

# **8-Week**

# **Suspension Trainer**

# **Strength Training Program**



# **8-Week Suspension Trainer Strength Training Program**

**By Nia Shanks**

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## Disclaimer

The *8-Week Suspension Trainer Strength Training Program* is not medical advice and is not intended to replace the advice or attention of health-care professionals. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications. These recommendations are not medical guidelines but are for educational purposes only. Consult your physician prior to taking any advice from this program if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately.

You should complete a physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any information in this program, please follow your doctor's orders. This information is intended for informational use only. Nia Shanks or NS Fitness LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

## Thanks for Downloading This Program

I know you have a lot of resources you could turn to for at-home workouts, and I want to thank you for choosing mine.

If you like this workout program, please consider joining my newsletter, if you haven't already. You'll receive occasional emails with updates for the newest content, and you'll also get insider-only information and program discounts shared exclusively in the newsletter.

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This 8-week strength training program can be performed entirely with a suspension trainer that can be secured in a closed door. That makes this program perfect when:

- You don't have time to make it to the gym
- You want to change things up and take a break from lifting weights
- You're traveling but still want to train hard (a suspension trainer is extremely travel friendly, after all)
- You get snowed in your house for two weeks from a massive blizzard
- You like working out outdoors (you can secure a suspension trainer around a sturdy tree branch, soccer goal, swing set, or anything else you can find that won't break!)
- Or there's a global pandemic that prevents you from going to the gym 😊

If you don't already have a suspension trainer, you can get one at your local sport goods store and many general big-box stores too. You can also, of course, buy one online. Here are some that got rated well and aren't as expensive as many popular models (paid links):

- [FITINDEX Bodyweight Resistance Trainer Kit](#)
- [Lifeline Jungle Gym Suspension Trainer System](#)
- [GoFit Gravity Straps](#)

## Weekly Workout Structure Options

This training system is comprised of three total-body workouts. Depending on how many days per week you want to work out, simply rotate the provided workouts. Here are the options:

### Option 1—Three Workouts/Week

Week 1:

- Monday—Workout 1
- Wednesday—Workout 2
- Friday—Workout 3

Week 2:

- Monday—Workout 1
- Wednesday—Workout 2
- Friday—Workout 3

If you want to work out three times per week, do so on nonconsecutive days as shown above. Another option would be to train on Tuesday, Thursday, and Saturday.

## **Option 2—Work Out Every Other Day**

Week 1:

- Monday—Workout 1
- Tuesday—Off
- Wednesday—Workout 2
- Thursday—Off
- Friday—Workout 3
- Saturday—Off
- Sunday—Workout 1

Week 2:

- Monday—Off
- Tuesday—Workout 2
- Wednesday—Off
- Thursday—Workout 3
- Friday—Off
- Saturday—Workout 1
- Sunday—Off

...Keep repeating in that format. This is a great option that provides a higher training frequency than the three-weekly workout option while still allowing for a day of rest between each workout.

## **Option 3—Four Workouts/Week**

Week 1:

- Monday—Workout 1
- Tuesday—Workout 2
- Wednesday—Off
- Thursday—Workout 3
- Friday—Workout 1
- Saturday—Off
- Sunday—Off

Week 2:

- Monday—Workout 2
- Tuesday—Workout 3
- Wednesday—Off
- Thursday—Workout 1
- Friday—Workout 2

- Saturday—Off
- Sunday—Off

This frequency option is great if you want to work out four times per week and prefer to work out on the same days every week. Another possible weekly setup for this option is to perform a workout on Monday, Wednesday, Friday, and Saturday. With this option only two workouts will be performed back to back. Both four-workouts-per-week options are great so do what you prefer.

**Regardless of which work out frequency option you choose, perform the workouts from Phase 1 for four weeks, then move to Phase 2.**

For Phase 2 the same workout frequency options apply—choose whatever you prefer and perform the workouts for four weeks.

## Possible Program Modification

Depending on your experience level, you may want to perform one to two fewer sets than what's shown in the workouts. If you haven't done any type of strength training recently, I suggest you begin with two to three sets for each exercise the first week. If you're not too sore, you can perform the workouts as written the following week.

## Important Workout Notes

Read these carefully.

