

# SMARTSFITNESS

*Get the body of your dreams from anywhere and everywhere .*



The  
World is  
your  
Gym

# Me , myself and I

*Daniel Smart*  
Judo black belt  
27 years training  
experience .

I have been developing training programs for a very long time and have developed methods that make getting leaner and stronger simpler and more enjoyable , workouts don't have to be boring to get results they just need a strategic progression method over time and a lot of consistency .

As a dad of 5 kids , I know how hard getting to the gym can be and that is why I developed this eBook too help busy individuals like yourselves get the body of your dreams .

This program will be the best 10 week investment of your life making you more energetic , more confident and look better in the bedroom.



This photo I am 5-6% bodyfat .



This photo I am 8-9% bodyfat

@ Smartsfitness

@ SmartsFitness

My social medias are all  
Smartsfitness YouTube,  
Instagram , Facebook and  
tictock.

Both these looks are great , but I find most people will be healthier , stronger and happier at 8-10% bodyfat (It is also a lot more maintainable long term)

# SMARTSFITNESS

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# Top 5 benefits Bodyweight training .

Time Saving – These programs can be done in 40-60 minutes and can be done at a gym , in a park or at home .

Increases balance and flexibility – After your first 6-8 week cycle of this program you will notice a huge increase in mobility and flexibility = less injuries over time .

Great for fat-loss and strength – When you lose body-fat while doing a bodyweight program you get stronger and more efficient because of a better power to weight ratio = better maintenance of muscle or sometimes getting bigger and leaner at the same time .

Its free – Can be done from your home or anywhere you can safely perform the exercises .

Fun – often overlooked part of your fitness journey . But having fun will ensure make this a lifestyle change.

**“To hell with circumstances ; I create opportunities “**

**BRUCE LEE**

# Equipment list

This program can be done with your bodyweight only ,no additional equipment needed apart from pull-up and dip area and your own body , but if you can get some of the following bellow in the equipment list , it will help make results quicker and make progression easier to track .

