

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 |
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| | | | | ALTERNATE BETWEEN THE TWO | | | |
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ANCILLARY PROGRESSIONS:

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

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| | | <u>Prerequisites:</u> - pike push ups - plank | | | <u>Prerequisites:</u> - arm and leg lift plank - legs forward dips |
| | | <u>Prerequisites:</u> - decline plank - crow stand | | | <u>Prerequisites:</u> - wall half handstand push ups |
| | | <u>Prerequisites:</u> - hanging straight leg raises - dips | | | <u>Prerequisites:</u> - wall plank - Modified Russian leg V-raises |
| | | <u>Prerequisites:</u> - leg lift plank - pull ups - hanging bent leg V-raises | | | <u>Prerequisites:</u> - Archer pull ups - Modified Russian dips |