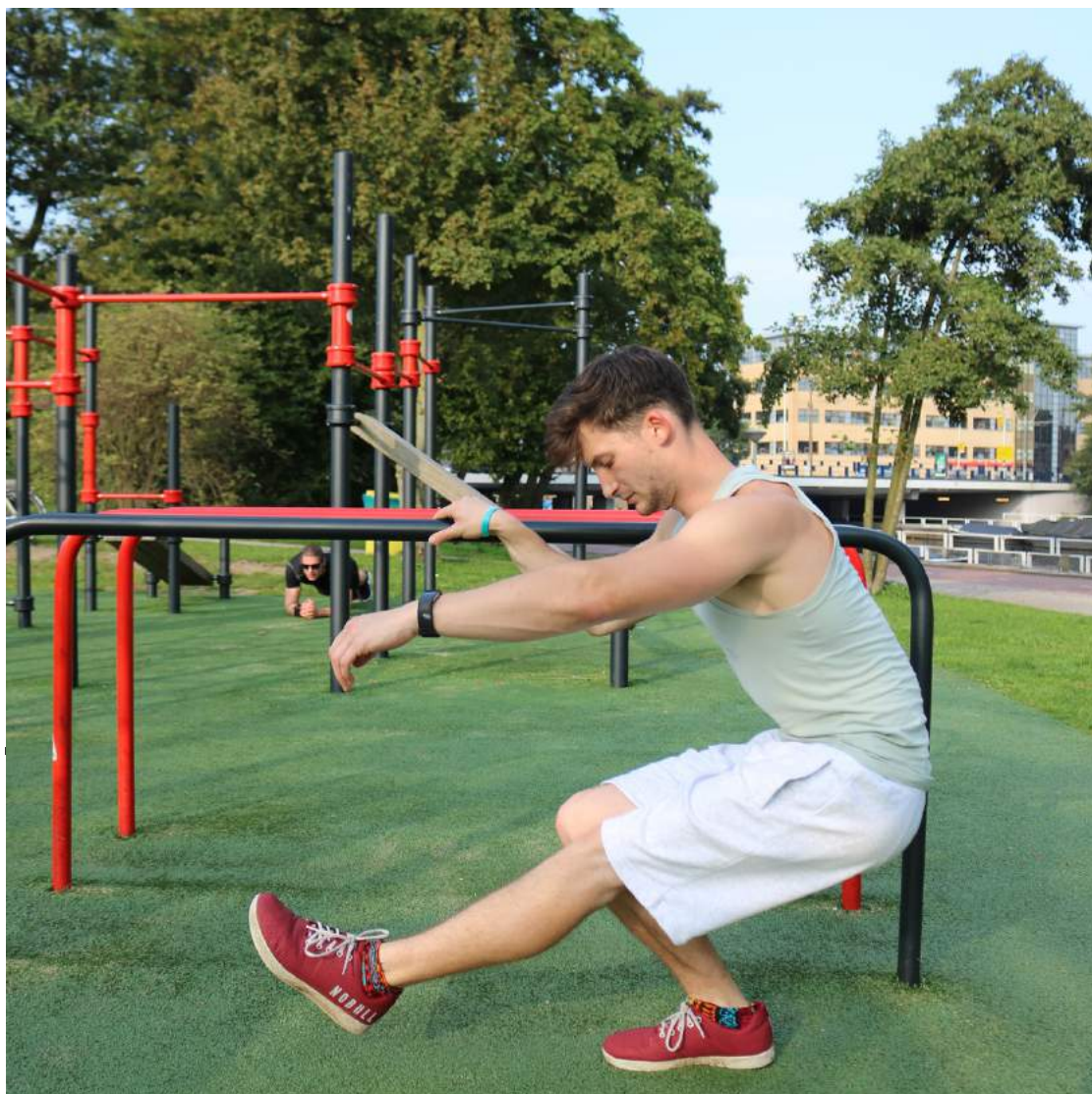
# LEGS & ISOMETRICS

---

## PISTOL SQUATS (ASSISTED)

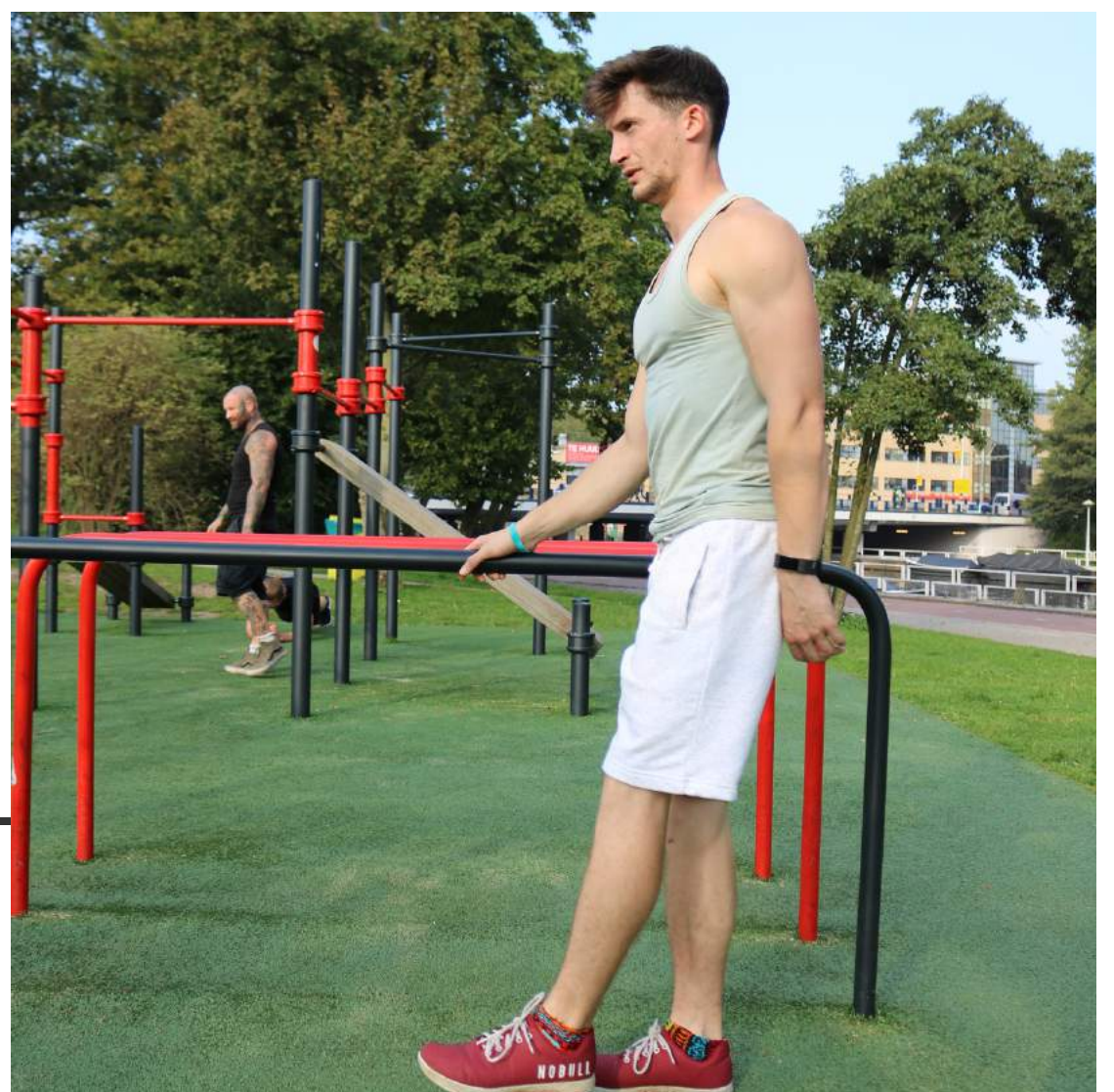
3

Pause at the bottom - but don't sit down!



4

Using your arm for assistance, push hard off the ground.



5

Finish standing up straight on one leg as you started.