**“ Learning is a constant process of discovery- a process without end “**

**BRUCE LEE**

## Equipment that can enhance your results

Weighted vest or lifting belt

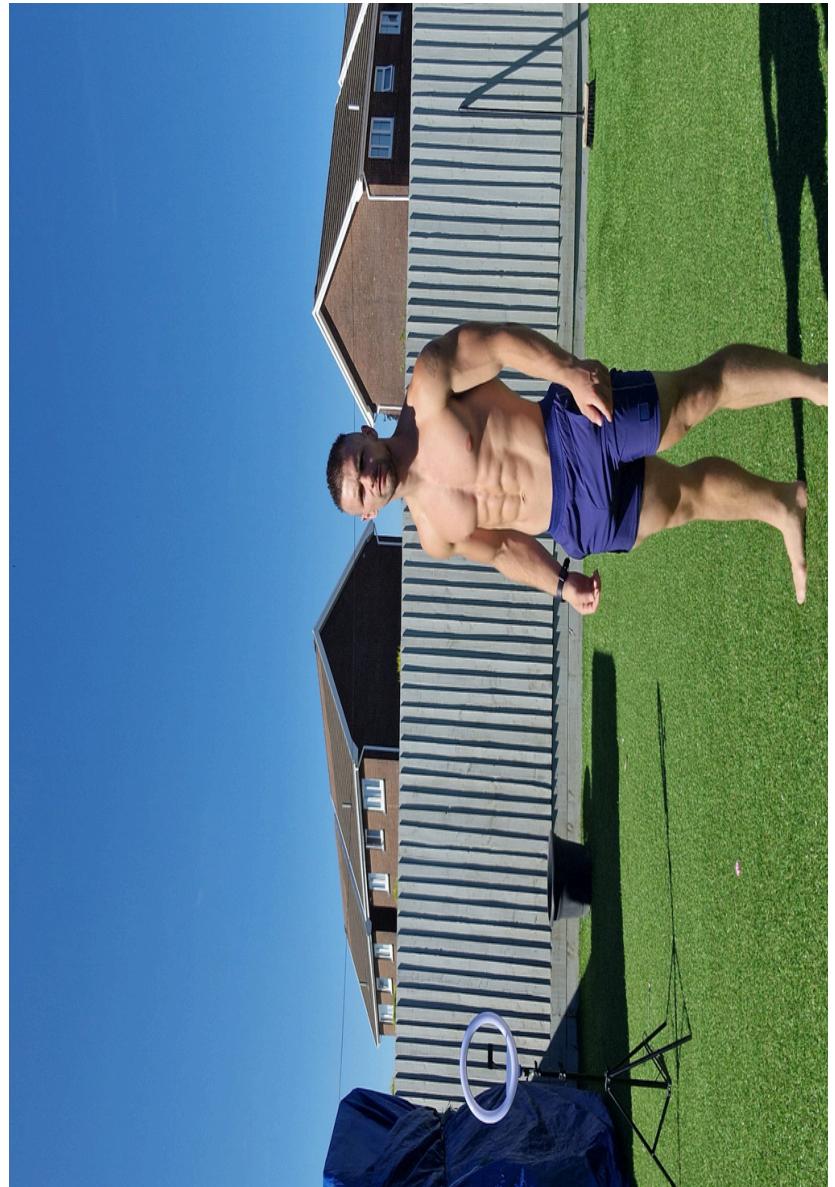
Plates , kettlebells , Dumbbells

Bands (varying tensions )

Skipping rope

Pullup area

Dips area



# Routine 1

## Beginner

### Monday + Thursday

Skipping or jumping jacks 10 sets 30on 30off  
Inverted row 3 sets 8-10 reps

Pushups 3 sets 8 -10 reps

Feet elevated shoulder push-up 3 sets 8-10

Behind the back dips 3 sets 10-15 reps

Close grip chin-ups 3 sets 4-8 reps

Mountain climbers 10 sets 50 reps 30 seconds rest  
500 reps total ( work the 500 reps up to 1000 so 10 sets 100 or 20 sets 50 over the 8 week period.)

Optional for upper body if you get the added equipment on the list you can add in :

Band or dumbbell curls 4 sets 12-15 reps  
Pushdowns or dumbbell skulls 4 x 12-15 reps  
Band face pulls 4 sets 12-15 reps

### Tuesday + Friday

Skipping or jumping jacks 10 sets  
30on 30off

Air squats 3 sets 15-20 reps

Reverse lunges 4 sets 10reps

Iso holds on wall 3 sets 1min

Frog pumps / Hip bridges 4 sets 20 – 30 reps

Calve raise 4 sets 15 reps

Skipping 10 sets 30 seconds max intensity and 30 seconds rest

During the 8 week program increase the sets from 10 sets to 20 sets of 30 on 30 off .

Optional if you have a dumbbell or kettlebell :

Dumbbell Romanian deadlifts 3 sets 6-8 reps

### Wednesday + Saturday + Sunday

These are recovery days , that doesn't mean do nothing try and go for a 30-40 min walk on these days for enhanced recovery and more fat loss .

# Beginner exercises

## Chest

1. Push-ups
2. Wall push-ups
3. Chair pushups
4. Band fly's
5. Iso holds

## Back

1. Doorway inverted row
2. Inverted row
3. Band assisted pullups / chin-ups
4. Band rows
5. Face pulls

## Shoulders

1. Feet on chair shoulder press
2. Door way iso hold laterals
3. Face pulls
4. Floor walk outs on hands

## Arms

1. Behind the back dips
2. Assisted chin-ups
3. Band pushdowns
4. Band curls

If you can get some of the equipment on the equipment list , message me via email or on the SmartsFitness Facebook group and I can help you add other alternatives for arms , legs ect. Free of charge .

## Quads

1. Squats
2. 1leg squats to chair
3. Lunges reverse
4. Rear foot elevated squats
5. Knee step ups
6. Iso squat holds

## Hamstrings

1. Band good mornings
2. Hip thrusts
3. Glute ham raises
4. 1 leg assisted deadlifts

## Glutes

1. Frog pumps
2. Thrusts
3. Band duck walks
4. Lunges



## Routine 2 Advanced

### Monday Chest + Back

Skipping 10-15min  
Weighted Pushups 4 sets 8 reps  
Pullups 5 sets 4-8 reps  
Handstand pushups 4 sets 6-10 reps  
Inverted row weighted 4 sets 8 reps  
Face pulls with band 5 sets 20 reps

