

4 THE NONBELIEVERS // 7-DAY TRIAL • PROGRESSION

7-DAY PUSH / PULL

PROGRESSION BUILD

Increase volume and skill. Build rep capacity, add dips, and scale to harder angles.

TAP THE (i) IN THE APP FOR A HOW-TO ON ANY MOVE.

4THE NONBELIEVERS
WITH COACH CARTER

Every block pairs a push with a pull — A1 straight into A2, no rest between, then 90 sec and repeat. Move with intent.

WARM-UP

- Arm circles + band pull-aparts — 30s each
- Scapular push-ups x10 + scap pulls x10
- 10 slow air squats into 5 inchworms

THE WORK — 6 SUPERSETS

A1 Plyo Push-Ups

5 x 5

Hands leave the floor, land soft, max intent. Speed work.

Lower into a push-up, then push up explosively so your hands leave the floor. Land soft and immediately go into the next rep.

A2 Explosive Pull-Ups

5 x 5

Pull fast, chest to bar if you can. The pulling power half.

Pull as fast and hard as you can — aim to get your chest toward the bar — then lower under control.

B1 Dips

4 x 8-12

Lock out top, shoulders below elbows at bottom.

Support yourself on parallel bars, arms straight. Lower until your shoulders are just below your elbows, then press back to lockout. Slight forward lean.

B2 Australian Rows

4 x 10

Body straight under the bar, chest to bar, slow down.

Set a bar about waist height. Hang underneath with body straight and heels on the floor, pull your chest to the bar, then lower slowly.

C1 Pseudo Planche Push-Ups

4 x 8

Shoulders lean past the wrists, hold the lean.

In a push-up, shift your hands down toward your waist and lean your shoulders out past your wrists. Keep that forward lean the whole rep.

C2 Wide Pull-Ups

4 x 6-8

Wide grip, drive elbows down, full hang each rep.

Take a grip wider than your shoulders. Drive your elbows down and pull your chin over the bar, then lower fully.

THE WORK (CONT.)

D1 Pike Push-Ups

3 x 10

Hips high, crown to the floor, press tall.

Hips high in an upside-down V, hands and feet planted. Bend the elbows to lower the crown of your head toward the floor, then press up.

D2 Underhand Rows

3 x 12

Palms toward you, squeeze the mid-back.

Set the bar at waist height, grip with palms facing you. Pull your chest to the bar squeezing your mid-back, then lower slow.

E1 Push-Up Shoulder Taps

3 x 16

No hip sway — punish the core while you press.

From a push-up plank, tap one hand to the opposite shoulder without letting your hips rock. Alternate hands.

E2 Scap Pulls

3 x 12

Straight arms, pull the blades down and together.

Hang from the bar with straight arms. Without bending your elbows, pull your shoulder blades down so your body rises an inch, then relax.

F1 Walking Lunges

4 x 12 ea

Step through into each lunge, back knee toward the floor.

Step forward into a lunge, then bring the back leg through into the next lunge, walking forward.

F2 Jump Squats

4 x 12

Explode up, land soft, straight into the next rep.

Drop into a squat, then explode straight up off the floor. Land soft and immediately drop into the next rep.

FINISHER

Burpee Pull-Ups

3 x 8

Full burpee into a pull-up. No stopping inside the set.

Do a full burpee (squat, kick back, push-up, jump up) directly under a bar, and finish each rep with a pull-up.

Higher reps, shorter rest — 60 sec between rounds. Finish every set with a rep or two in the tank. The volume stacks up.

WARM-UP

- Jumping jacks x40 + arm swings 30s
- Band pull-aparts x20 + wrist circles
- 10 push-ups + 10 bodyweight rows (easy)

THE WORK — 6 SUPERSETS

A1 Push-Ups

5 x 15

Smooth, controlled, chest to floor. Grease the pattern.

Hands under shoulders, body straight. Lower until your chest nearly touches the floor, elbows about 45°, then press up.

A2 Pull-Ups

5 x 60% max

Just over half your max each set. Reps in the tank.

Hang from the bar with an overhand grip. Pull until your chin clears the bar, then lower all the way down under control.

B1 Diamond Push-Ups

4 x 12

Hands together, elbows back. Triceps lockout.

Hands together under your chest forming a diamond. Lower with elbows tucked back, then press up — this hammers the triceps.

B2 Underhand Rows

4 x 12

Palms toward you, mid-back and biceps.

