

MAAD SKILLS

WORKBOOK

25

**WHOLE BODY
WORKOUTS**

BEN MUSHOLT



Mad Skills Workbook

25 Whole Body Workouts

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Becoming stronger and more athletic shouldn't be boring. It also shouldn't cost a major chunk of your paycheck.

I published the *Mad Skills Exercise Encyclopedia* in 2013 to provide readers with a crazy amount of exercise that could be done at home or in a garage gym. Low tech, low cost, and doable with a minimal set of equipment—those were the requirements for the 700+ movements that were included in the book. In 2016, Ryan Ford and I followed up on that theme with *Parkour Strength Training*. Instead of exercising at home or in the garage, we took readers to the urban environment and city parks beyond their front doors.

In this ebook, I've combined two bonus chapters from *Mad Skills* into a single resource for 25 whole body workouts. They encompass a few of my favorite ways to condition my body, and I think you'll like them too. From calisthenics to kettlebells, and barbell lifts to gymnastics strength, these workouts cover a spectrum of physical activity. Not all of the suggested challenges are advisable for beginners. Use them as a jumping off point for the *type* of training you could be doing, but don't feel obliged to follow along too strictly.

Quality trumps quantity. If you feel like you aren't able to perform a movement as demonstrated, scale back to an easier exercise. Speak with a coach about how you could improve your form. Don't hurt yourself trying to complete the exact number of sets or repetitions. Strength and conditioning is meant to prepare you for action, not beat you down.

I hope you have fun and find these workouts helpful. For a deeper look, pick up a copy of *Mad Skills* or *Parkour Strength Training*. Thousands of copies have been sold, and you can find all of our great reviews on Amazon.com.

A 2nd edition of *Mad Skills* is coming out in 2017, but for a limited time you can [download a PDF of the 322-page 1st edition for only \\$19.95](#).

Enjoy,
Ben

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10 Bodyweight Workouts

You asked for them, so here they are: 10 bodyweight workouts derived from Mad Skills. These workouts can be done without the need for a gym. No dumbbells, no barbells, no kettlebells, nada — just you and your bodyweight as resistance.

You'll see that the workouts highlight the basic circuit structure as advocated in chapter 14. Some workouts place an emphasis on quality while others emphasize intensity. No matter what, push yourself to perform the best that you can. Limited effort yields limited results.

As always, it pays to warm-up for 5 to 10 minutes before jumping into the meat and potatoes of the workout. Remember, do enough warm-up activity that everything from your upper body, midsection, and lower body is prepared for action.

Personally, I'm a fan of first doing some whole body activity like jumping jacks, jump rope, or even a light jog for 5 minutes before selecting more specific warm-up movements. If the workout calls for intense leg action, choose another few warm-up skills that further prepare those limbs for activity. Ditto that for an upper body heavy workout. Refer to the first chapter of Mad Skills for a reminder about warm-up skills.

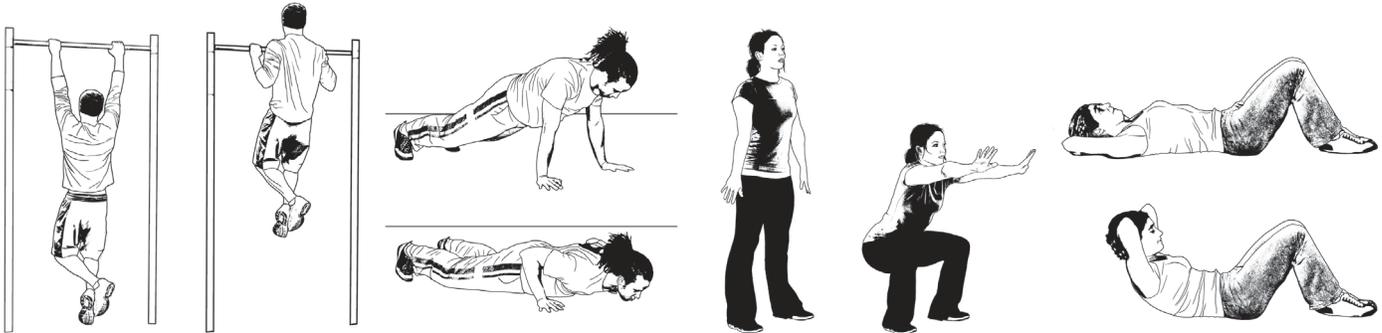
Use these 10 workouts to give you an idea of how to create your own bodyweight circuits. By just changing a few elements within each workout you can yield dozens of other unique sessions. Add a twist here, limit your support to one limb instead of two — you get the idea.

Bodyweight workouts are a great resource for building functional athletic strength. Plus, they can be done basically anywhere.

Get out there and start cranking those reps!

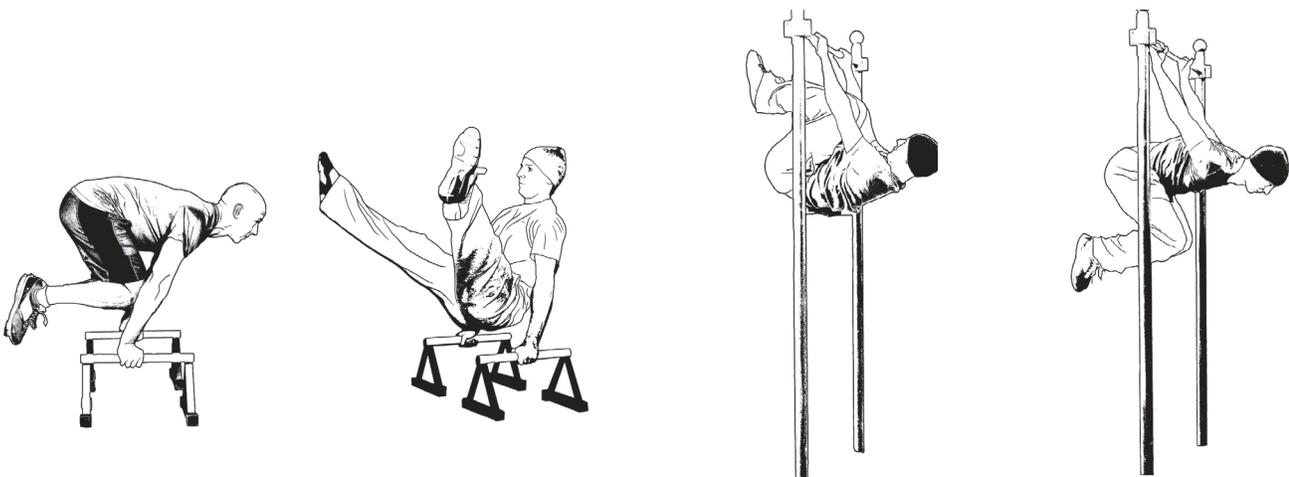
1. Basic Calisthenics Progression (As Fast As Possible)

- For this workout you are going to do 4 different movements: pull-ups, push-ups, air squats, and crunches.
- The goal is to do 50 pull-ups, 75 push-ups, 100 air squats, and 150 crunches in as little time as possible.
- Don't worry about doing the prescribed number of reps for each exercise, before moving onto the next one. Mix up the order as much as needed. Just get them all done!