Finisher  
100 Burpees = 10 sets 10 reps 20-40 seconds rest

### Tuesday Legs

Skipping 10-15min  
Weighted Reverse Lunges 5 sets 6-8 reps  
Goblet Squats 4 sets 10-12 reps  
Romanian deadlifts 4 sets 10 reps  
Frog pumps weighted 4 sets 40-50 reps

Finisher  
Max Bodyweight squats 12 min

“ I fear not the man that  
has practised 10,000  
kicks once , but the man  
who has practiced ne  
kick 10,000 times “

**BRUCE LEE**

### Wednesday Shoulders + Arms

Skipping 10-15min  
Bottoms up press 5 sets 6 reps  
Chin-ups 5 sets 5-8 reps  
Handstand Pushups 6 sets 6 reps  
Diamond Pushups 5 sets 10-12 reps  
Dips 4 sets 10 reps  
Band curls 4 sets 20 reps or dumbbell seated curls 4 sets 10 -12 reps  
Dumbbell triceps extensions 4 sets 10 or Band pushdowns 4 sets 15  
Face pulls 4 sets 20 reps

Finisher

Kettle bell swings 10 sets 10 reps 20-30 seconds rest between sets ( Goal is to try and get 10 sets 10 reps in 5-6min )

## Routine 2 Continued

### Friday

#### Upper body

Skipping 10-15min

Bottoms up press 3 sets 10

Inverted row 4 sets 10 reps weighted

Pullups 5 sets 5 reps

Weighted pushups 5 sets 6 reps

Dips 4 sets 6-8 reps

Chin-ups 4 sets 8-10 reps

Band hammer curls or dumbbell hammer curls 4 sets 20 reps

Bodyweight triceps extensions 4 sets 10-14 reps

Face pulls 4 sets 20 reps

#### Finisher

Wall walks 10 sets 2-3 reps 20-40 seconds rest between sets

### Saturday

#### Lower Body

Skipping 10-15min

Pistol squats 5 sets 6 reps

Bulgarian squats weighted 4 sets 6-8 reps

Goblets squats 4 sets 20 reps

Deadlifts dumbbell/kettlebell 4 sets 10 reps

Calve raises 4 sets 20 reps

#### Finisher

Tabata Jump squats 8 rounds 20s on 10s off = 4min, repeat for 2 rounds = 8min total (If you have knee issues do air squats instead )

**Thursday and Saturday** are off days but I want you to try get 40-50min walks on both days for increased recovery and more fat loss .

On all workout days do 10-15 min of skipping to warm up before training , If you don't have a rope you can do 10-15 min jumping jacks or 10-15 min shuttle runs .

# Advanced exercises

## Chest

Push-ups weighted

Dimond push-ups

Feet elevated push-ups

Dips

1 arm assisted push-ups

## Back

Pullups wide grip

Pullups narrow-grip

Chinups weighted

Pullups weighted

Inverted row weighted

Facepulls

Band rows

Kettle bell row

Gorilla row

Farmer walks

## Legs

Weighted squats

Pistol squats

Weighted pistol squats

Bulgarian squats

Reverse lunges

Deadlifts

Romanian deadlifts

Goblet squats

Step ups

Jump squats

Jump lunges

Side lunges

# Advanced exercises continued

## Arms

- Chinups
- Bodyweight curls
- Iso hold chin-ups
- Band curls
- Dips
- Behind the back dips
- Iso hold dip/pushups
- Dimond pushups

## Hamstrings

- Romanian deadlifts
- Ham curls with band
- Kettle bell swings
- 1 leg deadlifts
- Hip thrusters

## Shoulders

- Iso holds door frame
- Hand stand pushups
- Elevated handstand pushups
- Bottoms up press kettlebell
- Wall walks
- Plyo pushups

All the exercises I have outlined here are my favourite exercises to use in a Bodyweight heavy routine e.g. 90% Calisthenics 10% bands , kettlebells , dumbbells , weights plates .

All the exercises in the advanced routine above can have weight added to them e.g. if it says squats 4 sets 8 you can hold 2 dumbbells for more resistance or make the move more advanced by doing pistol squats ( Entirely up to you ) Do what makes you have the most fun because that will ensure consistency long term .

All band curls and triceps pushdowns with bands can be changed to dumbbell hammer curls / curls or dumbbell skull crushers if you have the extra equipment .

