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 NEXT 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 4. LEG RAISES 1. SQUATS 2. PULL UPS 3. HANDSTAND 5. PUSH UPS DIPS PLANK **PUSH UPS PULLS** (next training day) (one day) ALTERNATE BETWEEN THE TWO incline pike push ups ertical Ring Rows neeling plar Scapula Retractions cline push up Arch Hangs Incline pike Jackknife Pull ups Full Ard Quads Slower Tempo Hand-Release Scapula Dips straight legs Wall Sits Jackknife Dips Elbows in push ups ne Legged Wall Sits Band-assisted pull ups Handstand Wall Walks One leg supported dips Inverted rows, legs Jumping and 5s eccentric dips Hanging bent leg Legs elevated, one Bulgarian split Full YAAD Hold Archer Rows and leg lift HeSPU Negatives Decline elbows in Arm and leg lift si Decline Pike Holds Frogstand To Handstand isted one legged squats push ups Full YAAD Hold To Handstand One tuck knee, one leg extended rows Balance assisted Archer push ups Sternum pull ups Hanging straight leg V-raises Russian dips Wall plank one legged squats Decline Archer push ups Straddle legs front lever rows Weighted one legged 45 Degree Wall Handstand squats ups One-legged squats Front lever rows **MUSCLE UPS CROW STAND** push ups One arm towel-assisted pull up: Renegade pistols One arm push ups Headstands Decline one arm Intermediate Eccentric one arm One arm hanging shrimps pull ups push ups





















ANCILLARY PROGRESSIONS:

CROW STAND arm and leg lift