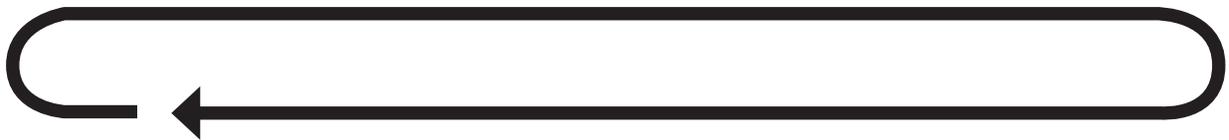
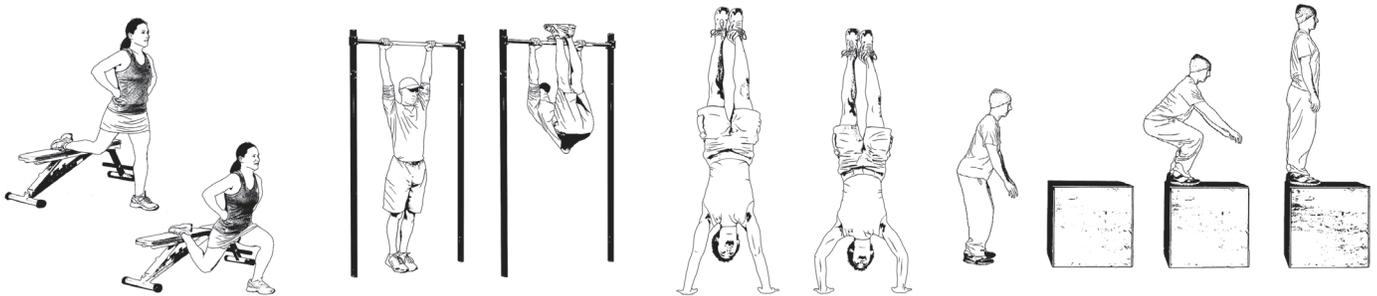
2. Favorite Gymnastics Strength Circuit

- This 4-exercise circuit with parallettes and a high bar will be your new favorite upper-body strength builder.
- Rotate at least 4 times through these 4 exercises: tuck planche, parallette straddle V-sit, front lever, back lever.
- Hold each position for max time, with a goal of at least 6 seconds, before moving onto the next movement. Give yourself 90 to 120 seconds of rest before performing the next movement.



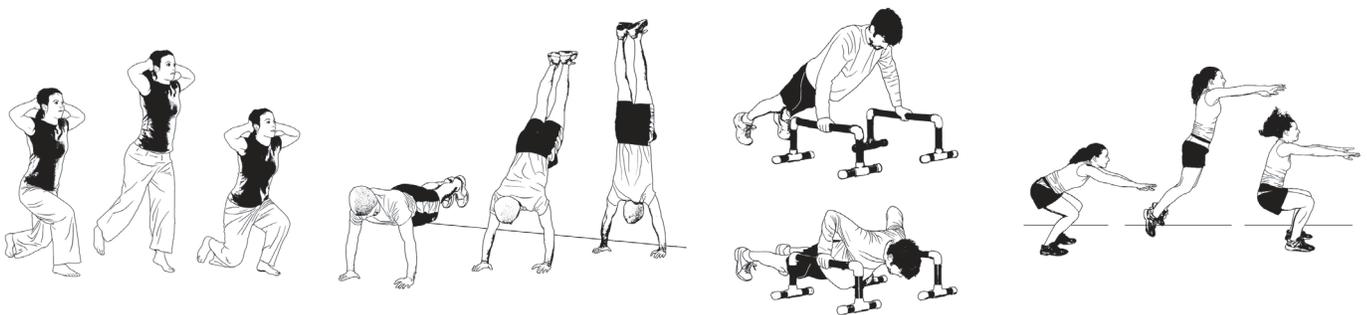
3. Basic 4 x 3 Bodyweight Circuit

- Rotate 3 times through these 4 exercises: Bulgarian split squats, toes-to-bar, handstand push-ups, box jumps.
- The prescribed reps for each exercise are as follows: 8 Bulgarian split squats (per leg), 10 toes-to-bar, 5 handstand push-ups, 10 box jumps.
- If handstand push-ups are out of your grasp, substitute them with pike or jackknife push-ups.



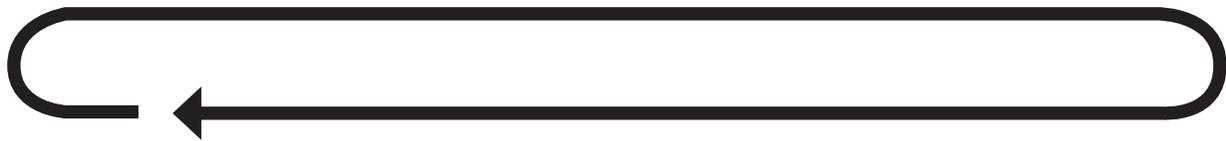
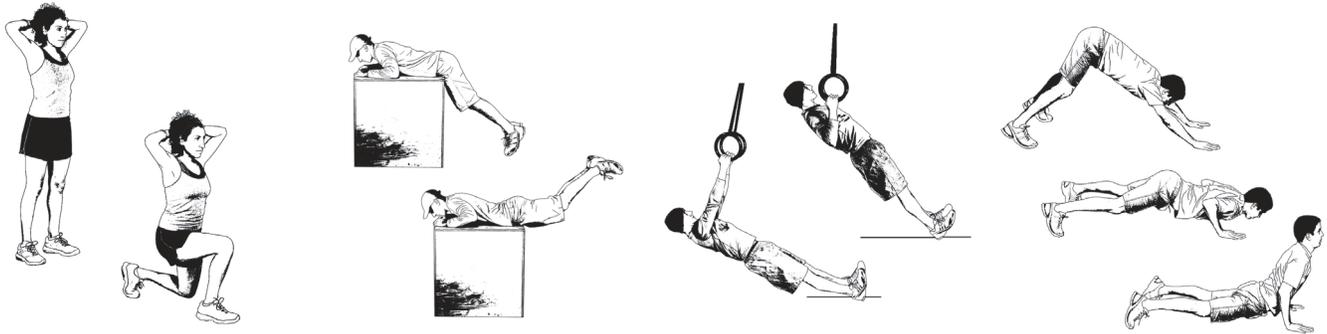
4. Basic 4 x 4 Bodyweight Circuit

- Rotate 4 times through these 4 exercises: split jumps, cast wall walks, parallette push-ups, broad jumps.
- The prescribed reps for each exercise are as follows: 20 split jumps, 5 cast wall walks, 10 parallette pushups, 6 broad jumps.