Set the bar at waist height, grip with palms facing you. Pull your chest to the bar squeezing your mid-back, then lower slow.

C1 Pike Push-Ups

4 x 10

Hips high, press through the shoulders.

Hips high in an upside-down V, hands and feet planted. Bend the elbows to lower the crown of your head toward the floor, then press up.

C2 Chin-Ups

4 x 8

Palms toward you, full hang to chin over bar.

Hang with palms facing you, hands shoulder-width. Pull your chin over the bar, then lower under control. Hits biceps more.

THE WORK (CONT.)

D1 Incline/Decline Push-Ups

3 x 15

Feet elevated for more load. Steady tempo.

Feet elevated on a bench makes it harder (decline); hands elevated makes it easier (incline). Pick the angle that challenges you.

D2 Australian Rows

3 x 15

Chest to bar, control the descent.

Set a bar about waist height. Hang underneath with body straight and heels on the floor, pull your chest to the bar, then lower slowly.

E1 Dips

3 x max

Full depth, clean reps until form breaks. Log it.

Support yourself on parallel bars, arms straight. Lower until your shoulders are just below your elbows, then press back to lockout. Slight forward lean.

E2 Dead Hangs

3 x max

Straight-arm hang, shoulders down. Grip + recovery.

Hang from the bar, arms straight, shoulders pulled down slightly. Hold for time — it builds grip and the base of every pull.

F1 Bulgarian Split Squats

4 x 10 ea

Back foot on a bench, lower the front thigh to parallel, drive up.

Rest your back foot on a bench behind you. Lower the front leg until the thigh is parallel, then drive up. Both legs.

F2 Calf Raises

4 x 25

Full range, slow lower, big squeeze at the top.

Stand tall, push up onto the balls of your feet as high as you can, pause, then lower slowly.

FINISHER

Push-Up to Row (renegade)

3 x 20

Push-up, then row each side. Plank stays rock solid.

In a plank on dumbbells or fists, do a push-up, then row one hand to your ribs, then the other — keep hips level.

A timed circuit recapping the moves from Days 1-2. 40 sec work / 20 sec rest, run the whole list, then 2 min rest. 4 total rounds. Push the pace — this is the engine.

4 rounds · 40s work / 20s rest · 2 min between rounds

THE CIRCUIT

Push-Ups

40s on / 20s off

Chest to floor, steady reps. Don't pace too easy.

Hands under shoulders, body straight. Lower until your chest nearly touches the floor, elbows about 45°, then press up.

Australian Rows

40s on / 20s off

Chest to bar, control down. Mid-back lights up.

Set a bar about waist height. Hang underneath with body straight and heels on the floor, pull your chest to the bar, then lower slowly.

Jump Squats

40s on / 20s off

Explode up, land soft. Legs drive the heart rate.

Drop into a squat, then explode straight up off the floor. Land soft and immediately drop into the next rep.

Pike Push-Ups

40s on / 20s off

Hips high — shoulders carry this one.

Hips high in an upside-down V, hands and feet planted. Bend the elbows to lower the crown of your head toward the floor, then press up.

Mountain Climbers

40s on / 20s off

Hips flat, knees driving fast. All gas.

In a plank, drive one knee toward your chest then switch quickly, like running in place horizontally. Keep hips flat.

Dead Hang / Active Hang

40s on / 20s off

Hold, or do slow scap pulls. Grip under fatigue.

Hang from the bar; either hold still or do slow scap pulls (shrug down and up). Builds grip under fatigue.

3 AB FINISHERS

Hanging Knee Raises

3 x 12

No swing — abs lift the knees past hip height.

Hang from the bar and raise your knees up past hip height using your abs, then lower slowly with no swinging.

Hollow Body Hold

3 x 30s

Lower back flat, arms and legs hover.

On your back, press your lower back flat into the floor and lift your arms and legs a few inches. Hold the dish shape.

Bicycle Crunches

3 x 30

Slow and controlled, elbow to opposite knee.

On your back, bring opposite elbow to opposite knee while extending the other leg, alternating in a slow pedal.

Slow the tempo, own every rep — 3 seconds down on the pushes, strict negatives on the pulls. This is where raw strength gets built.

WARM-UP

- Wrist + shoulder mobility 60s
- Scap push-ups x10 + scap pulls x10
- 10 tempo push-ups (slow) + 5 slow negatives on the bar

THE WORK — 6 SUPERSETS

A1 Tempo Push-Ups 4 x 8

3 sec down, chest grazes floor, explode up.