# Beginner vs Advanced

## Beginner – Intermediate Lifters

You will require less overall training to produce the required stimulus for results , that is why you will be performing less sets per exercise but a higher training frequency .

Higher training frequencies for a beginner and intermediate lifters works best because it allows you to practice movements more often leading to better form and mind muscle connection = more results over time .

You will also recover much quicker than an advanced lifter , leaving 5 + days before hitting a muscle again would just be wasting the opportunity for more strength and muscle gains .

No advanced training techniques needed here 3-4 sets 5-12 reps will get you amazing results in 8-10 weeks .

“ Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it . ”

BRUCE LEE



## Advanced Lifters

More volume is needed to keep you progressing as an advanced lifter from my experience (Some people may differ but overall this is the case ) Moderate training frequencies work best here e.g. hitting each muscle group every 3-5 days or 2-3 times a week.

Again no advanced training methods are needed here just progressive overload in the 3 -20 rep range for amazing results in 8-10 weeks.

# Training Splits

- I have designed the programs in this Ebook to help you achieve the results you want in the next 8-10 weeks, but I added these pages about training splits so you can then use what you have learned from this program and create your own training routine, a great quote (“give a man a fish and you feed him for a day. Teach a man to fish, and you feed him for a lifetime )
- Quick tip
- Change your training split every 12-20 weeks to keep training interesting but from my 20 years of training experience, there is no magic training split to get results, the two greatest ways to ensure results are :
  - Consistency
  - Progressive overload

Full body 4 DAYS	Upper lower 4-5 DAYS	PPL 3-5DAYS	CHEST+BACK / LEGS / SHOULDERS + ARMS /FULLBODY 4 DAYS	CHEST+BACK / LEGS / SHOULDERS + ARMS / UPPER / LOWER 5 DAYS
Better for beginners	Great overall training split	Some love this split , but not my favourite	This works well for advanced lifters and has a good balance of volume, frequencies and recovery between workouts.	Another Great option for Advanced lifters looking for more lifting days in a week to spread out the training volume .

# Training Frequencies

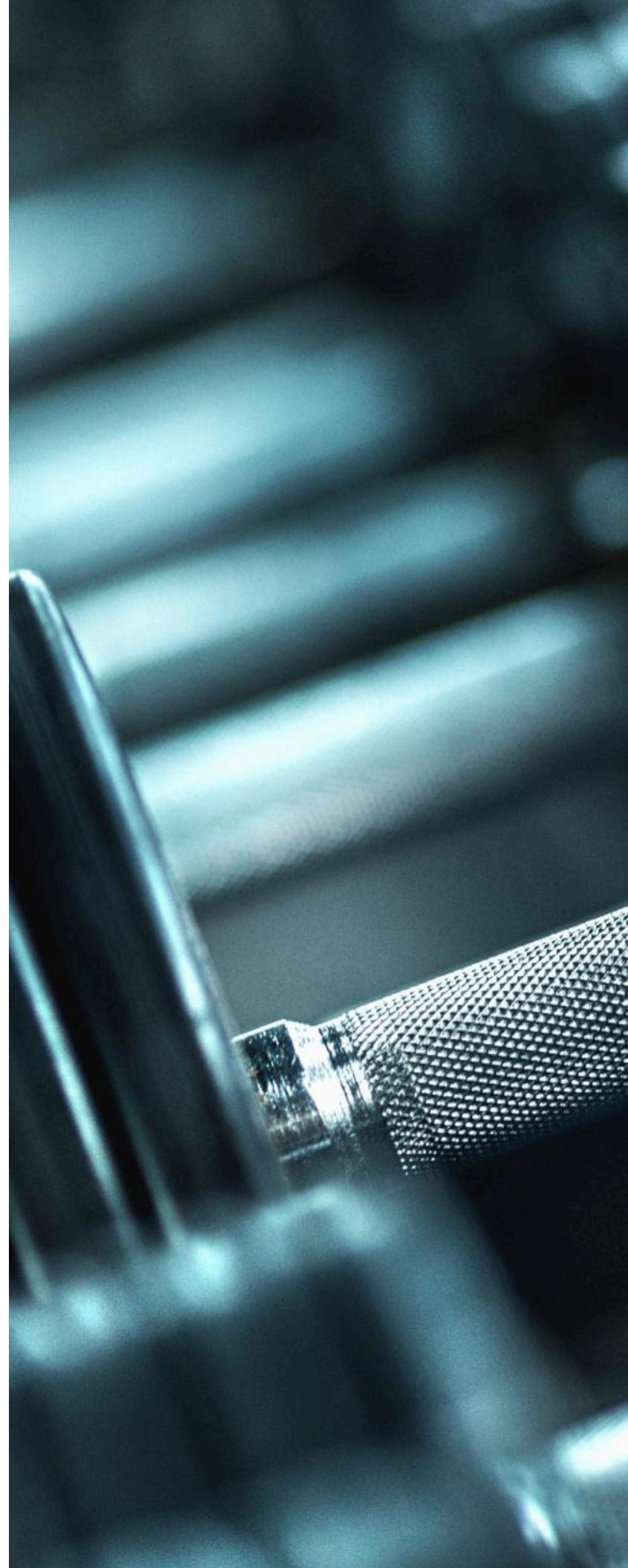
- By now everyone and their mothers understand that training a muscle group once a week is sub optimal for results in muscle growth and strength .
- Glad we have gotten that out of the way , lets talk optimal training frequencies .