5. 12 minute AMRAP

- Here is the basic circuit structure: 20 prisoner lunges (10 per leg), 12 reverse hypes, 12 ring rows, 10 dive bomber push-ups.
- Set a timer for 12 minutes and cycle through the prescribed number of exercises, for as many rounds as possible (AMRAP).



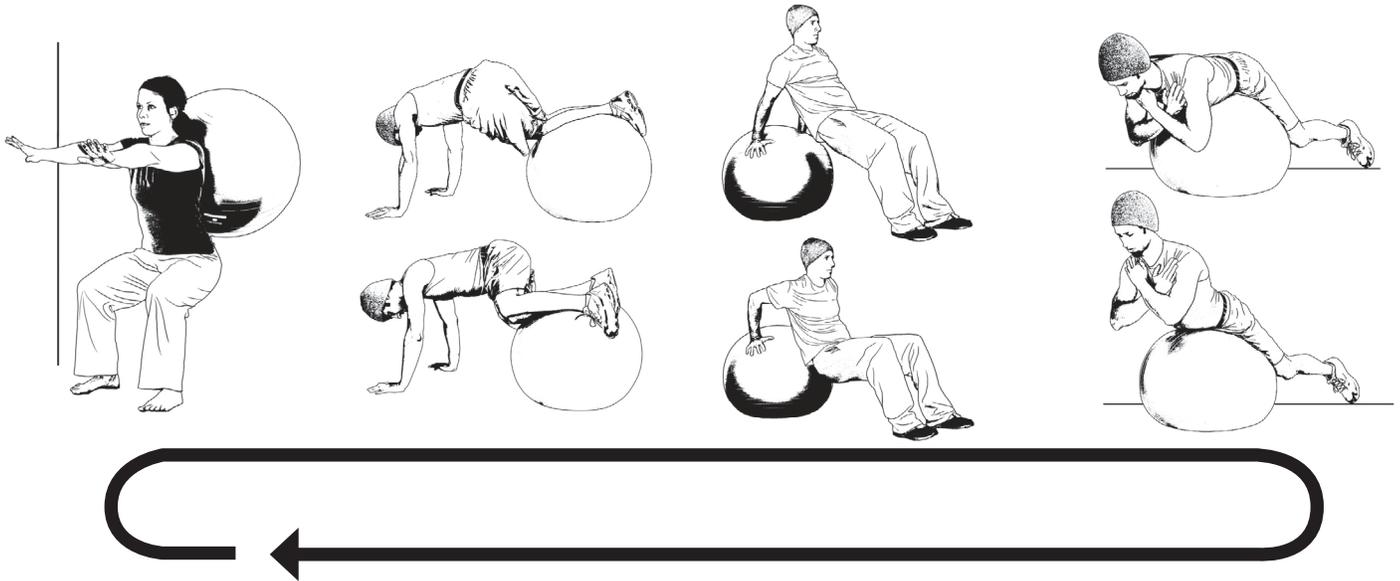
6. 3 x 5 Park or Playground Workout

- This is a workout that you can do at a park or playground.
- You'll rotate 5 times through these 3 exercises: wall dips, crouched single leg squats, "L" pull-ups.
- Here is the prescribed number of reps: 8 wall dips, 6 crouched single leg squats (per leg), 8 "L" pull-ups.
- If there isn't a wall available, use the high bar to perform single bar dips instead.



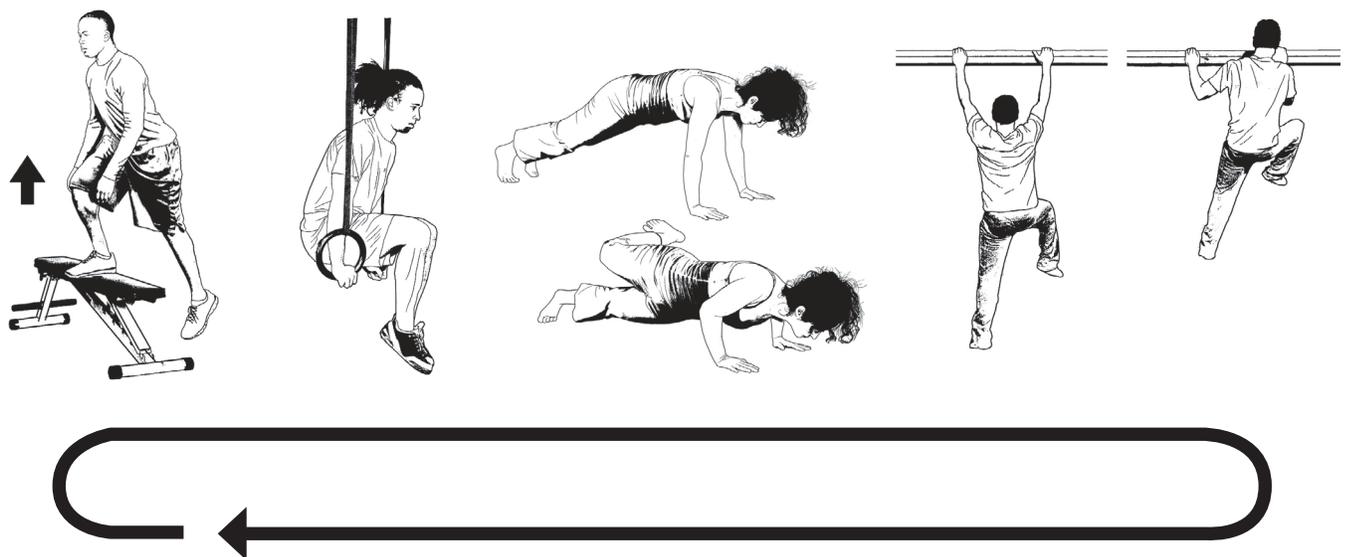
7. Stability Ball Banger

- Here is a fun bodyweight workout that you can do with a stability ball.
- Use a 4 x 4 circuit structure for these movements: wall squats, skiers, dips, and reverse back extension.
- The prescribed reps for each movement are: 10 wall squats, 20 skiers, 10 dips, and 12 back extensions.



