

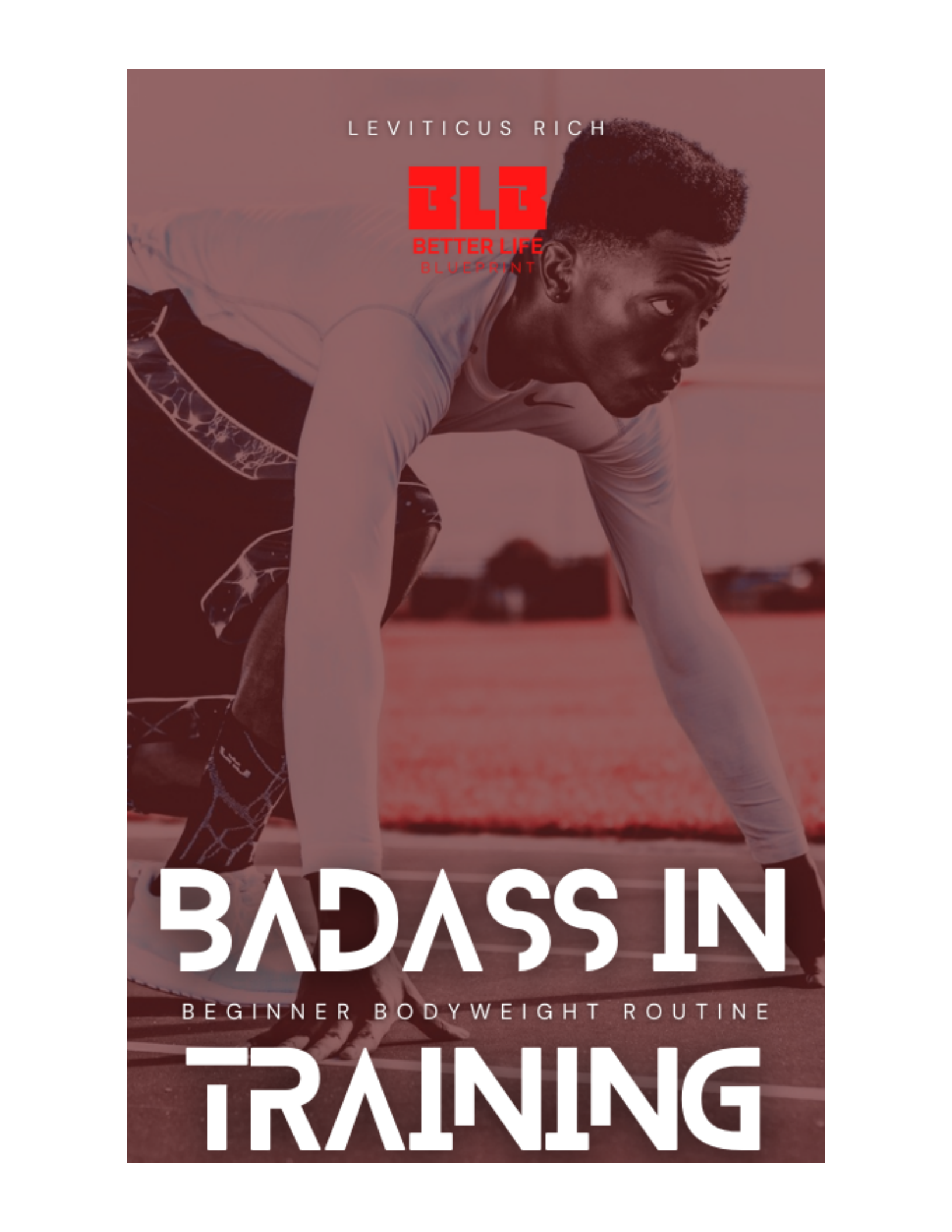
LEVITICUS RICH



# BADASS IN

BEGINNER BODYWEIGHT ROUTINE

# TRAINING



LEVITICUS RICH

**BLB**

BETTER LIFE  
BLUEPRINT

# BADASS IN

BEGINNER BODYWEIGHT ROUTINE

# TRAINING

# BADASS IN TRAINING BEGINNER

## BODYWEIGHT ROUTINE

Congrats for taking your first step into building the first pillar of the Better Life. Health is where it all begins and this is, unfortunately, where most people don't dare go. The fact that you've opened this guide means more than you can imagine.

It means that you're interested in unlocking that better, newer, far superior version of yourself. This routine below will put you on the right track if you don't have much weight lifting experience or if you don't have access to a gym.

This program is designed to get you moving and build a little bit of muscle while burning fat. As always, DM me at [@leviticusrich](https://www.instagram.com/leviticusrich) or email me at [Lennyrich999@gmail.com](mailto:Lennyrich999@gmail.com) if you have questions.

Keep Killing it!

This program is designed to be performed at home with no equipment. The routine provided assumes you're able to dedicate 3-4 days/week. However, due to the relatively low intensity of the workouts, you can exceed the 4 day recommendation seen below.

**Complete this routine for the next 30 days. Do your absolute best to COMMIT to exercising AT LEAST 3 days a week.**

Please note that while it's recommended you do the routine in a single setting, you are allowed to split the routine up based on difficulty and time. For example, if you can only do 3 out of 5 workouts at a time due to fatigue, you're allowed to finish the remaining 2 workouts later on in the day. The most important thing is doing all of the exercises in a 24-hour period.

*\*Don't treat rest days as days to do nothing. Keep the body moving and stay active by doing some moderate cardio. This can be a fun activity with friends such as Basketball or some other sport. Or it can be a light form of cardio at home such as jumping jacks, a jog, or jumping rope (if you're interested in investing in a jump rope).*

# THE BADASS-IN-TRAINING BODYWEIGHT GUIDE

DAY

1

Pushups 5 sets x 20 reps  
Bodyweight Squats 5 x 25  
Sit Ups 3 x 20  
Lunges 3 x 12  
Jumping Jacks 5 sets x 25 reps

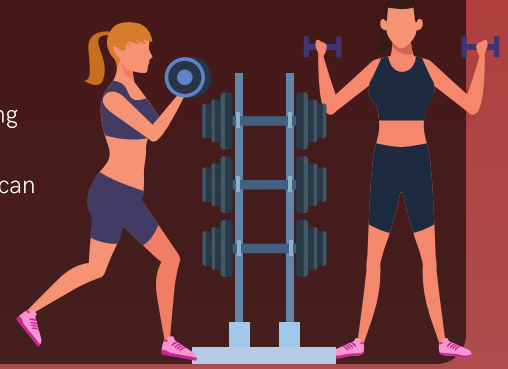


DAY

2

Rest\*

\*Don't treat rest days as days to do nothing. Keep the body moving and stay active by doing some moderate cardio. This can be a fun activity with friends such as Basketball or some other sport. Or it can be a light form of cardio at home such as jumping jacks, a jog, or jumping rope (if you're interested in investing in a jump rope).



DAY

3

Push Ups 5 sets x 20 reps  
Lunges 5 sets x 15 reps  
Planks 3 x 30-60 seconds  
Mountain Climbers 3 x 12 reps  
Bodyweight Squats 3 x 12



DAY

4

Rest



DAY

5

Triceps Push Ups 5 sets x 15 reps  
Side Plank 5 sets 30 - 60 seconds  
Flutter Kicks 5 x 12  
Wall Sit 3 x 30 - 60 seconds  
Bodyweight Squats 3 x 15



DAY

6/7

Rest

