

# Athletic Kickstart: 6-Week Bodyweight Circuit

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## Table of Contents

Workout Summary

Workout Overview

Workout Schedule

Workout Plan

Workout Program Tips

Workout Program Common Mistakes

Conclusion

Frequently Asked Questions



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## Workout Summary:

Main Goal	Gain Muscle & Strength
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Workout Type	Circuit
Training Level	Beginner
Target Muscle Group/s	Full Body
Program Duration	6 Weeks
Days Per Week	4
Time Per Workout	20-30 minutes
Equipment Required	- (Bodyweight)
Target Gender	Male and Female

## Workout Overview

This **6-week bodyweight training program** is designed for absolute beginners looking to build **strength, muscle, and power** without needing equipment. The **circuit-based format** keeps the workouts engaging while improving your athletic ability.

- **Strength Circuits** build muscle and endurance using controlled, high-tension movements.
- **Power Circuits** develop explosive speed and agility with dynamic exercises.
- **Minimal rest** between exercises keeps the heart rate up, promoting better conditioning.

Each session lasts **20-30 minutes**, making it **efficient and effective** for anyone looking to **get stronger and more athletic** without spending hours working out. This leaves you enough time and energy for your sport-specific training. It's designed to develop foundational strength and explosive power, helping aspiring athletes perform better in their sport.

## Workout Schedule

This program follows a **4-day weekly structure** with alternating circuits.

- Day 1 - Strength Circuit
- Day 2 - Power Circuit
- Day 3 - Rest
- Day 4 - Strength Circuit
- Day 5 - Power Circuit

- Day 6 - Rest/Low-Intensity Cardio
- Day 7 - Rest

Each workout consists of **four rounds** of exercises performed back-to-back.

## Workout Plan: Athletic Kickstart: 6-Week Bodyweight Circuit

BODYWEIGHT STRENGTH CIRCUIT		
Warm-up/Activation	Execution	
	Sets	Reps
Jumping Jack	1	30 seconds
Glute Bridge Walkout	1	10-12
Bodyweight Squat	1	10-12
Main	Execution	
	<i>Circuit, 4 Rounds</i>	
Push-Ups	10-15 reps	
Bulgarian Split Squat	5-10 reps (per side)	
Single-Leg Bridge	5-10 reps (per side)	
Superman Lat Pulldown	10-15 reps	
YTWs	5-10 reps	
Plank Shoulder Taps	20 reps	
Reverse Plank	15-30 seconds	

Cool-down	Execution	
	Sets	Reps
Dynamic Pigeon Stretch	1	30 seconds (per side)
Dynamic Chest Stretch	1	30 seconds
Upper Back Stretch	1	30 seconds
<b>Time Per Workout</b>		
	30 minutes	
<b>Equipment Required</b>		
	None	
<b>Notes</b>		
	<ul style="list-style-type: none"> <li>- Perform the Main Workout as a circuit for 4 rounds, with minimal rest (0–10 seconds) between exercises and 2-3 minutes rest between rounds.</li> </ul>	

<b>BODYWEIGHT POWER CIRCUIT</b>		
Warm-up/Activation	Execution	
	Sets	Reps
(Imaginary) Jump Rope	1	1 minute
Alternating Side Lunge	1	6-12 reps (per side)
Push-up to Down Dog	1	30 seconds
Ground Zero Jump	1	6-12 reps (per side)
Main	Execution	
	<i>Circuit, 4 Rounds</i>	
Plyo Push-ups	10-15 reps	
Broad Jump	5-10 reps	
Lateral Bound	5-10 reps	
Jump Squats	10-15 reps	
Mountain Climbers	15-30 seconds	
Dead Bug	20 reps	

Cool-down	Execution	
	Sets	Reps
Hip Stretch Twist	1	8-12 reps
Cat Cow	1	30 seconds
Butterfly Stretch	1	30 seconds
<b>Summary</b>		
Time Per Workout	28 minutes	
Equipment Required	None	
Notes	<ul style="list-style-type: none"> <li>- Perform the Main Workout as a circuit for 4 rounds, with minimal rest (0–10 seconds) between exercises and 2-3 minutes rest between rounds.</li> </ul>	

## Workout Program Tips:

- **Stay Consistent**  
Strength and power develop over time. Stick to the schedule and don't skip sessions.
- **Tension Over Reps**  
On strength days, slow down each movement to increase muscle activation. Don't rush reps just to finish faster.
- **Explosive Power Requires Effort**  
On power days, focus on height, explosiveness, and intensity instead of just getting through the sets or going through the motions.
- **Use Active Recovery on Rest Days**  
Light walking, stretching, or mobility work can help improve recovery without interfering with progress.

## Workout Program Common Mistakes

- **Skipping Warm-Ups**  
Prepping your joints and muscles reduces injury risk and improves performance in each session.
- **Not Training Close to Failure**  
Stopping too soon on strength days limits progress. Push each set close to failure while maintaining good form to maximize muscle and strength gains.

- **Turning Power Workouts Into Endurance Training**  
If you're fatiguing too early, you're moving too fast. Power work is about quality, not speed.
- **Ignoring Rest Between Rounds**  
120-180 seconds is there for a reason. Take the full rest so that each circuit is high quality.

## Nutrition: Fueling Strength and Athletic Performance

This 6-week bodyweight training program requires proper nutrition to support strength, muscle growth, and power development. Since no equipment is used, your body is the primary resistance, making it crucial to fuel yourself with quality protein sources like eggs, chicken, fish, beans, and tofu to aid muscle repair and endurance. Drink plenty of water to maintain performance and prevent fatigue. Trainest's nutrition tracking feature makes it easy to log your meals, track macros, and ensure you're fueling your body for both strength gains and athletic performance.

## Progress: Tracking Strength and Athletic Development

Progress in this program isn't just about how much you lift—it's about improving endurance, explosive power, and overall athleticism. By consistently tracking body metrics, such as weight, body composition, and body measurements, you'll be able to see your improvements. Trainest's photo check-in feature also lets you visually monitor changes in muscle tone and strength development over 6 weeks. With structured tracking and real-time adjustments, Trainest keeps you on course for building a stronger, more explosive body.

## Conclusion:

This 6-week bodyweight program is built for real results in strength and power. By focusing on controlled strength circuits and explosive power circuits, you'll develop athleticism, coordination, and muscle endurance. Stick with the plan, give maximum effort, and watch your program performance *and* athletic performance improve each week.

## Frequently Asked Questions:

### **Is this program suitable for complete beginners?**

Yes. It's designed specifically for beginners, focusing on proper form, gradual progression, and building a solid foundation of strength and power.

### **Do I need any equipment?**

No, this program is entirely bodyweight-based. The program's structure – including exercise order, reps, set and rest times, training close to failure, and other variables – is designed to maximize intensity without requiring additional resistance or equipment.

### **What if an exercise is too difficult?**

Modify as needed. For example, do push-ups on your knees or limit the range of motion. Prioritize good form and progress at your own pace.