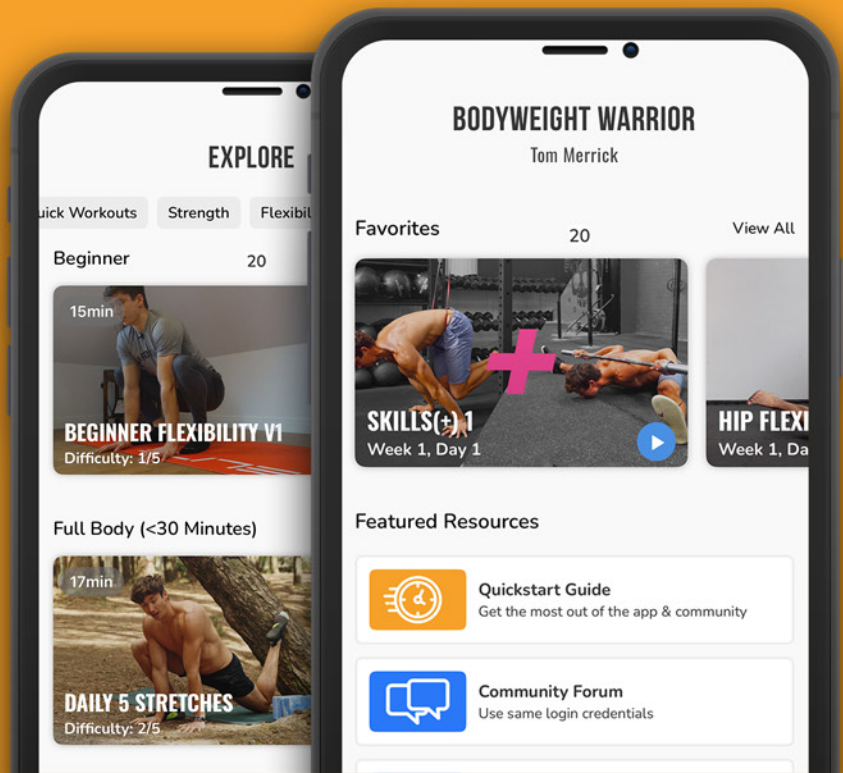


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🕒 Big Project Coming Jan 2026

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AT HOME PROGRAM

PROGRAM SCHEDULE

V 2

3x PER WEEK

Week 1

MON. Full Body A
TUE. Rest
WED. Full Body B
THU. Rest
FRI. Full Body A
SAT. Rest
SUN. Rest

Week 2

MON. Full Body B
TUE. Rest
WED. Full Body A
THU. Rest
FRI. Full Body B
SAT. Rest
SUN. Rest

4x PER WEEK

MON. Full Body A
TUE. Full Body B
WED. Rest
THU. Full Body A
FRI. Full Body B
SAT. Rest
SUN. Rest

**Additional stretching routines or steady state cardio could be added on rest days or after sessions.
Choose from any of the follow along or other routines detailed on the YouTube channel.**

FOLLOW ALONG

FULL BODY A - AT HOME V2

ROUTINE

WARM UP. Wrist Clock Walk - 3-5 circles



WARM UP. Scapula Push Up - 8-10 reps



WARM UP. Hip Thrust - 8-10 reps



WARM UP. Push Up - 8-10 reps



FOLLOW ALONG

FULL BODY A - AT HOME V2

ROUTINE

A1. Nordic Curl Isometric - 3-4 sets x 20-30 seconds | Rest 10s between A1>A2



A2. Slider Hamstring Curl - 3-4 sets x 4-8 reps | Rest 90-120s between A2>A1



B1. Planche Lean - 3-4 sets x 20-30 seconds | Rest 10s between B1>B2



B2. Planche Push Up- 3-4 sets x 6-10 reps | Rest 10s between B2>B3



FOLLOW ALONG

FULL BODY A - AT HOME V2

ROUTINE

B3. Sphinx Push Up - 3-4 sets x 8-12 reps | Rest 90-120s between B3>B1



C1. Band Lateral Raise - 2-3 sets x 10-14 reps | Rest 10s between C1>C2



C2. Arch Body Lift - 2-3 sets x 10-14 reps | Rest 60s between C2>C1



ENJOYING THE ROUTINES?

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FOLLOW ALONG

FULL BODY B - AT HOME V2

R O U T I N E

WARM UP. Split Squat - 5 reps per side



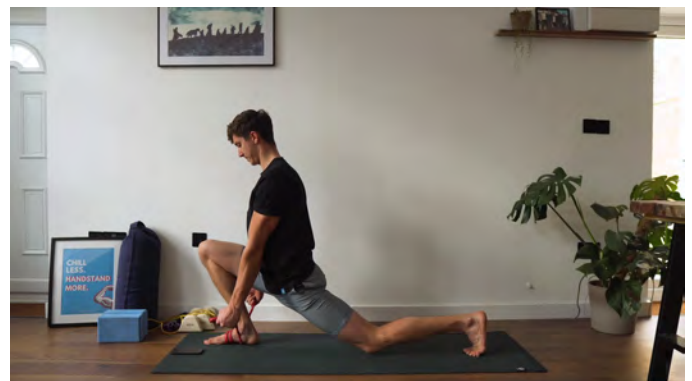
WARM UP. Ankle Stretch - 20 seconds per side



A1. Split Squat Isometric (Right) - 3-4 sets x 20-30 seconds | Rest 10s between A1>A2



A2. Band Split Squat (Right) - 3-4 sets x 4-8 reps | Rest 60s between A2>A3



FOLLOW ALONG

FULL BODY B - AT HOME V2

R O U T I N E

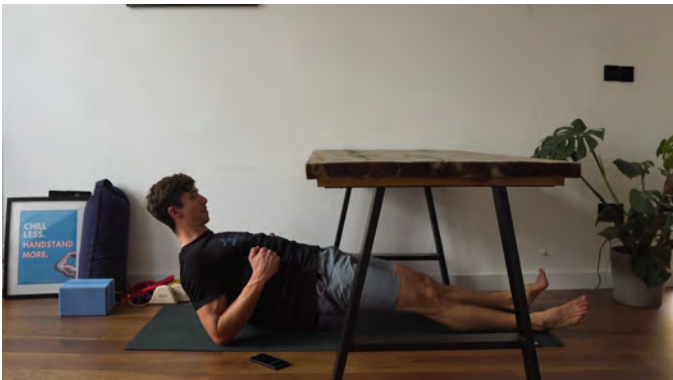
A3. Split Squat Isometric (Left) - 3-4 sets x 20-30 seconds | Rest 10s between A3>A4



A4. Band Split Squat (Left) - 3-4 sets x 4-8 reps | Rest 60s between A4>A1



B1. Floor Row Isometric - 3-4 sets x 20-30 seconds | Rest 10s between B1>B2



B2. Bodyweight Row / Chin Up- 3-4 sets x 6-10 reps / 4-8 reps | Rest 10s between B2>B3



FOLLOW ALONG

FULL BODY B - AT HOME V2

ROUTINE

B3. Band Bicep Curl - 3-4 sets x 8-12 reps | Rest 90-120s between B3>B1



C1. Prone Military Press - 2-3 sets x 10-14 reps | Rest 10s between C1>C2



C2. Pike Compression To Toe Touch - 2-3 sets x 10-14 reps | Rest 60s between C2>C1



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