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 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 MEYT SESSION. 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 6. HORIZONTAL 3. HANDSTAND 1. SQUATS 2. PULL UPS 4. LEG RAISES 5. PUSH UPS DIPS **PLANK PUSH UPS PULLS** (next training day) (one day) ALTERNATE BETWEEN THE TWO ertical Ring Rows neeling plan Scapula Retractions Incline pike cline push up Arch Hangs Lower & Slower Incline Pike PU Full Ard Quads Eccentric Pike Pushups Slower Tempo Hand-Release capula Dips straight legs Jackknife Dips Wall Sits Elbows in push ups ne Legged Wall Sits Band-assisted pull ups Forearm bent leg One leg supporte dips Inverted rows, legs Jumping and 5s eccentric dips Handstand Wall Walks Hanging bent leg Legs elevated, one Bulgarian split Tucked YAAD Hold Archer Rows Decline elbows in and leg lif Full YAAD Hold HeSPU isted one legged squats Handstand Pike push ups Decline Pike Holds Frogstand To Handstand Russian dips Balance assisted Archer push ups One tuck knee, or leg extended row Hanging straight leg V-raises one legged squats Full YAAD Hold To Handstand Decline Archer push ups squats Incline one arm push ups Handstand push ups 45 Degree Wall Handstand MUSCLE UPS One arm push ups **CROW STAND** YAAD Lean shrimps pull ups push ups Headstands Wall Handstands



FREESTANDING HANDSTANDS







ANCILLARY PROGRESSIONS:

CROW STAND

