



# THE BODYWEIGHT STARTER PLAN

Build real strength in 3 short sessions a week.  
No gym. No gear. No experience needed.

**3 DAYS / WEEK**

Short, focused sessions

**0 EQUIPMENT**

Train anywhere

**4-WEEK PLAN**

Clear progression

BY CHRYS · CERTIFIED PERSONAL TRAINER · NOLIMITSQUAD

## — WELCOME TO THE SQUAD

# READ THIS FIRST

I'm Chrys. I've been lifting since 2009 and coaching since 2016, and this is the exact formula I use to get total beginners strong: simple bodyweight movements paired with isometric holds — maximum tension, zero movement, and almost zero joint stress.

Isometrics come in two flavors you'll meet in this plan. **YIELDING** isometrics mean holding a position and refusing to let gravity win — think planks and wall sits. **OVERCOMING** isometrics mean pushing or pulling against something immovable — like driving your hands into a wall. Both fire huge amounts of muscle, strengthen your tendons, and teach your brain to recruit more fibers, faster.

## HOW TO RUN THE PLAN

### + TRAIN 3 DAYS A WEEK

Day 1, Day 2, Day 3 — with at least one rest day between sessions. Example: Mon / Wed / Fri.

### + REST 60-90 SECONDS

Between every set. Catch your breath; quality beats rushing.

### + PROGRESS WHEN READY

When every set hits the top of the rep/second range pain-free, add 1-2 reps or 5 seconds.

### + MAX EFFORT ON HOLDS

Isometric pushes and pulls only work as hard as you do. Build up to 80-90% effort. Keep breathing — never hold your breath.

### + PAIN-FREE RANGES ONLY

Stop anything that causes sharp pain, numbness or tingling. Soreness is fine. Pain is information.

### DISCLAIMER

This guide is education, not medical advice. If you have a medical condition or an injury, clear it with a professional before starting. Build gradually.

# PUSH DAY

EXERCISE	SETS × REPS / HOLD	COACHING CUE
Incline or Knee Push-Up	3 × 6-10	Body in one straight line. Lower for 3 slow seconds.
Wall Push Isometric	3 × 20 sec	Push the wall like you're trying to move the house. Breathe.
Pike Shoulder Hold	3 × 15 sec	Hips high, arms locked — feel the shoulders carry you.
Plank	3 × 20-30 sec	Squeeze glutes and abs. Don't let the hips sag.

## CHRYS' CORNER

That wall isn't going anywhere — and that's the point. Overcoming isometrics let you push at 100% effort with nearly zero joint stress. This is where you learn what real tension feels like.

# LEGS & CORE

EXERCISE	SETS × REPS / HOLD	COACHING CUE
Bodyweight Squat	3 × 8-12	Sit back and down. Knees track over toes.
Wall Sit	3 × 20-40 sec	Thighs parallel if you can. Drive heels into the floor.
Glute Bridge Hold	3 × 20 sec	Squeeze at the top like you're cracking a walnut.
Side Plank (each side)	2 × 15 sec	Stack shoulders and hips. Press the floor away.

## CHRYS' CORNER

When your legs start shaking on that wall sit, don't panic — that trembling is your nervous system recruiting more muscle fibers. Shake = working. Stay in the fire.

# PULL & HINGE

EXERCISE	SETS × REPS / HOLD	COACHING CUE
Doorframe Row (or Towel Row)	3 × 8-12	Pull chest to hands, squeeze shoulder blades together.
Towel Pull Isometric	3 × 15 sec	Pull the towel apart at max effort — nothing moves, everything fires.
Hip Hinge Good Morning	3 × 10	Push hips back, flat back, feel the hamstrings load.
Hollow Body Hold	3 × 10-20 sec	Lower back glued to the floor. Shake = working.

## CHRYS' CORNER

Old-time strongmen built legendary grip and back strength with nothing but towel and cable pulls. Same principle here: maximum intention against an immovable object.

## — THE 4-WEEK MAP

# WHERE THIS GOES

- WEEK 1** Learn the moves. Stay at the bottom of every range. Effort ~6/10.
- WEEK 2** Same exercises, add 1-2 reps or 5 seconds per set. Effort 7/10.
- WEEK 3** Top of the ranges. Push isometric holds to 80-90% effort.
- WEEK 4** Beat week 3 by one rep or 5 seconds anywhere you can. Then retest: more reps, longer holds, steadier shake.

## READY FOR MORE?

This plan is the front door. When you're ready for a program built around YOUR body, schedule and goals — custom programming, full online coaching, or live 1-on-1 Zoom training — the Squad has a seat for you.

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