

START BODYWEIGHT .com

BASIC ROUTINE (perform 3 times a week)

QUICK OVERVIEW:

- START WITH A QUICK 5 MIN WARM UP FOLLOWED BY DYNAMIC STRETCHES
- PERFORM 3 SETS OF BETWEEN 4 AND 8 REPETITIONS FOR 6 BASIC EXERCISES – REST BETWEEN 1 AND 2 MIN BETWEEN EACH SET
- PERFORM AN APPROPRIATE VARIATION FROM THE PLANK PROGRESSION – START WITH 30S AND BUILD UP TO 1 MIN
- FINISH WITH 10 MIN OF STATIC STRETCHING

BASIC PRINCIPLES:

- INCREASE BY NO MORE THAN ONE REP EVERY SESSION
- WHEN YOU CAN MANAGE 3 SETS OF 8 REPS, MOVE ON TO THE NEXT EXERCISE IN THE PROGRESSION (3 SETS OF 4 REPS)
- ALTERNATE BETWEEN PUSH UPS AND DIPS. DO PUSH UPS ONE SESSION, THEN DIPS IN THE NEXT SESSION
- REFER TO THE WEBSITE FOR A FULL DESCRIPTION OF EACH EXERCISE AND OF THE ANCILLARY PROGRESSIONS

1. SQUATS	2. PULL UPS	3. HANDSTAND PUSH UPS	4. LEG RAISES	5. PUSH UPS (one day)	DIPS (next training day)	6. HORIZONTAL PULLS	PLANK
				ALTERNATE BETWEEN THE TWO			
							Plank
	MUSCLE UPS						

ANCILLARY PROGRESSIONS:

(the colour codes refer to prerequisites in the main progressions to indicate when you are ready to start working on these ancillaries)

CROW STAND		Prerequisites: - pike push ups - plank	BACK LEVERS		Prerequisites: - arm and leg lift plank - legs forward dips
DOUBLE ELBOW LEVERS		Prerequisites: - decline plank - crow stand	FREESTANDING HANDSTANDS		Prerequisites: - wall half handstand push ups
L-SITS		Prerequisites: - hanging straight leg raises - dips	AB WHEEL ROLLOUTS		Prerequisites: - wall plank - hanging straight leg V-raises
DRAGON FLAGS		Prerequisites: - leg lift plank - pull ups - hanging bent leg V-raises	MUSCLE UPS		Prerequisites: - Archer pull ups - pull ups - Modified Russian dips