- **Beginner lifters and intermediate lifters**

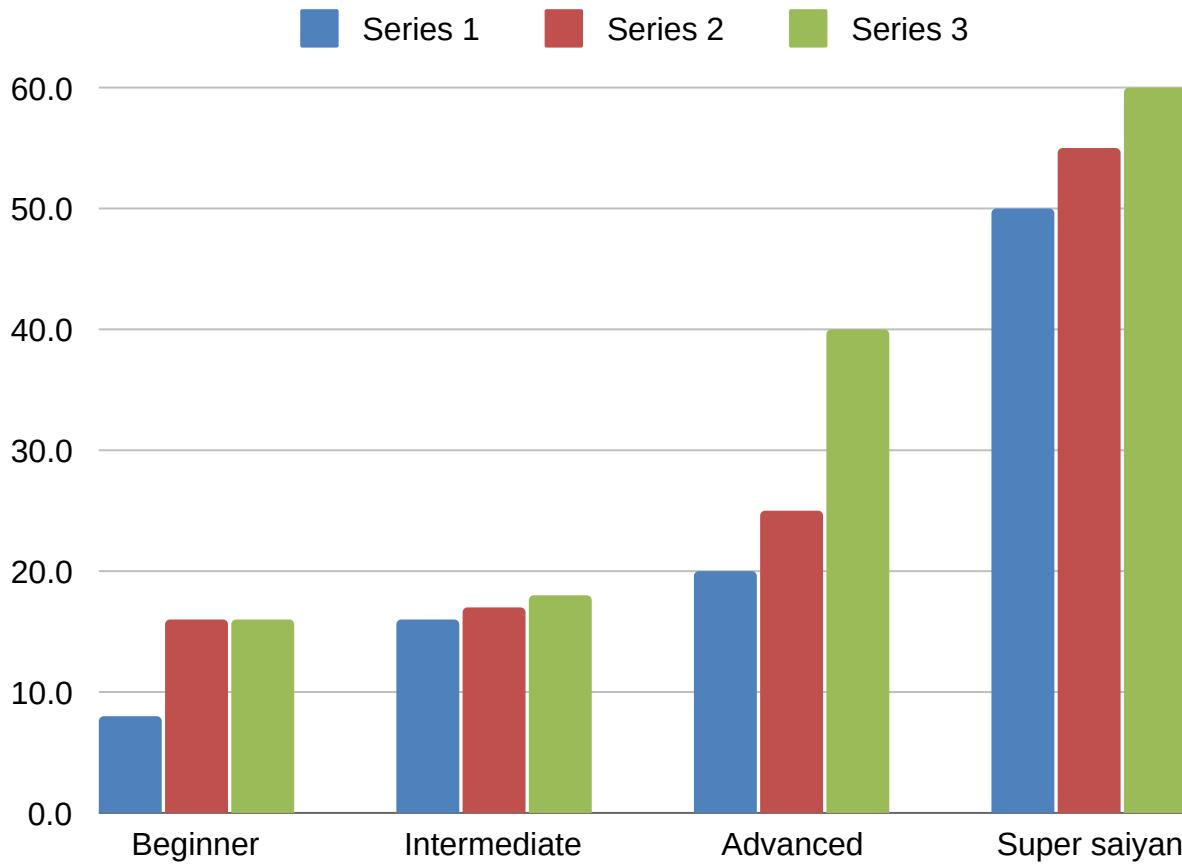
- You should be hitting each muscle group at least 2 times a week but I would recommend 2-4 times a week to help train movement patterns , this will lead to more muscle growth and strength at a faster rate. Remember lifting is a skill , more you practice the better and more efficient you become.

