

**BE LEGENDARY**  
BRINGING BACK MANLINESS

**CHAD HOWSE PRESENTS**

# THE BOXING BODYWEIGHT PROGRAM



**Chad Howse Presents...**  
**The Boxing Bodyweight Program**

I don't always do bodyweight workouts, but when I do, I train like a fighter.

If you don't know my story, I'll give you the short version.

I was a skinny kid growing up, an athlete, but very skinny. I tried for 8 years to build muscle and to forge my ideal body through bodybuilding and all sorts of other methods, yet yielded no real changes in how I looked or performed.

Alas, I finally quit.

I'd had enough of my skinny genetics and my inability to make any changes in my physique – sounds like a great training coach eh? (yes, I'm Canadian) – so I quit all-together.

Kind of...

I've been infatuated with boxing ever since I was a wee lad.

My old man gave me a documentary on Ali when I was 3. My mom would talk endlessly about her childhood hero as an Italian, Rocky Marciano. I grew up idolizing warriors like Arturo Gatti and Mickey Ward.

I watched every fight there ever was, yet I knew no one that boxed. I played hockey when I was young, then basketball, but after an injury forced me to put my basketball dreams on the back-burner, coinciding with my frustrating inability to build a stronger body, I sought out the best boxing gym in my city and started my life as a fighter.

I jumped in head first.

The great thing about boxing is that building muscle mass can actually work *against you*. Thus, over the next 3 years I fought 6 times, losing only once (my first fight), but packed as much strength and power into my fighting weight as humanly possible, and largely doing bodyweight workouts.

Sure we flipped tires, slammed sledgehammers, and performed Oly lifts, but after every session we'd do bodyweight circuits.

At the end of my 3 year stint in the fight game I was still infatuated with the sport, but I wanted to move on, to start a business, and, along with the knowledge I learned from my old school boxing trainers, finally build my ideal body.

This program consists of the best bodyweight workouts I used when I was fighting.

They're old school and hard.

There's no gimmicks or tricks just hundreds of years of knowledge.

That's what sets boxers apart from the rest of the fitness or sports industries: it's a sport that's been around for hundreds of years.

It was in the original Olympics, and the training methods have been passed down and perfected just as long.

My trainer's old man was a trainer, as was *his* old man, and so forth. You don't just wake up one day and decide to be a boxing trainer. It's in your blood. It's taught to you by someone who wants to pass on their legacy, and it's the fighters that benefit, or in this case, you.

But before we get into the actual workouts and the program, we're going to solve your inability to build muscle or burn fat at the source:

Your hormones.

## Why You *Can't* Build Muscle or Burn Fat

There's a step we miss in our efforts to build an ideal body; a step that's no fault of our own as most of the institutions that educate us on how to attain said body neglect to teach us this very same step.

What's terrible is that to truly build our *deal* body, both with strength and athleticism, and a ripped, muscular physique, we *need* this step more than any other.

The piece of the puzzle I'm referring to is, of course, creating optimal testosterone levels. High, natural testosterone levels will help you burn more fat, faster, as well as build more muscle, faster as well.

Most of us, start by doing things that actually *lower* our T levels, making it an uphill battle, trust me, that's what I did for my first 8 years of training.

I started off like many of you, as a skinny guy trying to build muscle. Like most skinny guys seeking out a

more muscular build, I dove into the muscle mags for a solution.

The problem with the muscle mags is that they recommend a “bulking” protocol, but bulking actually *lowers* testosterone levels in men, making it, then, harder to build muscle, and especially the *lean muscle* that we all want.

To find out how bulking *ruins* your gains, check out this article:

### [How Bulking Ruins Your Gains](#)

Alas, year after year, and program after program, I went in circles, never fully achieving the body I’d embarrassingly only have in my dreams. Instead of the ripped, athletic, muscular body I wanted so very bad, I’d get skinny-fat, then a little more muscular, but never “ideal”. The reason for the ups and downs was that I never addressed my hormones.

It’s our hormones that have the greatest effect on our body composition, and for guys, this hormone is testosterone. And where we’re failing to provide you with information as to how to make these hormones



*optimal*, we're failing *you* by not providing you with this vital step in developing the best body you can create.

So, how do you *force* your body to create more testosterone, even though [men are producing less and less of it each decade?](#)

**1. Lose fat first (this'll help you build more muscle).**

*The boxing program you're about to do will help with this in a big, big way. So get started on it tomorrow.*

I'm sure you've been told that the best way to build muscle is to eat as much food as humanly possible so you can gain the mass, which will help you gain the muscle. What this actually does is it makes it *tougher* for your body to gain the lean muscle tissue that you *really* want.

