

Workout Schedule

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This training schedule is made for lifting 3-4 times a week, intended to have a balance of focus between gaining/keeping strength and muscle size. Alternate between A days and B days each time you work out. 30 minutes of cardio or yoga should be done on off days, with one day a week complete rest. Be sure to look up the proper form for all exercises.

A days

- Handstand 3 times for as long as possible
- L sit progression¹ 3 times for about 10 seconds, angled as high as possible
- Front squat 3x5²
- Bench 3x5
- Deadlift 1x5³
- L sit compression 3 times for about 10 seconds, head as close as possible to knees
- Captains of crush grips 3x5

¹ Meaning, the hardest exercise that is feasible for you in the progression towards an L-sit. You can pick from the variations in this video: <https://www.youtube.com/watch?v=IUZJoSP66HI>

² "3x5" denotes 3 sets of 5 repetitions, with the highest weight you can do to complete those sets. Warm ups for weighted exercises, which are not included here, should be 1x5 or 2x5 that are 30-50% of the weight you will do for the 3 "working" sets.

³ Warm up with 3 sets for deadlift instead of 1-2.

B days

- Handstand (same as A days)
- L sit progression (same as A days)
- Trap bar deadlift 3x5
- Weighted pull-ups 3x5
- Shoulder press 3x5
- Ab roller 3x5 as far as possible
- CoC grips 3x5

If no weights are available, do pistol squats in place of leg exercises, and planche/straight arm press to handstand progression in place of bench/shoulder press. In place of grippers, you can do weighted hangs or hold high weight dumbbells for time.

As with any routine, you can and should change this to fit your specific goals, but following this by itself would be a good way to build your strength/size provided that you eat enough. Flexibility and cardio are important too, so do them in order to have some active recovery between days you do strength training.

Diet

Count the calories that you eat per day. At first it will be a bit annoying and you will have to pay attention a lot to nutritional info, but it will get easier as you learn how much calories different foods have so you don't need to look them up as much. When you know how much you eat per day without gaining or losing weight (track it for about a week or two), add about 300 calories to it to gain weight, or subtract that much to lose it. Adjust the amounts by 100 calories if you aren't seeing results in a month. If you want to just quickly get an idea about how many calories you should eat, look up your total daily energy expenditure (TDEE)⁴, and add/subtract calories for gaining/losing.

Try not to eat things that are overly processed, fast food, or sweets. If you can cook things yourself, opt for that always⁵. Some amount of deviation from your diet is alright, but it is a lifestyle change. You see results according to the changes you make.

⁴ There are calculators for this online, e.g. <https://www.calculator.net/tdee-calculator.html>

⁵ This has lots of other benefits as well.

Consistency

There are a lot of obstacles that get in the way of working out. It's very difficult to be 100% adherent to basically anything when you have the rest of your life in the way, and even if you were, you might feel that it would be too rigid to live that way. You don't have to beat yourself up if you can't do everything to the T, but the important thing is that you should be doing the best you can. There will be days that you don't feel like lifting. It could be lethargy, soreness, or stress. The trick is to make it something you look forward to doing. Getting intense about it, listening to music, and watching yourself improve are all good motivators. Keeping a workout journal is also good, for tracking progress as well as tracking how you *feel* with each workout, which can help you remember the times you felt really great. 9 times out of 10, when you don't feel like working out, you will feel much better halfway through doing it.

Good luck and have fun!