- **Advanced lifters**

- For the advanced lifter hitting each muscle group 2 – 3 times a week works best , this is due to the fact you perform more volume per session with heavier loads = you will need more recovery before hitting the same muscle group.
- But as you can see for both beginners and advanced 2-3 days a week tends to be the sweet spot for training frequencies , hope I have helped make things a little simpler for you when it comes to muscle group training frequencies .



# Volume



Beginners = 8 – 16 sets a week per muscle group

Intermediate = 16 – 18 sets weekly

Advanced lifter = 18-40 sets weekly

Super Saiyan = 50 – 55 sets weekly (2 -3 week overreaching periods)

During a bodyweight heavy routine, you can get away with much higher volumes than a traditional weightlifting routine, take advantage of this and ramp up the volume over time.

That being said I still recommend most lifters to hit at least 25 sets per week per muscle group even on a traditional bodybuilding routine and slowly ramp up to 35-40 sets over an 8-week training block, volume is underused for hypertrophy, but you will have to experiment with your own body to see what works.

# ISOMETRIC TRAINING BENEFITS AND TYPES OF ISOMETRICS

- Benefits
  - Lowers Blood pressure
  - Helps strength muscles at different ranges of motion
  - Works well for muscle growth and strength and its is another way to overload a muscle .
  - Improves muscle stamina and endurance , all sports athletes or manual labor workers would benefit greatly from iso hold training .
  - Iso training works well with bodyweight training adding end ranges of motion strengthening intensity technique
- Types of isometrics
- 1. Contracting isometrics e.g., Jump up to the top of a chin-up and hold the contraction for 8-15 seconds and do 3 – 4 sets of this with 1min rest intervals .
- 2. Extreme Range of motion isometrics in the stretched position e.g. hang from a pullup bar and stretch the lats for 15-40 seconds and do 3-4 sets with 1 min rest between sets .
- If this method of training sounds good to you and you would like to find out more ways to incorporate it into the Anywhere Training Program, message me in the private Facebook group and I will make videos of specific exercises you can do .
- This training technique is just an extra tool in your training toolbox , consistency is the real king when it comes to long term success .



# Progression Methods

- **Top 4 ways to apply progressive overload**
  - **Increase weight every 1-3 weeks, this is simple if you do pushups for 4 sets 8 week one and the do 4 sets for 8 week 2 with a 5kg plate on your back that's progress.**
  - **Increase reps – again a simple concept pushups 4 sets 8 week 1 and 4 sets of 9-10 week 2 .**
  - **More sets – 4 sets 8 reps week 1 and then on week 2 you do 5 sets 8 reps + progressive overload .**
  - **Density Training – 5 sets 10 reps in 6min week 1 then week 2 you do 5 sets 10 in 5 min . You can also do 5 sets of 10 in 6min week 1 then week 2 do 6sets 10 in 6 min that is also density training ( Either perform same work in less time or more work in same time , both will work well )**

Both the routines in this program are the starting points of the 8-10-week training protocol, I have outlined how you can add progressive overload to your routines on these slides, so try and progress to the best of your ability and it can change weekly e.g.

In week 2 you add weight to your push-ups, then for weeks 3-4 you just add a rep or 2 for 2 weeks and then in maybe week 5-6 you add 2 – 3 more sets at the same weight and reps,

So week 1 = 3 sets 10 push-ups

Week 2 = 3 sets 10 push-ups 5kg added

Week 3-4 = 3 sets 12 push-ups 5kg added

Week 5-6 = 6 sets 12 push-ups 5kg added

As you can see that is a crazy progression over 6 weeks and you have achieved this with multiple progression methods.