- **Make sure your suspension trainer is properly secured!** You don't want it to come loose when you're working out. I recommend securing it in a solid door with a deadbolt lock, so you know the door is shut, and will remain shut.
- **Don't let the straps rub against your arms.** This can happen with push-up variations, and it's extremely uncomfortable. If you find that the straps are rubbing against your arms when performing push-ups, try adjusting the straps—separating them more usually helps solve this issue (if your suspension trainer is two separate pieces).
- **No jerking, bouncing, or struggling.** Your exercise performance should look smooth, controlled, and fluid.
- **Be aware of the range of motion.** You want to perform the exercises through an appropriate range of motion and not too little *or* too much. Watch the demonstration videos closely to see the correct range of motion.

- **Use a challenging variation.** The goal is to perform a challenging variation of each exercise for the provided rep range. For example, if the rep range is 8-10, you should start with a variation that allows you to perform no more than perfect 12 reps for the first set. Put another way, if you perform 10 reps with a variation you know you could crank out 15 or more reps with, it was too easy. That said, if you're not confident with certain exercises at first, I'd much rather you start too easy than push too hard! Suspension trainer exercises are challenging because they require more coordination and stability—train hard, *but train smart*. [Watch this video](#) to see how to make exercises easier and more challenging.
- **Supersets are used for efficiency.** Every exercise in this program is part of a superset—that means two exercises will be performed in alternating fashion for the allotted number of sets. For example, with Phase 1 Workout 1:
  - 1a) Push-up: 4x8-10, 30 seconds rest
  - 1b) Inverted row: 4x8-10, 30 seconds rest

Perform a set of push-ups for 8-10 reps, rest 30 seconds, perform a set of inverted rows for 8-10 reps, rest 30 seconds, and go back to push-ups. Repeat for a total of 4 sets for both exercises. (The other supersets are labeled 2a and 2b, and 3a and 3b.)

Different rest periods are used for different exercises, so pay attention.

- **Every time you repeat a workout, try to improve your performance.** Begin by performing more reps for each set *until you reach the high end of the provided rep range*. When you reach the high end of the provided rep range for suspension trainer exercises, make them more challenging (as explained in a provided video) and start back at the low end of the provided rep range.
- **Every exercise has its own demonstration video.** Click the exercise (the blue hyperlink) within the workout and the private YouTube video will pop up. If you have trouble viewing the video, make sure your YouTube app is up to date if viewing from a smartphone. **Coaching cues are provided for each exercise**—look in the description box of each video for helpful coaching cues and exercise descriptions.
- **It's okay to work at your own pace.** If you're new to strength training, or just new to the exercises used in this program, there's nothing wrong with performing two sets for each exercise the first week or two, and building up from there. You don't want to get too sore from the beginning, so work at your own pace.



# PHASE 1—WEEKS 1-4

Perform Phase 1 for four weeks, using the workout frequency option of your choosing on page 5. After four weeks move on to Phase 2.

Watch these two important videos before performing the workouts:

- [How to make all upper-body exercises easier to more difficult](#)
- [The proper body position for all upper-body exercises](#)

## WORKOUT 1

EXERCISE	SETS	REPS	REST
1a) <a href="#">Push-up</a>	4	8-10	30 sec
1b) <a href="#">Inverted row (palms-down grip, to chest)</a>	4	8-10	30 sec
2a) <a href="#">Split squat</a>	4	8-20*	0 sec
2b) <a href="#">Glute bridge</a>	4	10-30	60 sec
3a) <a href="#">Plank</a>	4	ALAP**	30 sec
3b) <a href="#">Y fly</a>	4	12-15	30 sec

\*Reps per leg

\*\*ALAP = as long as possible

## WORKOUT 2

EXERCISE	SETS	REPS	REST
1a) <a href="#">Alternating reverse lunge</a>	4	8-12*	0 sec
1b) <a href="#">Squat</a>	4	10-30	60 sec
2a) <a href="#">Close-grip push-up</a>	4	8-10	30 sec
2b) <a href="#">Inverted row (neutral grip, to bellybutton)</a>	4	8-10	30 sec
3a) <a href="#">Side plank</a>	4	ALAP**	30 sec
3b) <a href="#">Spiderman climb</a>	4	8-15*	30 sec

\*Reps per leg

\*\*ALAP = as long as possible; perform a set on *each side*, then rest

### WORKOUT 3

EXERCISE	SETS	REPS	REST
1a) <a href="#">Dynamic reverse lunge w/ controlled eccentric</a>	4	8-12*	30 sec
1b) <a href="#">Face pull</a>	4	12-15	30 sec
2a) <a href="#">Wide-stance pause squat</a>	4	10-30	30 sec
2b) <a href="#">Pause push-up</a>	4	8-10	30 sec
3a) <a href="#">Reverse crunch</a>	4	AMRAP**	0 sec
3b) <a href="#">Wall sit</a>	4	10-60 sec	60 sec

\*Reps *per leg*; perform a set for both legs, then rest 30 seconds, then perform 1b, repeat

\*\*AMRAP = as many reps as possible

# **Phase 1**

## **Printable Workout Logs**

On the following pages are the printable workout logs for Phase 1. You can track a total of five workouts in the provided logs. If you perform more workouts than what's provided (depending on how many days per week you choose to work out) print off more for your convenience.

