

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 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

ANCILLARY PROGRESSIONS:

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

| | | | | | |
|--|--|---|--|--|--|
| | | <p>Prerequisites:</p> <ul style="list-style-type: none">- pike push ups- plank | | | <p>Prerequisites:</p> <ul style="list-style-type: none">- arm and leg lift plank- legs forward dips |
| | | <p>Prerequisites:</p> <ul style="list-style-type: none">- decline plank- crow stand | | | <p>Prerequisites:</p> <ul style="list-style-type: none">- wall half handstand push ups |
| | | <p>Prerequisites:</p> <ul style="list-style-type: none">- hanging straight leg raises- dips | | | <p>Prerequisites:</p> <ul style="list-style-type: none">- wall plank- hanging straight leg V-raises |
| | | <p>Prerequisites:</p> <ul style="list-style-type: none">- leg lift plank- pull ups- hanging bent leg V-raises | | | <p>Prerequisites:</p> <ul style="list-style-type: none">- Archer pull ups- Modified Russian dips |