# LEGS & ISOMETRICS

---

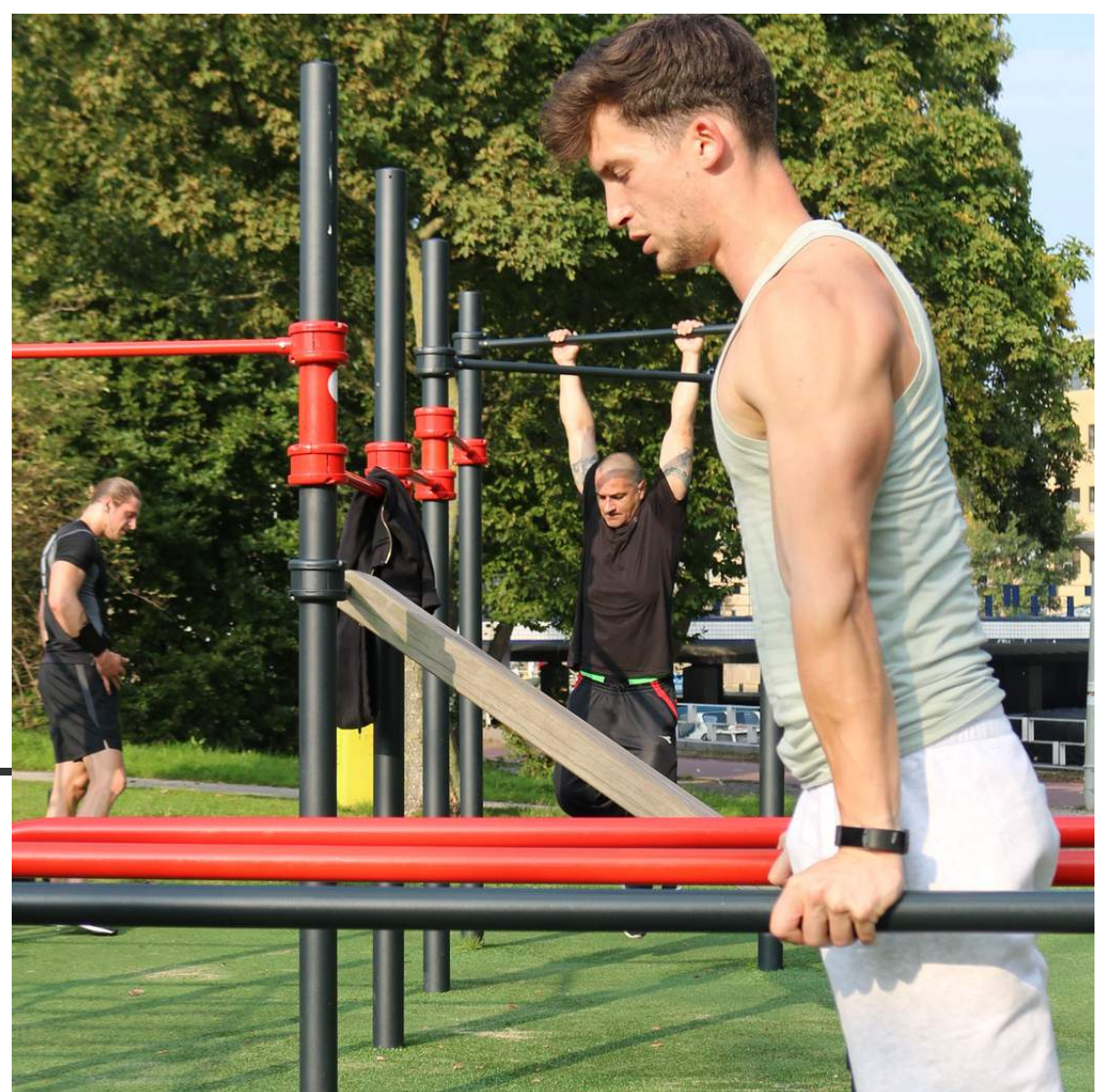
## L-SIT

L-Sits are a well known gymnastics skill (actually called a Half Lever). You can do them both hanging from the bar, or supported on the floor or dipping bars.

They are a powerful exercise that requires a lot of shoulder mobility and strength, not to mention your core and hip flexors.

They will build help build massive strength across your body and will help you to improve Leg Raises and unlock a load of new exercises in the coming weeks.

- 1 Start supported on the bar with your arms locked straight.



- 2 Activate your shoulders and lift your legs up to 90 degrees





# LEGS & ISOMETRICS

---

## L-SIT

3

Point your toes and hold position - remembering to breathe!



4

Slowly lower your feet down when you cant hold anymore, maintaining good posture



5

The L-Sit can also be done Hanging rather than in Support.





6

Foundation Workout

---

Moving Forward





## MOVING FORWARD

---

Moving beyond this workout we can start handstands, muscle ups, levers, flags and the planche.

But it all begins with mastery of these 6 exercises. It won't take you long to get to this point, just a bit of hard work and consistency.

As I have already said, the Foundation Workout is really just the start of your journey to Bodyweight Athlete.

There is much more to your training, and there are many more exercises to unlock as you develop.

The beauty of Bodyweight Training is that it doesn't have to conform to the usual Reps & Sets style of training that you think of when you go to the gym.

Yes, this workout is like that, but it is a strength workout and it is tailored to suit that need - so cut me some slack.



# MOVING FORWARD

## VARIATIONS

Using this workout as a template you can swap out any exercise that fits in the same movement pattern.

Variations range from very Simple variations, to Complex variations to Technical variations.

Instead of Dips you could do Single Bar Dips, or Russian Dips or Korean Typewriter Dips!

### Simple Variations

Simple variations Like Single Bar dips use the same basic movement with a slight Grip change or something similar.



### Complex Variations

Complex Variations increase the range of motion often by adding a whole other movement to the rep Russian Dips are a great example of this with the extension along the bar.



