START BODYWEIGHT .com

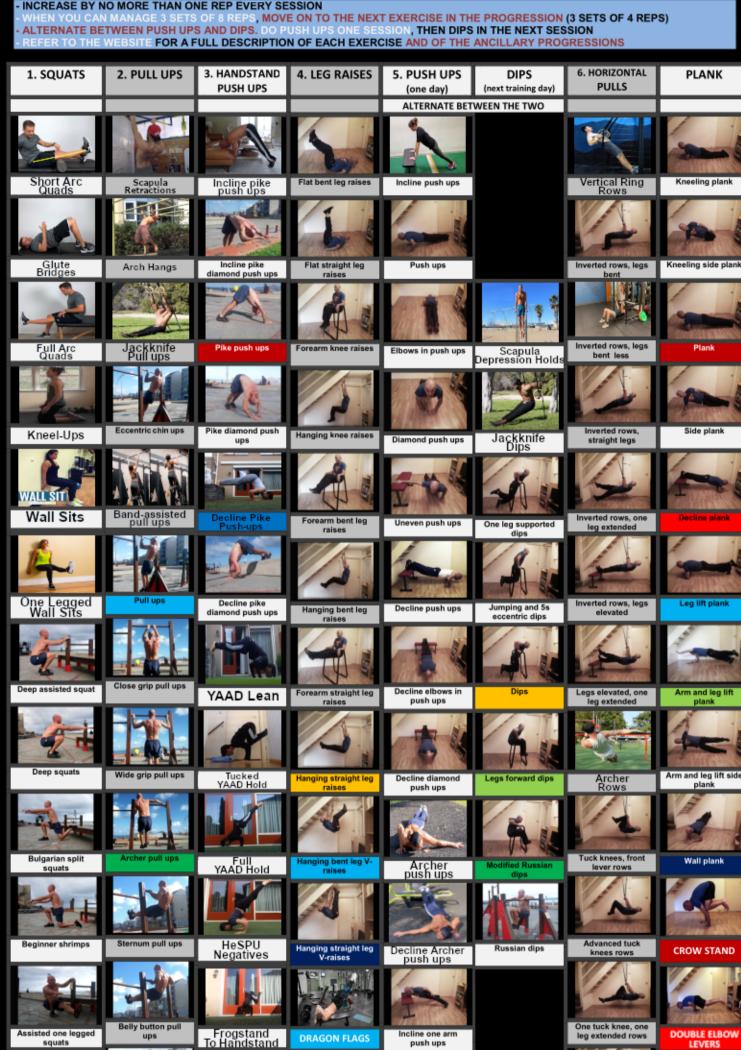
BASIC ROUTINE (perform 3 times a week)

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

BASIC PRINCIPLES:

- INCREASE BY NO MORE THAN ONE REP EVERY SESSION







one legged squats

Weighted one legged

squats

One-legged squats

Renegade pistols

Intermediate shrimps









One arm pull ups

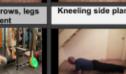
































ANCILLARY PROGRESSIONS: (the colour codes refer to prerequisites in the main progressions to indicate when you are ready to start working on these ancillaries)

Prerequisites: Prerequisites:

CROW STAND	- pike push ups - plank	BACK LEVERS	-	- 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	MUSCLE UPS		Prerequisites: - Archer pull ups - Modified Russian dips