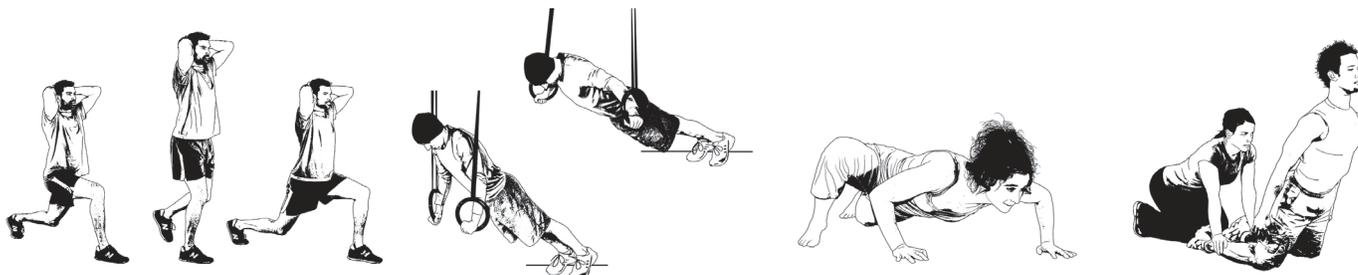
8. Basic 4 x 4 Bodyweight Circuit (version 2)

- Rotate 4 times through these 4 exercises: step-ups, ring tuck hold, scorpion push-ups, spiderman pull-ups.
- Here are the prescribed number of reps: 10 step-ups (per leg), 30-seconds tuck hold, 12 scorpion push-ups, 12 spiderman pull-ups.



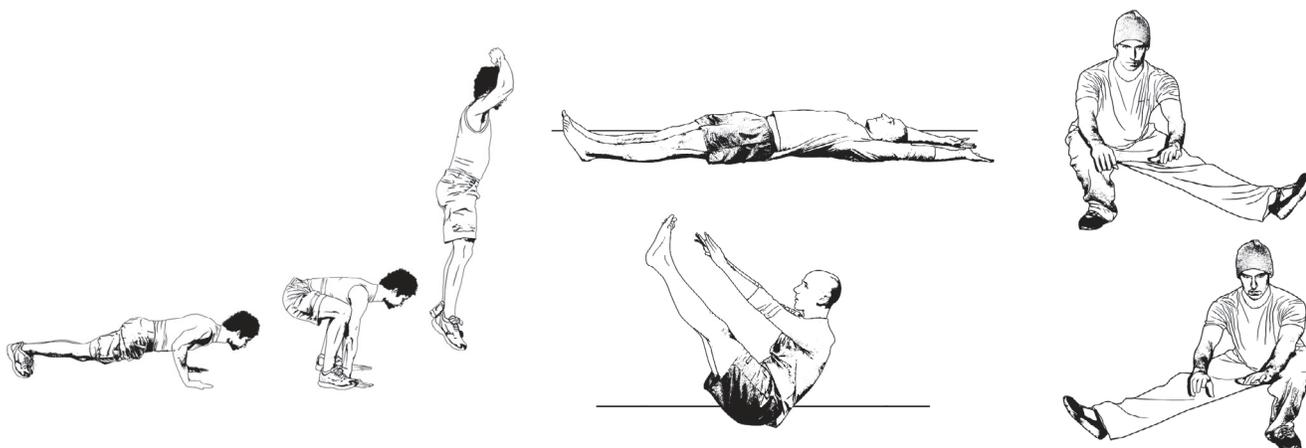
9. Clear the floor: 4 x 5 Circuit!

- Rotate 5 times through these 4 movements: walking lunges, ring chest fly, alligator crawl, partner hamstring curls.
- Do 10 ring chest flies and 6 partner hamstring curls on each set.
- Do walking lunges for 75-feet and alligator crawls for 30-feet on each set.



10. Wicked 10-minute AMRAP

- Rotate through the prescribed number of repetitions for the 3 exercises, over 10 minutes.
- Try to perform as many rounds as possible in 10 minutes (AMRAP).
- The exercises are: burpees, V-ups, cossack squats.
- The prescribed reps are: 10 burpees, 15 V-ups, 20 cossack squats.



15 Freeweight Workouts

What did you think of the 10 body-weight workouts that were introduced in the other section? Get a nice little burn going on? It's time to up the ante and start lifting weight with barbells, dumbbells, and kettlebells.

The 15 workouts in this section follow the workout design advocated in the last chapter of Mad Skills, using one or two main compound movements and then another few supplemental exercises.

You'll quickly spot that the barbell makes an appearance in practically everyone of these workouts. The barbell is your friend. Embrace it and watch yourself get stronger.

Remember that at the introduction of the book I said that I wasn't going to prescribe a set amount of weight to lift? I'm sticking to my guns with that one. Don't be upset — if you follow my advice in Chapter 14 you'll still get an effective workout.

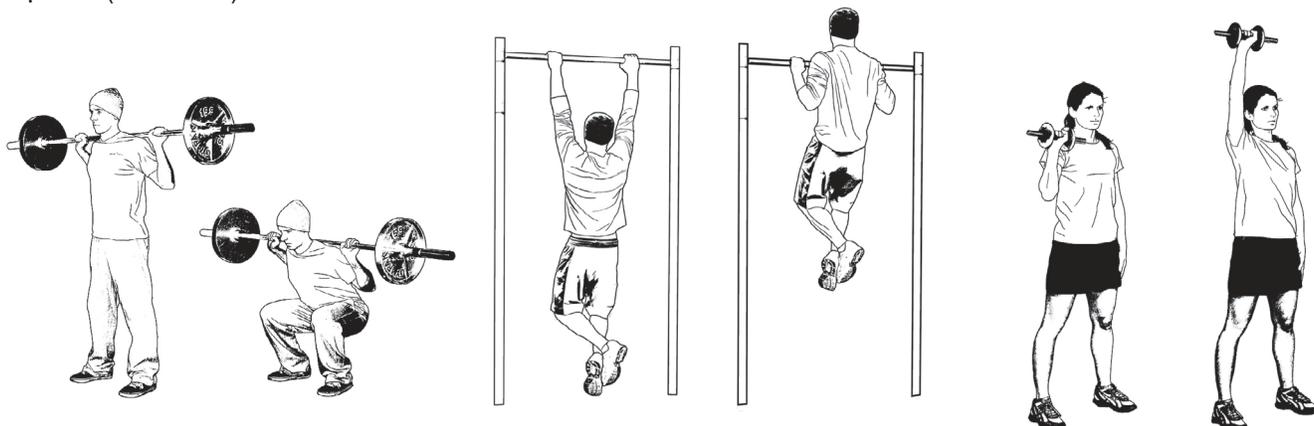
In case you need a reminder, here's the basic rule: Lift enough weight for the prescribed repetitions that if you tried to do a few more, you would burn out and probably lose form. I'm asking you to listen to your body and tread a personal path: Push yourself, but stop before getting hurt. Is that how a coach would program your strength training to prepare you for a weight-lifting competition? Obviously not. Will you still get stronger and improve your body's readiness for other movement skills. Yes, and that, after all, is what we are pursuing.