## WORKOUT #1

Exercise	Set 1	Set 2	Set 3	Set 4
<b>1a) Push-up 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>1b) Inverted row (palms-down grip, to chest) 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2a) Split squat 4 sets/8-20 reps per leg Rest 0 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2b) Glute bridge 4 sets/10-30 reps Rest 60 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3a) Plank 4 sets/ALAP* Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3b) Y fly 4 sets/12-15 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				

\*ALAP = as long as possible

## WORKOUT #2

Exercise	Set 1	Set 2	Set 3	Set 4
<b>1a) Alternating reverse lunge 4 sets/8-12 reps per leg Rest 0 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>1b) Squat 4 sets/10-30 reps Rest 60 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2a) Close-grip push-up 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2b) Inverted row (neutral grip, to bellybutton) 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3a) Side plank 4 sets/ALAP* for both sides Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3b) Spiderman climb 4 sets/8-15 reps per leg Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				

\*ALAP = as long as possible

### WORKOUT #3

Exercise	Set 1	Set 2	Set 3	Set 4
<b>1a) Dynamic reverse lunge with controlled eccentric 4 sets/8-12 reps* Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>1b) Face pull 4 sets/12-15 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2a) Wide-stance pause squat 4 sets/10-30 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2b) Pause push-up 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3a) Reverse crunch 4 sets/AMRAP Rest 0 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3b) Wall sit 4 sets/10-60 seconds Rest 60 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				

\*Reps shown *per leg*—rest 30 seconds after performing the reps for both legs

# PHASE 2—WEEKS 5-8

## WORKOUT 1

EXERCISE	SETS	REPS	REST
1a) <a href="#">Face pull + press</a>	5	6-15	30 sec
1b) <a href="#">Skater squat</a>	5	6-10*	30 sec
2a) <a href="#">Twisting inverted row with pause</a>	4	10-12	30 sec
2b) <a href="#">One-leg glute bridge</a>	4	10-20*	30 sec
3a) <a href="#">Three-point plank</a>	4	ALAP**	30 sec
3b) <a href="#">Two-count pause squat</a>	4	15-30	30 sec

\*Reps *per leg*

\*\*ALAP = as long as possible (alternate which foot is raised each set)

## WORKOUT 2

EXERCISE	SETS	REPS	REST
1a) <a href="#">Pendulum lunge</a>	4	8-15*	30 sec
1b) <a href="#">Pause close-grip push-up</a>	4	8-10	30 sec
2a) <a href="#">1.5-rep squat</a>	4	10-25	30 sec
2b) <a href="#">Palms-up inverted row</a>	4	10-12	30 sec
3a) <a href="#">Alternating alligator</a>	4	6-12**	30 sec
3b) <a href="#">Mountain climber</a>	4	8-20**	30 sec

\*Stepping back then forward is *one* rep; perform 8-15 for each leg

\*\*Per side

## WORKOUT 3

EXERCISE	SETS	REPS	REST
1a) <a href="#">1.5-rep split squat</a>	4	6-15*	30 sec
1b) <a href="#">Reverse fly + face pull</a>	4	8-10**	30 sec
2a) <a href="#">Alternating single-leg glute bridge w/ pause</a>	4	10-25*	30 sec
2b) <a href="#">1.5-rep push-up</a>	4	8-10	30 sec
3a) <a href="#">Bodyweight curls</a>	4	10-15	30 sec
3b) <a href="#">Bodyweight extensions</a>	4	12-15	30 sec

\*Reps *per leg*

\*\*Perform 8-10 reps for the reverse fly, then perform 8-10 face pulls

# **Phase 2**

## **Printable Workout Logs**

On the following pages are the printable workout logs for Phase 2. You can track a total of five workouts in the provided logs. If you perform more workouts than what's provided (depending on how many days per week you choose to work out) print off more for your convenience.