So what's the fix? It all has to do with your diet. Lift to build muscle and get stronger, but make sure you're having the right macronutrients at the right time so you're not gaining too much fat.



For skinny guys, there's a way to eat that's different from heavier guys. Of course, skinny guys need more carbs to pack on the extra pounds, it's *when* you have these carbs that will help you keep your gains lean. We'll talk about this a bit later...

Back to the fat...

Fat opposes testosterone. The two don't play well together. When you have excess bodyfat, you're going to have higher estrogen levels, and estrogen is an enemy of testosterone. So just as it's important to fix your diet, make sure you're training your butt off as well.

## 2. Eat more fat.

Testosterone is created in the testes; hence, *testosterone* – when your body converts cholesterol into testosterone. Cholesterol is produced naturally by the body, which is a great thing, but we can also get it from dietary fats, like those of the saturated, monounsaturated, and polyunsaturated variety.

Alas, you need these healthy fats from fruits, veggies, nuts, oils, and animals, to produce optimal testosterone levels.

If you're *not* giving your body enough fat, which can be up to 60% of your macros consumed daily (yes, that's a lot), you're not feeding your body the building blocks it needs to produce the testosterone levels that will get you your ideal body, no matter how you define it.

### **3. Find time to de-stress.**

Estrogen is an enemy of testosterone, but cortisol may be its greatest enemy, and one of the causes of increased cortisol levels in our bodies comes from increased stress. So if you're constantly worrying and stressed out, find time to *de-stress* and put things into perspective.

Another trick to lower cortisol levels when they're often at their height is getting your post workout nutrition down.

Supplement – or juice with oranges after a workout – with vitamin c and zinc. The C will combat the cortisol that's elevated during a workout, and the zinc will

block aromatase, which is a precursor to estrogen. This will keep your testosterone levels high when you need them most, aiding you in your post-workout recovery.

What's the *most* important thing you can do to naturally increase your testosterone levels?

Fix your diet!

If you follow the right diet, you'll force your body to produce more testosterone, which will help you recover faster, use more fat as fuel, both factors will help you build more muscle and burn more fat.

[3 Ways to Naturally Increase Your Testosterone Levels Through Diet](#)

Fixing your hormones is the first step.

When you've figured out how to create optimal testosterone levels your body and your genetics will no longer be the thing holding you back.

I'm a skinny guy with skinny guy genetics, but that's also me on the cover of this ebook. You don't have to be held back by your genetics, let your hormones aid you in your quest.

Now, the program...

## the Boxing Bodyweight Program

For eons, boxing revolved exclusively around bodyweight training. Push-ups and pull-ups dominated the legend's workouts. And with these bodyweight-only routines, they became the fittest humans on the face of the planet.

Bodyweight training, from a boxing standpoint, however, isn't your typical bodyweight method. It isn't easy. It's not predicated on being for "everyone". This shit's tough. It's painful. But by God it'll get you in the best shape of your life.

With that, a brief intro that hopefully stirred you into a frenzy, incapable of sitting for 5 more minutes, let's dive into the routine that will be yours over the next month.

Enjoy...

## The Layout

### Round #1

#### Supersets

The first “set” of the workout will be a metabolic superset designed to help you burn a boat load of fat, right at the beginning of the workout.

I should add that the goal of each of these workouts isn't to merely burn fat, but to build muscle, increase power and strength, and get in great shape.

If you've never done a superset before, it's two exercises done consecutively, with rest coming after the set. What this does is it not only helps us burn far more calories than a conventional set, but it cuts the workout time in half.

The focus of the first set will be two compound exercises. These exercises focus on bigger muscle groups, but also more than one muscle group at a

time, helping us burn more calories than we would with isolation.

Focus on performing these exercises at a good speed, while maintaining proper form. Also, make sure you're performing a full range of motion with each rep. Don't cut a rep in half to increase the tempo.



## Round #2

### Giant Sets

I'm sorry to say, but supersets are just the warm-up. To compound the metabolic effect of the first sets of the workout, we're throwing in giant sets, which are *three* exercises performed consecutively, with rest only coming after the set has been completed.

This is yet another way to get more work done in less time, and to raise our metabolism so we continue fighting fat long after we've left the gym.

In these sets we're purposely working the entire body. We'll start in one area of the body, the legs as an example, then move to the upper body with the next exercise, then back down to the lower body. Doing this makes our blood travel a greater distance than it would were we to focus only on one muscle group at a time. What that does is it helps us burn more calories – i.e. more fat.

We've also dropped the rest time from 60 seconds in the first set, to 45 seconds in the second set. This

helps us create more lactic acid, and it forces us to recover faster.

In boxing, recovery time is everything. You have 60 seconds between rounds to fully recovery from a 3-minute round. If you don't fully recover, and your opponent does, you're in for a world of hurt.