Take a slow 3-second count to lower, pause an instant at the bottom, then press up. Control is the point.

A2 Chin-Up Negatives 4 x 3

Jump to chin-over-bar, lower on a strict 5-count.

Jump to the top with palms facing you, chin over the bar, then lower on a strict 5-second count.

B1 Bar Dips — Tempo 4 x 8

Full depth, no bounce, 2-sec lowering.

On the bars, lower under control for 2 seconds to full depth — no bounce — then press up to lockout.

B2 Tempo Australian Rows 4 x 10

Pull to bar, hold 1 sec, 3-sec descent.

Pull your chest to the bar, hold for 1 second, then take 3 seconds to lower. Slow and controlled.

C1 Archer Push-Ups 3 x 6 ea

Shift weight to one arm, other stays straight.

Wide hand stance. Lower toward one hand while the other arm stays straight out to the side, then push back to center. Alternate sides.

C2 Wide Pull-Ups 3 x 6

Wide grip, full hang, drive elbows down.

Take a grip wider than your shoulders. Drive your elbows down and pull your chin over the bar, then lower fully.

THE WORK (CONT.)

D1 Pseudo Planche Push-Ups 3 x 8

Lean hard past the wrists, slow tempo.

In a push-up, shift your hands down toward your waist and lean your shoulders out past your wrists. Keep that forward lean the whole rep.

D2 Commando Pull-Ups 3 x 6

Pull head to each side of the bar, alternate.

Grip the bar with hands in line (one in front of the other). Pull your head up to one side of the bar, lower, then the other side.

E1 Diamond Push-Ups 3 x 12

Hands together, elbows in, full lockout.

Hands together under your chest forming a diamond. Lower with elbows tucked back, then press up — this hammers the triceps.

E2 Scap Pulls 3 x 12

Straight arms, blades down and together.

Hang from the bar with straight arms. Without bending your elbows, pull your shoulder blades down so your body rises an inch, then relax.

F1 Cossack Squats 3 x 8 ea

Shift side to side, squatting low over one leg at a time.

Wide stance, shift your weight to one side and squat low over that leg while the other stays straight, then shift across.

F2 Single-Leg Glute Bridge 3 x 12 ea

Hips to a straight line, control the lower.

On your back, one foot planted, other leg extended. Drive through the heel to lift your hips, squeeze, lower.

FINISHER

Dips + Pull-Ups (max-max) 2 rounds

Max dips, rest 60s, max pull-ups, rest 60s. Empty it.

Max reps of dips, rest 60s, then max reps of pull-ups, rest 60s. That's one round.

Bigger sets, relentless pace. 75 sec rest between rounds. This is where the work compounds — hold your form as fatigue stacks.

WARM-UP

- Jump rope or jacks 60s
- Band pull-aparts x20 + arm circles
- 10 push-ups + 8 rows + 10 squats (easy flow)

THE WORK — 6 SUPERSETS

A1 Push-Ups

5 x 20

Chest to floor every rep. No half reps when it burns.

Hands under shoulders, body straight. Lower until your chest nearly touches the floor, elbows about 45°, then press up.

A2 Pull-Ups

5 x 8-10

Full hang to chin over bar, controlled.

Hang from the bar with an overhand grip. Pull until your chin clears the bar, then lower all the way down under control.

B1 Pike Push-Ups

4 x 12

Hips high, press tall, shoulders drive it.

Hips high in an upside-down V, hands and feet planted. Bend the elbows to lower the crown of your head toward the floor, then press up.

B2 Australian Rows

4 x 15

Chest to bar, squeeze the back, slow down.

Set a bar about waist height. Hang underneath with body straight and heels on the floor, pull your chest to the bar, then lower slowly.

C1 Dips

4 x 12

Full depth, lock out top. Add tempo if easy.

Support yourself on parallel bars, arms straight. Lower until your shoulders are just below your elbows, then press back to lockout. Slight forward lean.

C2 Underhand Rows

4 x 12

Palms toward you, drive elbows to hips.

Set the bar at waist height, grip with palms facing you. Pull your chest to the bar squeezing your mid-back, then lower slow.

THE WORK (CONT.)

D1 Decline Push-Ups

3 x 15

Feet elevated, control the descent.

Put your feet up on a bench or step so your body angles down. Lower your chest to the floor and press up — harder on the shoulders and chest.