# Cardio

My top 3 reasons for loving cardio

1. Burn more calories = Eat more food on a fat loss plan = more sustainable and enjoyable process.
2. Keeps your heart healthy and helps the body transport nutrients around the body = more muscle growth and recovery over time
3. Increases your overall work capacity = You can do more work and recover adequately from it = more muscle growth over time.

The 2 methods we will be using in this routine :

- Low intensity cardio ;

I want you to try and get 8000-12,000 steps daily (This part will really make your fat loss journey much simpler and more enjoyable = Long term success. You will also be performing 10 – 15min of low-intensity warmup cardio before every session (Don't count this as your steps, keep them separate for more results)

- Workout Finishers =

I love workout finishers, it is the easiest and most efficient way to increase your work capacity and it only takes 8 – 15 min at the end of your workouts. Also due to the nature of workout finishers, you can look at them as more of muscle-building cardio = You get leaner and bigger or at worst maintain your muscle mass while getting lean.

Also due to the metabolic demand you will see faster fat loss and your conditioning will improve dramatically.

Combining Daily step count of 8000-12000 steps and 4-5 Workout Finishers at the end of your workouts weekly is a secret weapon to losing body fat and keeping it off. Thank me later.

# Fitness And Strength Tests

This is a Bodyweight full body test I want you to do it on week 1 a day before you start the program and then again on week 8, 3 days after finishing the program, this will help you see how far you have progressed during the program.

## **Beginner Fitness / Strength test**

**5 Inverted row**

**5 push-ups (Modify to your knees if needed)**

**5 squats (Modify to chair squats if needed)**

**Max rounds in 20 min**

**As you can see this looks very basic on the screen but it gets difficult quickly and your strength, endurance, work capacity and resilience will be tested.**

Standards to strive for =

Average – 8 rounds

Good – 12 rounds

Strong – 15 rounds

Super saiyan – 20 rounds

# Fitness and Strength Tests Continued

This is a Bodyweight full body test I want you to do it on week 1 a day before you start the program and then again on week 8. Make sure you take 3 days off after finishing the program before attempting so you fully recover, this will help you see how far you have progressed during the program.

## Advanced Fitness/Strength test

**Chin-ups 5reps**

**Handstand push-ups 6reps**

**Squats 15reps**

**Max rounds 20 min**

“ If you love life,  
don’t waste time, for  
time is what life is  
made up of.”

**BRUCE LEE**

Standards =

Average – 10 rounds

Good – 14 rounds

Strong – 18 rounds

Super saiyan – 22 rounds

# CALORIES IN VS CALORIES OUT

## Fat loss

If your goal is fat loss there are 3 ways to achieve this, But before all these methods you will have to work out a rough caloric maintenance for yourself, there are many good ones online, be truthful and work out your maintenance.

To lose 1-2 lbs a week you will need to create a daily caloric deficit of 250-500 calories, there are 3 methods this can be created and I will outline them, below;

1. **Exercise Some and Eat Less**, burn 250 calories and drop 250 calories from your diet and this will create the 500 calorie deficit e.g. 170lb males maintenance calories =2700 so instead of dropping your calories 500 straight off the bat, you go to 2450 and burn 250 through exercise. ( I recommend this method for 90% of people, this method helps build solid lifestyle traits and can be done for life or whenever you have 10-30LB to lose )
2. **Exercise Less and Eat Less**, this is the least enjoyable method and as you guessed it you will have to take a bigger chunk out of your maintenance to lose fat each week this means, the same 170lb male with 2700 calorie maintenance will have to be dropped to 2200 to lose fat each week (I don't recommend this method because it is very hard to stick to long term).
3. **Exercise More and Eat More**, so this method is only really suited for really active people e.g. training 5-6 days a week and averaging 15,000 steps daily. So the same 170lb male wouldn't have to lower his maintenance calories at all they would instead burn all 500 calories through exercise, if you are very active this method can be really enjoyable due to all the freedom you have over your diet. ( Only recommended for extremely active people or Athletes )

This is a quick overview of how you should plan your fat loss phase, pick a method you know you can stick to for 5-20 years every time you want to lose fat, its simple, but finding your maintenance calories can be tricky online calculators are only off by 100 calories up or down so find rough maintenance online and then drop by 300 – 500 calories daily through whichever method you pick out of my top 3 .