As such, fighters shorten their recovery time between rounds during training. Often down to 45-seconds, or even 30-seconds. That's what we're doing with the giant sets. So we're not only fighting our fat, we're getting in better shape as well.

## Finishers – Rounds 3, 4, and 5

During the previous sets we've been going at a good pace, building lactic acid, burning fat, and building muscle. Now comes the finisher. This is the hardest part of every workout, and it's what separates the winners from the losers.

Of course, you may not be able to burn through these at the beginning of the program, but by the end, we'll have you blasting through these finishers like it's nobody's business.

Here's the real trick with these finishers:

They're timed.

So what? Well, it's a trick my trainer taught me when I was fighting. By timing sets, we can't count in our heads and gage when the set will be over. It's as much a mental test and a test of will, as it is a physical test.

That's what makes a round in a fight so tough. There aren't any reps to count. It's almost as if there's no visible light at the end of the tunnel. We just have to

keep on pushing and continue fighting until that bell sounds.

With these metabolic finishers, keep pushing until you hear that bell.

Set up a watch or a timer to 30 seconds, or keep your eye on the clock and rotate through each exercise. There are four of them per round, with a 60-second rest period coming at the end of each.

I would say save some gas in your tank for the final round, but don't. Push yourself as hard as you can. If you can't make it to the end, you can't. But with each workout you'll get closer and closer to where you want to be.

## Changes in Tempo

For the bodyweight program, we're doing everything at full speed throughout. However, if you find the workouts a bit easy, or if you want to push this program beyond the four weeks that it currently is, you can make some changes in the tempo of the first 2 sets to accomplish both.

Since the workouts are already at full speed – and with good reason – the only change in tempo you're going to be doing is to slow the exercises down. At first, only slow the eccentric contraction.

The eccentric contraction is the way down on a push-up, pull-up, squat etc... It's when the muscle lengthens. You want to keep the concentric contraction – where the muscle shortens or “contracts” – at full speed.

Combine this change in tempo with the added tension I'm going to explain to you next, and you can increase lactic acid build-up even further, while adding more difficulty to the program if you want to push it to a 5<sup>th</sup> or even 6<sup>th</sup> week.

## Adding Tension

There are many ways and angles we can work each muscle. Using the chest as an example, there's the press, and the fly – or the squeeze. By combining both, we can add more tension to an exercise, making a bodyweight program even more difficult than it already is.

Check out the video below where I show you how to make a push-up *way more* difficult.

<http://www.youtube.com/watch?v=sTcgprVauM>

The same tactics can be applied to every exercise.

## **Making it a Plyometric (advanced)**

In sticking with the theme of making the program more difficult, we can also make it “plyometric”. That is, we can make it more explosive. If I’m preparing for a fight, I’m going to use plyometrics instead of regular exercises.

They’ll help boost metabolism, while increasing power and explosiveness at the same time.

To do this, all you do is make each exercise into a “jump”. I put quotations on the word jump because you’re not going to necessarily jump with a push-up, pull-up or inverted row. You’re simply going to get some separation between you and the ground.

With the lower body exercises, you are literally going to make them into a jump. Here are the variations I’m talking about.

Note: If you’re going to make these alterations, you’re an advanced trainee. Meaning you’ve been training with weights, or for athletics for 2 or more years. You



know your way around a gym, and the proper form for these exercises should be already known.

- Push-ups – clap push-ups
- Split squat – jump split squat
- Step-ups – jump step-ups (don't alternate feet)
- Chin-ups – clap chin-ups
- Knee push-ups – clap knee push-ups
- Dips – clap dips (or just get separation between your hands and the dips bar)

Most of everything else is already plyometric, like frog jumps and tuck jumps. Keep the burnout sets as is.

## Single-Limb Training

For the single limb exercises, like the split squat, lunge, or step-up, focus on one leg at a time before moving on to the next.

The exceptions:

Step-up Jumps – alternate legs as you jump.

## Setting Up Your Training Schedule

The bodyweight program is four days of intense training each week. You want to separate these four days up as much as your schedule allows it. If you can't due to scheduling conflicts, don't worry about it, but here's an ideal setup for the week.

- Monday – Day 1
- Tuesday – Day 2
- Wednesday – Recovery Day (go for a run or sprints)
- Thursday – Day 3
- Friday – Recovery Day (take the full day off)
- Saturday – Day 4
- Sunday – Recovery Day (go for a run or sprints)

This schedule will allow you the necessary time to recover from the training you'll be doing so you can get optimal results.

## Conclusion

Now you're ready to start the program. It's going to be tough. You're going to have times where you want to quit, but keep pushing. Compete with yourself every workout. Time your workouts, see how long it takes you and try to cut that time down.