### Technical Variations

Technical Variations are similar to complex variations but they require technical ability in strength and skill to tackle. With Korean Typewriters you are the wrong side of the bar AND you are moving along the bar rather than Up & Down.





# MOVING FORWARD

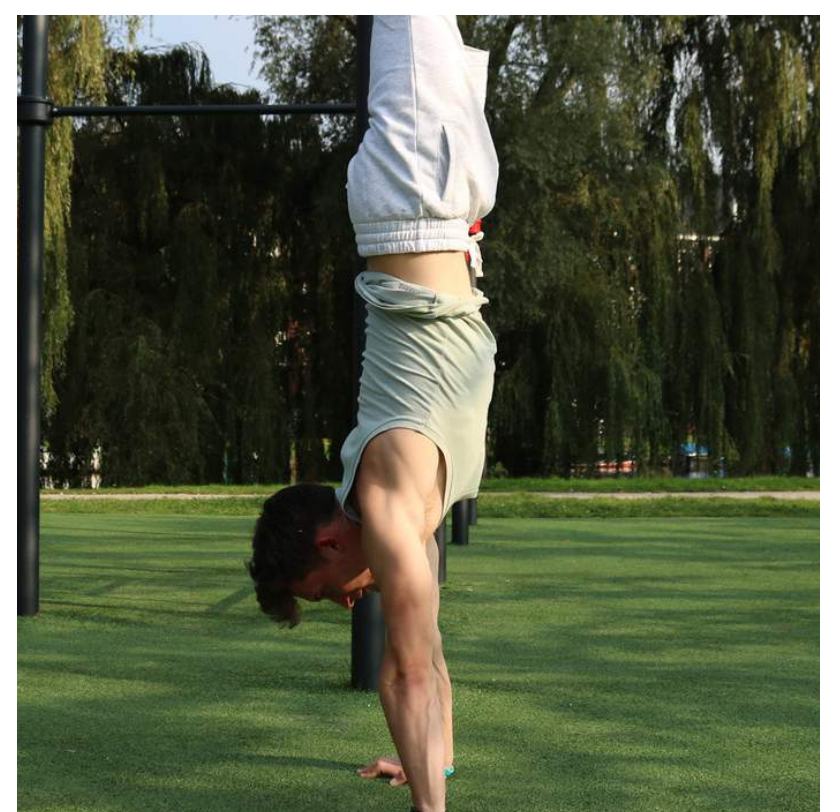
---

## SKILLS

Skills are different to variations. Variations are ways of changing an exercise, whereas skills are totally different. Skills are usually very advanced exercises and often take a lot of training. They aren't all super scary though, simple things like a Crowstand or a Handstand are examples of Skills.

### Isometric Skills

Skills are often Isometric holds, you maintain a position for time. or move within an isometric hold. They can get very advanced very quickly because there is a relatively high barrier to entry for a lot of them.



### Skill Progressions

A lot of skills take specific training for that skill, if you aren't putting the right work in, you won't achieve it. But if you follow the progressions, you will get there.



### Skill Variations

Once you achieve a skill, like a front lever or a handstand, you unlock a new set of exercise variations and skills that will take you up to the next level!





# MOVING FORWARD

---

If you want to start working towards more advanced skills, I recommend starting with L-Sit and handstand as they are both low level isometric skills and great tools in your training arsenal.

I have a page on handstand training, you can check that out [here](#).

But the real result comes from a dedicated and complete program that covers all bases from strength progressions to skills and beyond.



# MOVING FORWARD

---

## 12 WEEK BODYWEIGHT MASTERY PROGRAM

The problem with just running wild with this one workout template is that it is very limiting in its own way.

It doesn't cover skill progressions, it doesn't allow for specific training of certain exercises.

It also doesn't have the space to fill in with other training methods because you wouldn't have time to do it all, and if you did you would be knackered!

You need time to actually train and time to develop to be able to really master bodyweight exercise. But, that leaves a lot of people (including me) overwhelmed with choice and without the right guidance you will struggle to get the results you want.

That is why I created my signature 12 Week Bodyweight Mastery Program.

It is a complete training program that does everything this single workout can't.

It covers all manner of exercises and training methods, split into 2 week cycles, that will push you to your limits and progress further than you can imagine.

We don't just do Pulls and Dips, we will work in Cardio, Strength, Skill and Mobility training to get you Looking Great, Feeling Great and Performing at your Peak.

Dont settle for anything less than Mastery with the More Than Lifting 12 Week Program that will transform you into a bodyweight athlete in 3 short months.

My signature program is available as a one time purchase with the option to upgrade to include personal coaching for me if you want to take it to the next level.

Full details of the bodyweight mastery program can be found [here](#).

MoreThanLifting 12 Week Bodyweight Mastery Program