

# BEYOND THE GYM SAMPLE PROGRAM





# WELCOME

Thank you for purchasing our **NO GYM** program

This is your first step towards gaining control of your body, by prioritizing mobility with strength.

This training builds strength in places you never knew were weak and your body will start moving in new and exciting ways

As a doctor I came to realize this type of training minimizes or eliminates nagging/old injuries, makes age just a number and you end up looking as strong as you feel.

# INTRO

This is an excellent opportunity to find out how little equipment you actually need for quality effective training.

These aren't "modified" home workouts to "get by."

These are actual training sessions to build real strength and mobility

You are most likely purchasing this program because you are stuck at home due to unforeseen circumstance. I don't want your health and training being disrupted by these events even 1%.





# INTRO

It's time you find out how it's possible to make more progress with next to no equipment, than people with access to some of the most expensive and expansive gyms in the world.

These 3 sessions can be performed one to two times a week, for the next six weeks

All exercises are clickable to a movement tutorial.

If you have any questions be sure to schedule your complimentary 15 minute phone call with me by

**CLICKING HERE**

(Not clickable since this is a sample)



If you are awkward on the phone, just shoot me an email

[Drweshendricks@gmail.com](mailto:Drweshendricks@gmail.com)

with any questions you have. I don't want you to ever feel lost after purchasing this program -DR. Wes

**GET IN TOUCH**

If you want technique help be sure to tag me on IG @drweshendricks

# EQUIPMENT NEEDED

**Gymnastic Rings**

**PVC Pipe / Broom Stick**

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# SESH 1: PUSH

## WARM-UP

Wrist: x 10 reps of each

Scapula PU x 10 reps

Swimmer x 10 reps

....2 Cycles Through

## WORKOUT

**A** EMOM x 20 Minutes

Minute 1: CTW HS x 10-20  
sec

Minute 2: Decline PU  
@42x0 x 3-5 reps



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# SESH 1: PUSH

**C1** Ring Dips: 4-8 reps x 4;  
Rest 90 seconds.

## How to Modify Ring Dips Intensity

**D** 3 Rounds For Quality:

1. Ring Tricep Extension x  
10 Reps

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A man in a white t-shirt and black shorts is performing a handstand on a black parallette in a gym. He is upside down, with his feet tucked together and arms extended downwards, gripping the bars. The background shows gym equipment like racks and weights.

**Ready To Keep Making  
Progress  
And Not Let Your  
Training Be Disrupted?**

[Click Here To Get Started](#)

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