Before jumping into the workouts, also remember to spend 5 to 10 minutes warming up before the circuit. Use a few movements from chapter 1 and also try a few lightweight reps of the main compound lifts to prepare your joints with a review of proper mechanics.

One last thing: If you're itching to "cool-down" a bit after the workout, I'm a big fan of cranking out some basic calisthenics as a finisher to the routine. My favorite finisher is to do 50 push-ups (use variety) and 100 reps of a core strengthening skill (crunch, sit-ups, or planks for time). Refer back to chapters 7 and 9 for different variations to try out.

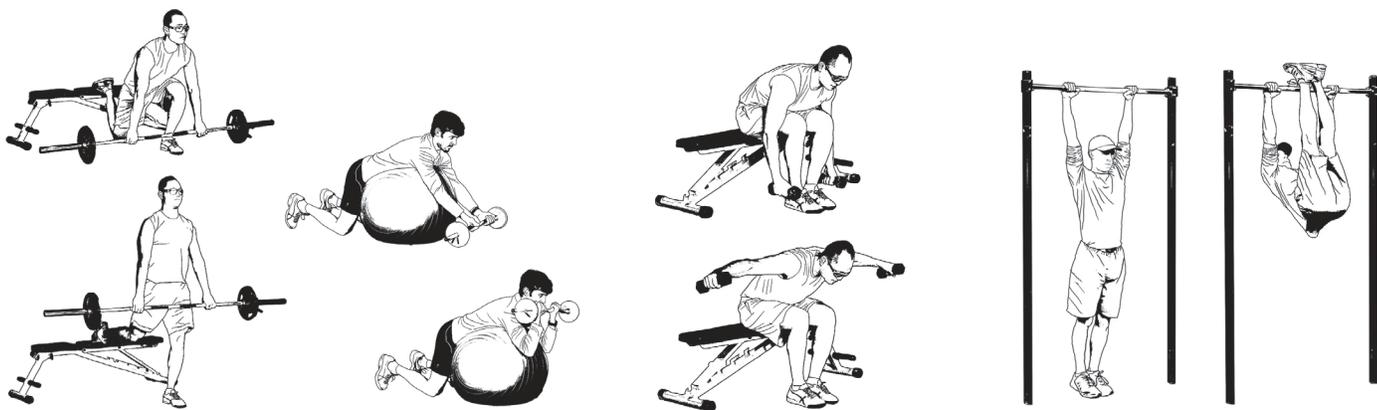
Workout 1: 3 x 4 Circuit (For Quality)

- Rotate 4 times through these 3 exercises: barbell back squats, pull-ups, and single arm dumbbell shoulder presses.
- Perform the following reps of each movement: 8 back squats, 10 pull-ups, 6 single arm dumbbell shoulder press (each arm).



Workout 2: 4 x 3 circuit (For Quality)

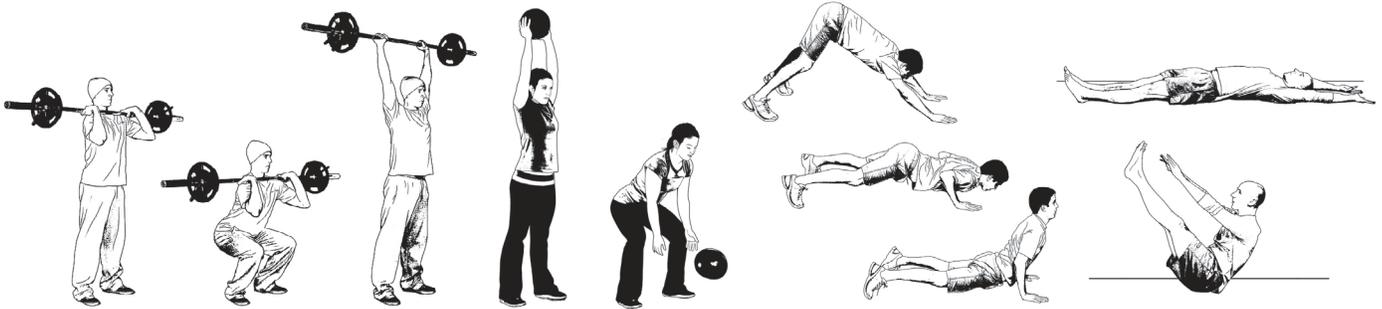
- Rotate 3 times through these 4 exercises: single leg barbell Bulgarian deadlifts, stability ball preacher curls, seated reverse flies, toes to bar.
- Perform the following reps for each movement: 6 reps (per leg) Bulgarian deadlifts, 10 preacher curls, 10 seated reverse flies, 10 toes to bar.



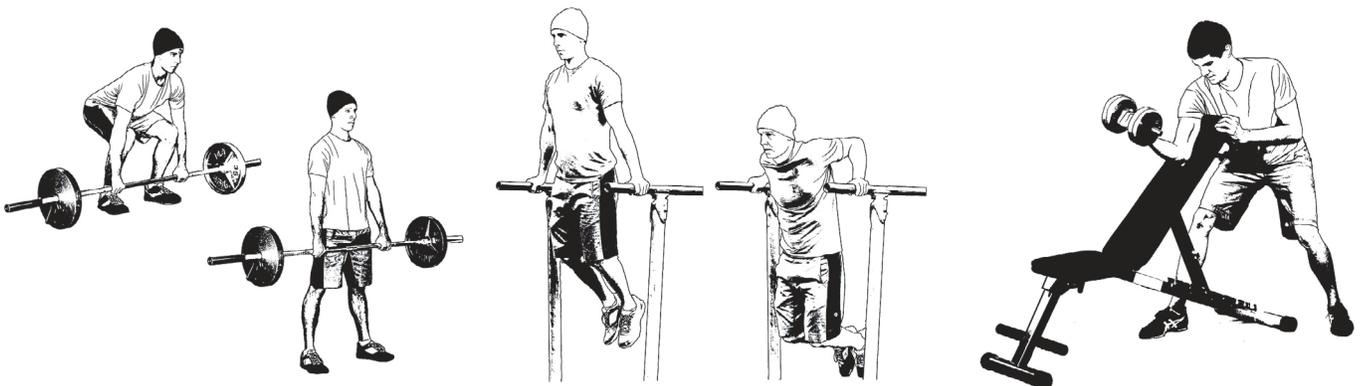
Workout 3: 12 Minute AMRAP

Try to perform as many rounds as possible in 12 minutes of the following exercises: barbell thrusters, med ball slams, dive bomber push-ups, V-ups.

