START BODYWEIGHT .com

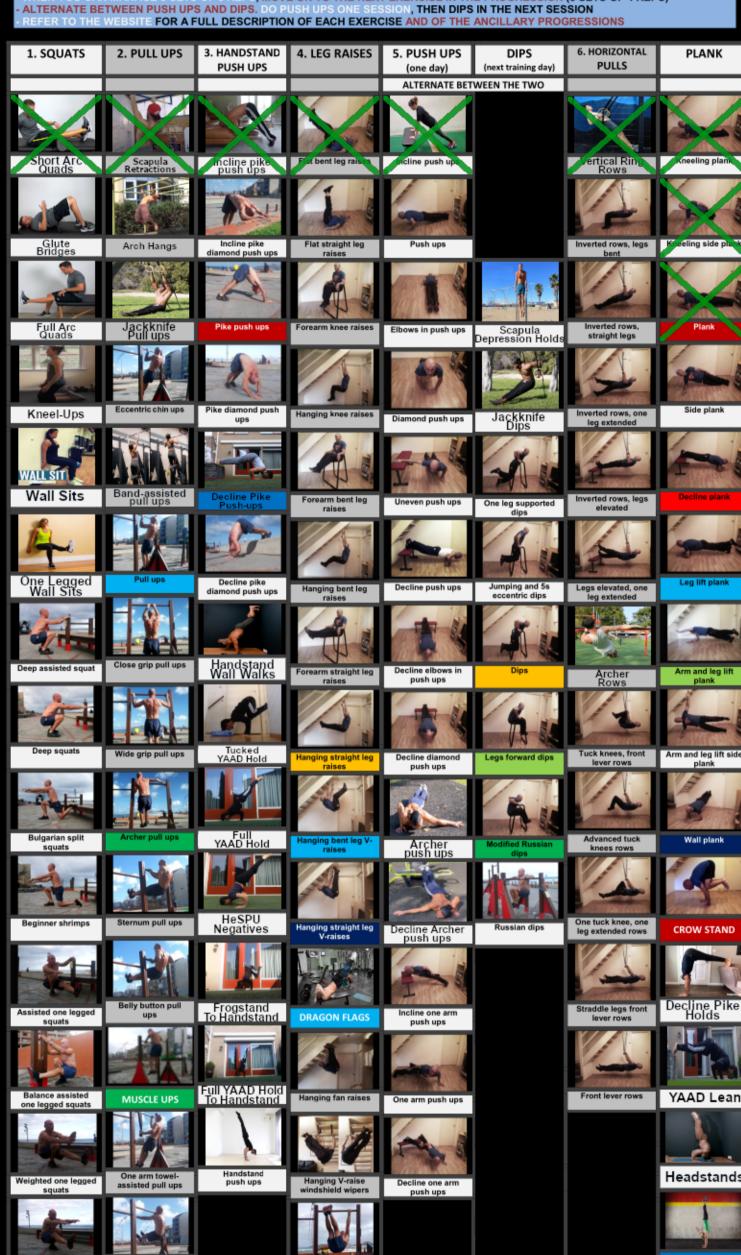
BASIC ROUTINE (perform 3 times a week)

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.

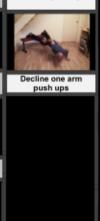








One arm hanging leg raises













FREESTANDING HANDSTANDS











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

CROW STAND	- pike push ups - plank	BACK LEVERS	1	- 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	Table 1	Prerequisites: - wall plank - hanging straight leg V-raises
DRAGON FLAGS	Prerequisites: - leg lift plank - pull ups - hanging bent leg V-raises	MUSCLE UPS	1	Prerequisites: - Archer pull ups - Modified Russian dips