# CICO CONTINUED

## Muscle Gain

1. Muscle gain is a lot simpler than a fat loss diet but it takes much longer and requires willpower to allow yourself to gain weight and not start to panic every time you gain a few extra % body fat.
2. Find your maintenance calories and add 400-500 Calories daily, every 3 weeks add 50-150 calories daily to keep gaining 0.5lb -1.5lb weekly over a 3-5 month muscle gaining phase.
3. Fat gain is fine and inevitable during a muscle gain phase and a great rule of thumb is to keep your waist measurement from growing more than 5 inches during a mass phase e.g. If you start at a 30-inch waist your max mass gain waist should be 34-35 inches waist or 15-17% bodyfat.
4. Always keep cardio in your routine even when trying to gain muscle, there are 4 benefits to this :
  1. Keeps your appetite high = When you have been in a caloric surplus for over 2 months your appetite starts to disappear, cardio helps keep you hungry.
  2. Better Nutrient partitioning = Helps your body use the food you consume as energy to be used to fuel muscle performance and recovery, this will mean more muscle growth over time.
  3. Higher work capacity = Your cardiovascular fitness won't be a weakness during your training sessions = more productive training sessions at max intensity = more muscle growth over time.
  4. Keeps body fat from rising too fast, remember you will have to gain some body fat to build muscle but if you shoot straight to your top-end body fat percentage in the first 2 months of bulking, you will either keep going and add so much extra fat the next cut will be hell or you will have to run a mini cut halting all muscle gains until your back in a caloric surplus. Remember 4-6 months of muscle gaining is the ideal time frame to gain muscle so keep your rate of gain per week in check so you hit your max waist measurement/body fat level the last 1-3 weeks of a muscle-gaining phase and not gain it all the first month .....

# Call To Action

**Once You have read this eBook, I want you to go on Facebook/Instagram and Join the SmartsFitness.**

**Here I am looking to create a community for like-minded and driven strength and fitness enthusiasts.**

## **Top Benefits of Joining SmartsFitness Socials**

- 1. Daily workout and cardio ideas**
- 2. Ask questions on anything training or nutrition**
- 3. Having a community will help keep you accountable and motivated.**
- 4. Weekly quotes, jokes, motivational videos, training video tips**
- 5. Ideas on how to modify workouts for enhanced muscle growth and fat loss**

Also, keep an eye out for my Hybrid athlete program I will be launching in October 2024.

This will be a CrossFit / Bodybuilding / bodyweight / work capacity routine that will help teach you program and utilise the best aspects of all these training philosophies and help you design the ultimate routine for yourself.

As with all my programs I don't just want to give you a workout I want to show you how to design workouts for yourself, you know what you love and hate in training, I will give you the tools and you can build the workout program that will get you the body of your dreams.

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## Results Disclaimer

Results will vary depending on your current fitness level and starting bodyfat , but consistency will get results over time.

## Medical Disclaimer

I am not a medical professional , always seek out medical advice before starting a training or nutrition program . Always phone a medical professional immediately if you have any health issues or concerns .

## Personal Disclaimer

The information I provide is based on my personal experience, research on calisthenics and bodyweight fitness and my experience as a Personal Trainer. Any recommendations I make about exercise, nutrition, supplements or lifestyle should be discussed between you and your doctor because working out involves risks.

## Safety Disclaimer

Note: If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before starting to exercise/train or making any dietary changes. Discontinue use if adverse events occur

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# Final

I designed this routine so no matter where you are in your life/world you will have a routine that can be performed Anywhere and everywhere.

The pandemic stopped many from being able to train or keep fit and that is why I decided to write this training book, no matter what life throws your way you can still chase your fitness goals with the SmartsFitness Anywhere Training Program.

Another huge plus with this book is that the routine works amazingly and you can run as many 8-week cycles as you can utilising the progressive overload methods I recommend and you will continue to get results for 10+ years. But that's the amazing thing about all the tools I have provided for you in this book, if you decide you want a more gym-based routine, you have all the information and tools to create your own program using all the methods I highlight in this Ebook.

That's the secret you have been searching for this whole time

Hard work

Progressive overload

Consistency

And the right caloric intake to fuel your goals = calorie surplus for more muscle/calorie deficit for less body fat.

Keep following these basic principles and it won't matter what training program you decide to create, you will keep getting results over time.

I am looking forward to hearing all your results and goals via social media.