- Perform the following reps of each exercise during each round: 8 thrusters, 8 med ball slams, 12 dive bomber push-ups, 12 V-ups.

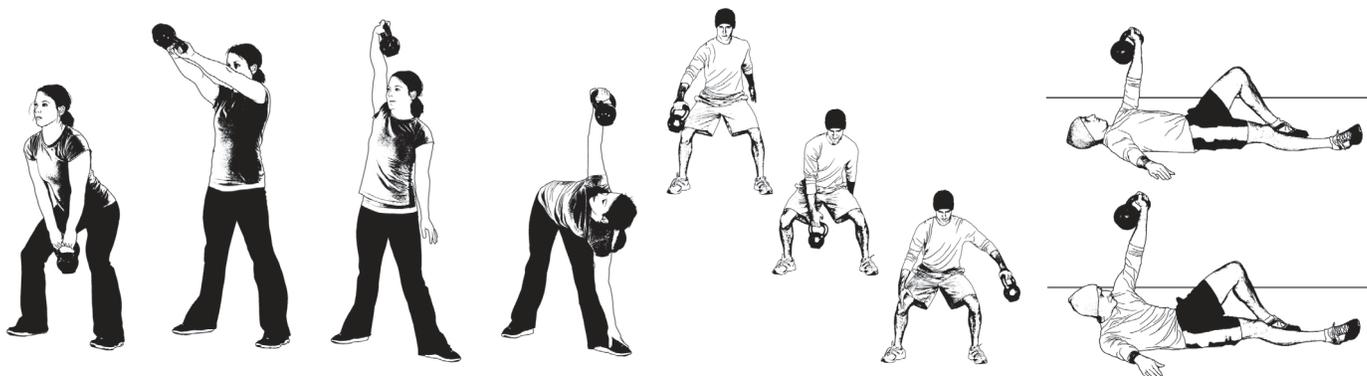
**Workout 4: 3 x 5 Circuit (For Quality)**

- Rotate 5 times through the following 3 exercises: barbell deadlift, dip (ring, bench, or bars), single arm preacher curl.
- Perform the following reps of each exercise, per circuit: 6 deadlifts, 10 dips, 8 single arm preacher curls.



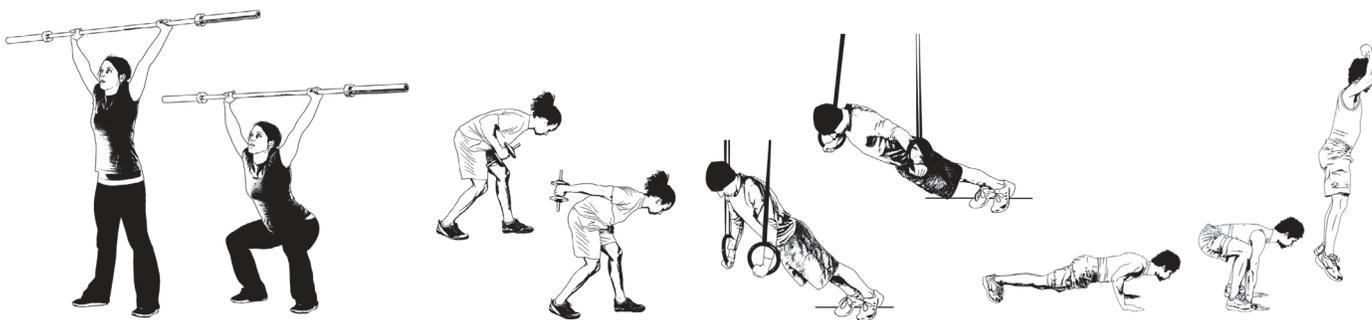
Workout 5: 4 x 4 Kettlebell Circuit (For Time)

- Rotate 4 times through these 4 kettlebell skills as fast as possible (AFAP): swings, windmill, figure eights, twisting crunches.
- Perform the following reps of each exercise during each set: 15 swings, 12 windmills (6 per side), 20 figure eights, 16 twisting crunches (8 per side)



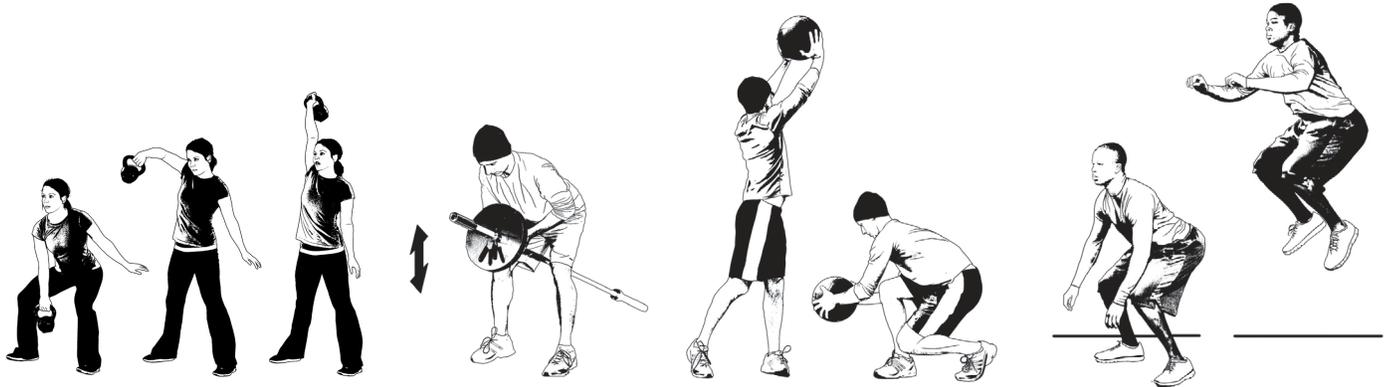
Workout 6: 4 x 3 Circuit (For Quality)

- Rotate 3 times through these 4 exercises: overhead barbell squat, tricep kickback, ring chest flies, burpees.
- Perform the following reps of each exercise during each set: 8 overhead squats, 10 tricep kickbacks (each side), 12 ring chest flies, 10 burpees.