Work harder and work faster.

The only way to ensure your success is to...

**START NOW!**

Day 1	Sets	Exercise	Reps	Rest
<b>3</b> <b>Rounds</b>	<b>#1</b>	<b>Circuit #1</b>		
	A1.	Inverted Row	15+	
	A2.	Push-ups	20	60 sec
<b>3</b>	<b>#2</b>	<b>Circuit #2</b>		
	B1.	Split squat	15 each	
	B2.	Chin-ups	15 or failure	
	B3.	Step-up jumps	15 each	45 sec
<b>3</b>	<b>#3</b>	<b>Calisthenics</b>		
Round 1 Upper	C1.	Knuckle Push-ups	30 sec	
	C2.	Floor Licks	30 sec	
	C3.	Walk-Outs	30 sec	
	C4.	Knee Push-ups	30 sec	60 sec
Round 2 Lower	C1.	Lunges	30 sec	
	C2.	Squats	30 sec	
	C3.	Tuck Jumps	30 sec	
	C4.	Frog Jumps	30 sec	60 sec
Round 3 Abs	C1.	Crunches	30 sec	
		Changing Levels	30 sec	
	C2.	Bicycle	30 sec	
	C3.	Mountain Climbers	30 sec	60 sec

## Day 2

		<b>#1</b>	<b>Circuit #1</b>		
<b>3 Rounds</b>		A1.	Knee Push-ups	30	
		A2.	Inverted Row	15 or failure	60 sec
	<b>#2</b>	<b>Circuit #2</b>			
		B1.	Dips	15	
		B2.	Frog Jumps	15	
		B3.	Tuck Jumps	10	45 sec
<b>3</b>	<b>#3</b>	<b>Calisthenics</b>			
Round 1 Upper		C1.	Knuckle Push-ups	30 sec	
		C2.	Floor Licks	30 sec	
		C3.	Walk-Outs	30 sec	
		C4.	Knee Push-ups	30 sec	60 sec
Round 2 Lower		C1.	Lunges	30 sec	
		C2.	Squats	30 sec	
		C3.	Tuck Jumps	30 sec	
		C4.	Frog Jumps	30 sec	60 sec
Round 3 Abs		C1.	Crunches	30 sec	
		C2.	Changing Levels	30 sec	
		C3.	Bicycle Mountain	30 sec	
		C4.	Climbers	30 sec	60 sec

## Day 3

		#1	Circuit #1	
3				
Rounds	A1.	Box Jumps	15	
	A2.	Tuck Jumps	15	60 sec
3		#2	Circuit #2	
			Inverted	
	B1.	Row	15	
		Close Grip		
	B2.	Push-up	20	
			10	
			each	
3	B3.	Lunge Jumps	leg	45 sec
	#3	Calisthenics		
		Knuckle		
Round 1	C1.	Push-ups	30 sec	
	C2.	Floor Licks	30 sec	
Upper	C3.	Walk-Outs	30 sec	
		Knee Push-		
	C4.	ups	30 sec	60 sec
Round 2	C1.	Lunges	30 sec	
	C2.	Squats	30 sec	
Lower	C3.	Tuck Jumps	30 sec	
	C4.	Frog Jumps	30 sec	60 sec
Round 3	C1.	Crunches	30 sec	
		Changing		
Abs	C2.	Levels	30 sec	
	C3.	Bicycle	30 sec	
		Mountain		
	C4.	Climbers	30 sec	60 sec

## Day 4

		#1	Circuit #1	
3 Rounds		A1.	Burpees	15
		A2.	Walk-Outs	15 60 sec
		#2	Circuit #2	
		B1.	Knee Push-ups	30
			Inverted	
		B2.	Row	15
				10
			Step-up	each
		B3.	Jumps	leg 45 sec
		#3	Calisthenics	
Round 1 Upper		C1.	Knuckle Push-ups	30 sec
		C2.	Floor Licks	30 sec
		C3.	Walk-Outs	30 sec
Round 2 Lower		C4.	Knee Push-ups	30 sec 60 sec
		C1.	Lunges	30 sec
		C2.	Squats	30 sec
Round 3		C3.	Tuck Jumps	30 sec
		C4.	Frog Jumps	30 sec 60 sec
		C1.	Crunches	30 sec
Abs			Changing	
		C2.	Levels	30 sec
		C3.	Bicycle	30 sec



What's Next?

If building your ideal body is something you're serious, check out this free guide to naturally increasing testosterone in men. It's the first step to your ideal body, don't miss it!

Click here:

<http://chadhowsefitness.com/alpha/testosterone-2/>

Enjoy!

Chad Howse