## WORKOUT #1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
<b>1a) Face pull + press 5 sets/6-15 reps Rest 30 seconds</b>					
Date:					
Date:					
Date:					
Date:					
Date:					
<b>1b) Skater squat 5 sets/6-10 reps per leg Rest 30 seconds</b>					
Date:					
Date:					
Date:					
Date:					
Date:					
<b>2a) Twisting inverted row with pause 4 sets/10-12 reps Rest 30 seconds</b>					
Date:					XX
Date:					XX
Date:					XX
Date:					XX
Date:					XX
<b>2b) One-leg glute bridge 4 sets/10-20 reps per leg Rest 30 seconds</b>					
Date:					XX
Date:					XX
Date:					XX
Date:					XX
Date:					XX
<b>3a) Three-point plank 4 sets/ALAP Rest 30 seconds</b>					
Date:					XX
Date:					XX
Date:					XX
Date:					XX
Date:					XX
<b>3b) Two-count pause squat 4 sets/15-30 reps Rest 30 seconds</b>					
Date:					XX
Date:					XX
Date:					XX
Date:					XX
Date:					XX

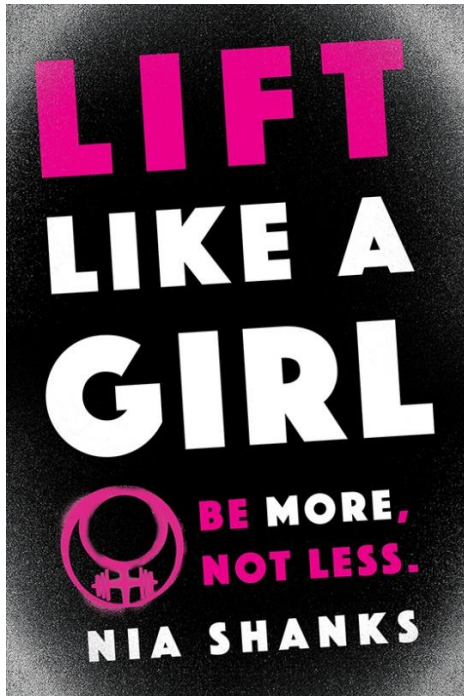
## WORKOUT #2

Exercise	Set 1	Set 2	Set 3	Set 4
<b>1a) Pendulum lunge 4 sets/8-15 reps per leg Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>1b) Pause close-grip push-up 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2a) 1.5-rep squat 4 sets/10-25 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2b) Palms-up inverted row 4 sets/10-12 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3a) Alternating alligator 4 sets/6-12 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3b) Mountain climber 4 sets/8-20 reps Rest 30 seconds</b>				
Date:				
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Date:				

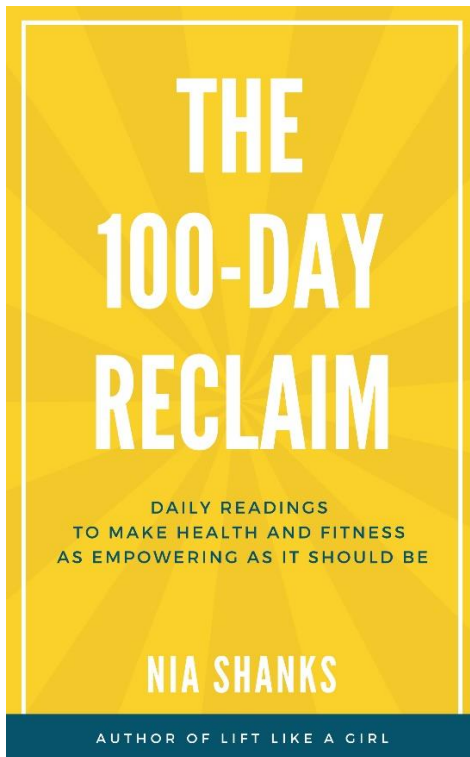
### WORKOUT #3

Exercise	Set 1	Set 2	Set 3	Set 4
<b>1a) 1.5-rep split squat 4 sets/6-15 reps per leg Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>1b) Reverse fly + face pull 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2a) Alternating single-leg glute bridge with pause 4 sets/10-25 reps per leg Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>2b) 1.5-rep push-up 4 sets/8-10 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3a) Bodyweight curls 4 sets/10-15 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				
<b>3b) Bodyweight extensions 4 sets/12-15 reps Rest 30 seconds</b>				
Date:				
Date:				
Date:				
Date:				
Date:				

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