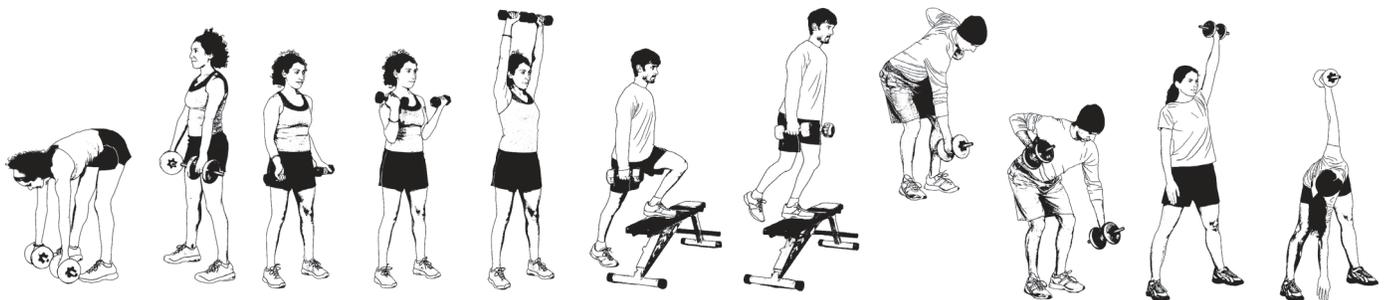


Workout 7: 4 x 4 Circuit (For Time)

- Rotate 4 times through these 4 exercises as fast as possible (AFAP): kettlebell snatch, long bar row, corkscrew lift, squat jump.
- Perform the following reps of each exercise during each set: 6 KB snatches (each side), 8 long bar rows (each side), 10 corkscrew lifts (5 per side), 10 squat jumps.

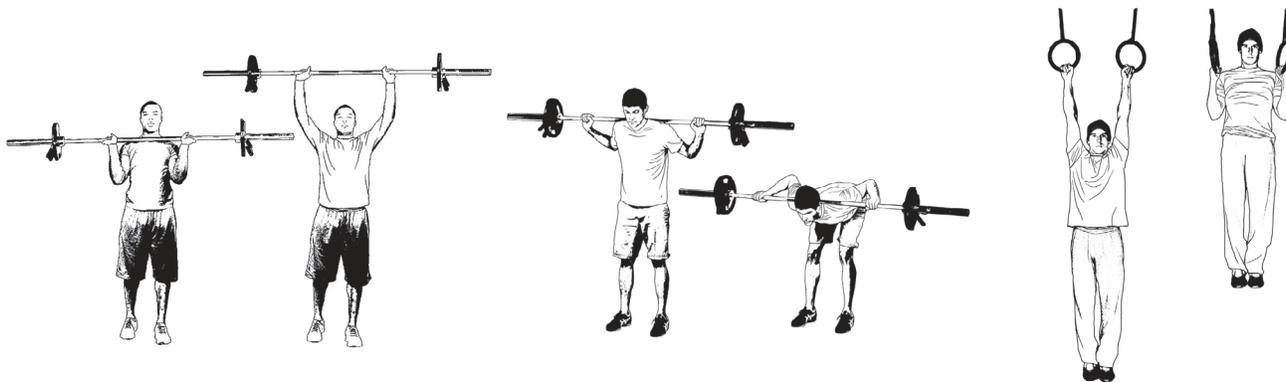
**Workout 8: 5 x 3 Dumbbell Circuit (For Quality)**

- Rotate 3 times through these 5 dumbbell exercises: stiff leg deadlift, curl & press, step-ups, alternating rows, toe touches.
- Perform the following reps of each exercise during each set: 8 stiff leg deadlifts, 10 curl & presses, 8 stepups (per leg), 20 alternating rows, 8 toe touches (per side).



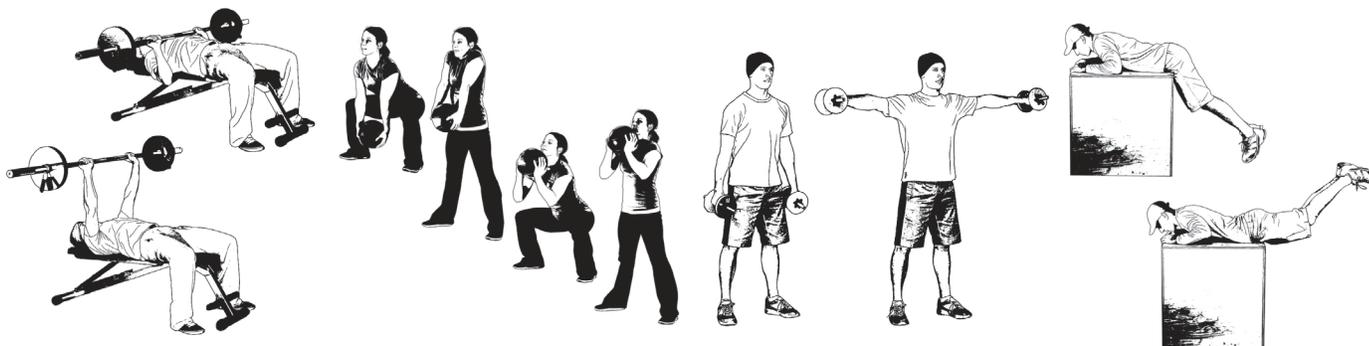
Workout 9: 3 x 5 Barbell and Ring Circuit (For Weight)

- Rotate 5 times through these 3 exercises: barbell shoulder press, barbell good mornings, ring pull-ups.
- Perform the following reps of each exercise during each set: 5 shoulder presses, 8 good mornings, 10 ring pull-ups.