D2 Chin-Ups

3 x 8

Palms toward you, full range.

Hang with palms facing you, hands shoulder-width. Pull your chin over the bar, then lower under control. Hits biceps more.

E1 Push-Up Shoulder Taps

3 x 20

Hips still, tap each shoulder, core braced.

From a push-up plank, tap one hand to the opposite shoulder without letting your hips rock. Alternate hands.

E2 Scap Pulls

3 x 15

Blades down and together, straight arms.

Hang from the bar with straight arms. Without bending your elbows, pull your shoulder blades down so your body rises an inch, then relax.

F1 Jump Lunges

4 x 12

Switch legs mid-air, drive the knee, land soft.

Lunge with one leg forward, jump and switch legs in mid-air, landing in a lunge on the other side.

F2 Wall Sit

3 x 45s

Thighs parallel, hold strong, don't slide up.

Back flat against a wall, slide down until your thighs are parallel to the floor, and hold the seated position.

FINISHER

100 Push-Ups for Time

1 round

Clock on. Break as needed, but don't stop moving. Log the time.

Do 100 total push-ups as fast as you can, breaking into small sets as needed. Log your time.

The week's hardest circuit — recaps everything from Days 4–5. 45 sec work / 15 sec rest, full list, 90 sec rest. 5 rounds. Leave it all here.

5 rounds • 45s work / 15s rest • 90 sec between rounds

THE CIRCUIT

Burpees

45s on / 15s off

Chest to floor, full stand at the top. Pace it to survive 5 rounds.

Squat down, kick your feet back to a plank (with a push-up), jump your feet back in, then jump up tall.

Pull-Ups

45s on / 15s off

As many clean reps as you can. Drop and reset.

Hang from the bar with an overhand grip. Pull until your chin clears the bar, then lower all the way down under control.

Dips (or bench dips)

45s on / 15s off

Full depth, lock out. Keep moving.

On parallel bars or a bench, bend the elbows to lower, then press back up to straight arms.

Jump Lunges

45s on / 15s off

Switch mid-air, drive the knee, soft landings.

Lunge with one leg forward, jump and switch legs in mid-air, landing in a lunge on the other side.

Diamond Push-Ups

45s on / 15s off

Hands together, triceps burn. Knees down if needed.

Hands together under your chest forming a diamond. Lower with elbows tucked back, then press up — this hammers the triceps.

High Knees / Sprint in Place

45s on / 15s off

Top speed, knees high. Empty the tank.

Run in place driving your knees up high and pumping your arms, as fast as you can.

3 AB FINISHERS

Toes-to-Bar (or knee raises)

3 x 10

Drive toes toward the bar, control the lower.

Hang from the bar and drive your toes (or knees) up toward the bar, then lower under control without swinging.

Hollow Rocks

3 x 20

Hold the hollow, rock from the shoulders.

Hold the hollow shape (low back flat, arms and legs up) and rock gently back and forth from your shoulders.

Plank Shoulder Taps

3 x 30

Hips dead still, tap opposite shoulders.

In a plank, tap one hand to the opposite shoulder without letting your hips twist. Alternate.

One week in. Time to see what it built. Warm up, then go all-out on each test, rest as needed. This is your benchmark — remember where you land.

WARM-UP

- 5 min easy movement — jacks, arm swings, light rows
- 2 sub-max sets of push-ups + pull-ups to prime

TESTS 1-3

Max Pull-Ups

1 all-out set

Strict — full hang to chin over the bar, no kip.

Do as many strict pull-ups as you can in one set — full hang to chin over bar. Count clean reps.

Max Push-Ups

1 all-out set

Chest to floor, full lockout, no resting on the floor.

Do as many push-ups as you can in one unbroken set. Chest to floor, full lockout.

Max Dips

1 all-out set

Full depth, shoulders below elbows, lock out top.

Do as many full-depth dips as you can in one set. Shoulders below elbows, lock out the top.

TESTS 4-6

Dead Hang

for time

Hang till the grip gives. Log the seconds.

Simply hang from the bar with arms straight and shoulders slightly engaged (not fully relaxed). Builds grip and shoulder strength.

L-Sit / Hollow Hold

for time

Max hold. Tucked counts — log your best.

Arms locked, legs straight out front (or knees tucked to scale). Hold as long as you can.

100 Burpees

for time

Clock on. Don't stop till 100. Your number to beat.

Do 100 burpees as fast as you can — chest to floor, jump at the top. Log your time.

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