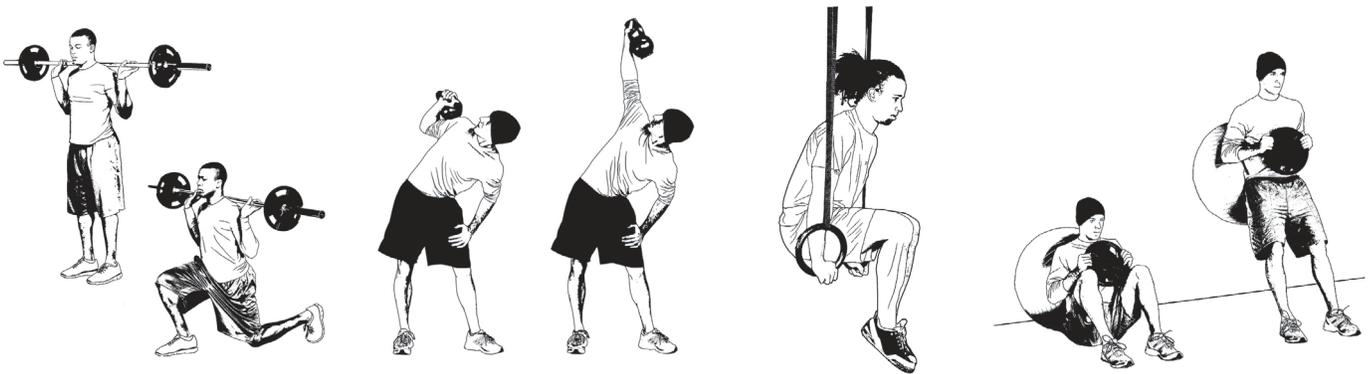
Workout 10: 3 x 4 Circuit (For Quality)

- Rotate 3 times through these 4 exercises: barbell bench press, med ball cleans, dumbbell lateral raise, reverse hyperextensions.
- Perform the following reps of each exercise during each set: 10 bench presses, 15 med ball cleans, 10 dumbbell lateral raises, 15 reverse hyperextensions.

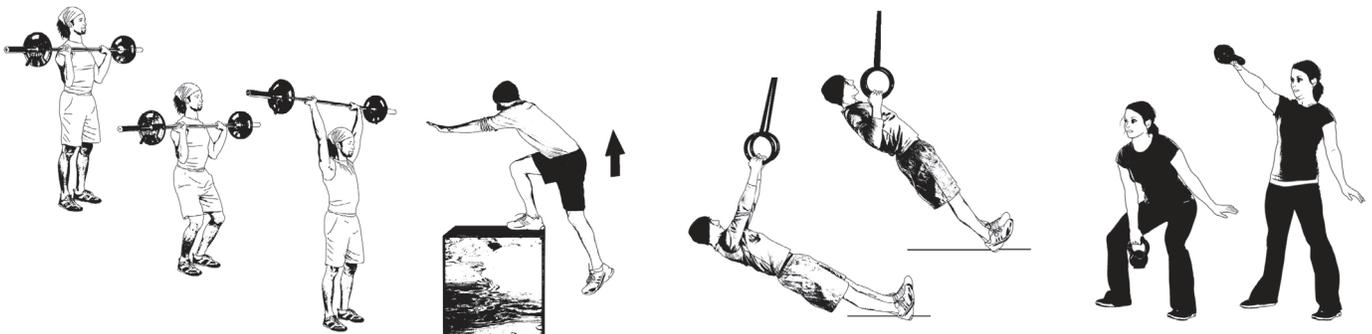


Workout 11: 4 x 4 Circuit (For Quality)

- Rotate 4 times through these 4 exercises: barbell lunge, kettlebell side press, gymnastics ring tuck hold, stability ball leg press.
- Perform the following reps of each exercise during each set: 8 barbell lunges (per leg), 10 kettlebell side presses (per arm), 30-second tuck hold on the rings, 10 stability ball leg presses.

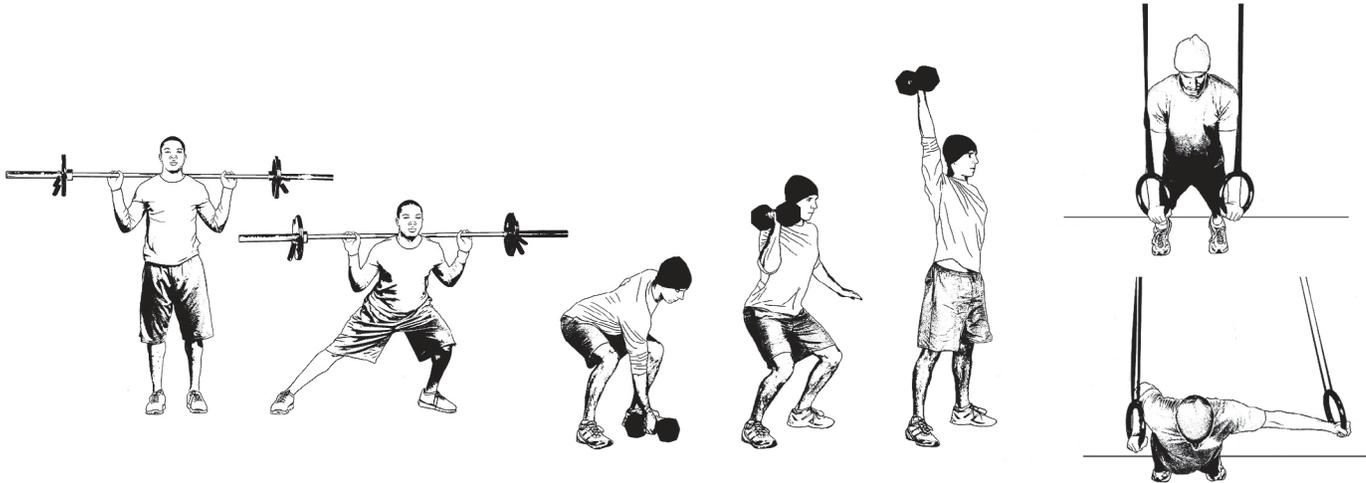
**Workout 12: 4 x 4 Circuit (For Time)**

- Rotate 4 times through these 4 exercises, trying to do them as fast as possible: barbell push-press, big step-up (on plyo-box), ring rows, single arm kettlebell swings.
- Perform the following reps of each exercise during each set: 8 push presses, 8 big step-ups (per leg), 12 ring rows, 8 kettlebell swings (per arm).



Workout 13: 3 x 3 Circuit (For Quality)

- Rotate 3 times through these 3 exercises: barbell side lunge, single arm clean and press, archer push-ups.
- Perform the following reps of each exercise during each set: 10 side lunges (each direction), 10 single arm clean & press (each arm), 20 archer push-ups (rotating sides).



Workout 14: 14 minute AMRAP

- Try to perform as many rounds as possible in 14 minutes of the following exercises: single arm squat pushes, hanging trunk twists, pistol squats, kettlebell halos.
- Perform the following reps of each exercise during each round: 12 single arm squat pushes (6 each arm), 12 hanging trunk twists (6 per side), 12 pistol squats (6 per leg), 20 kettlebell halos (10 per direction).



Workout 15: 3 Kettlebell Skill Circuit (For Reps)

- Do 3 kettlebell movements: snatch, Turkish get-up, single arm front squat.
- Accumulate the following number of repetitions for each movement: 100 snatches, 30 Turkish get-ups, 60 single arm front squats.

