START BODYWEIGHT .com

BASIC ROUTINE (perform 3 times a week)

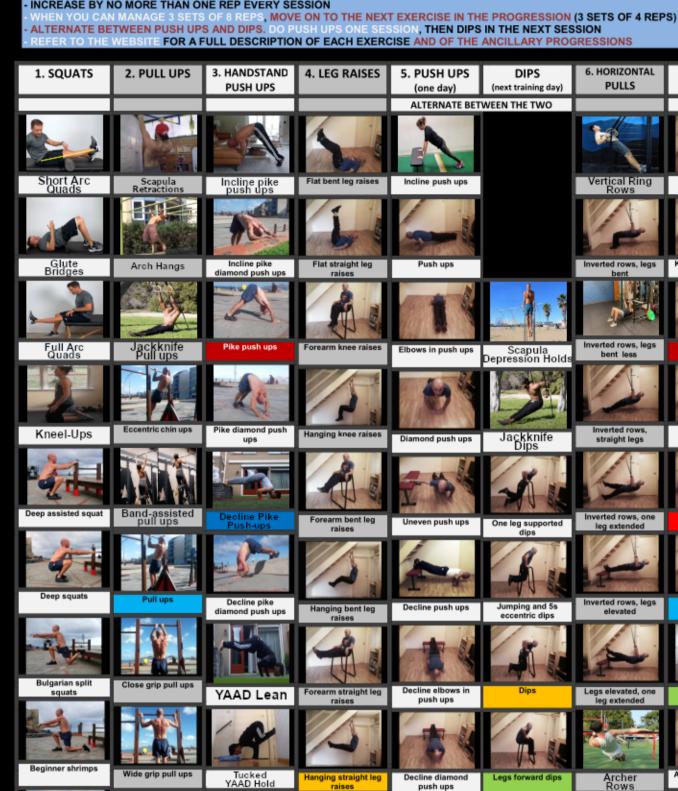
QUICK OVERVIEW:

- 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

- 6. HORIZONTAL PLANK 1. SQUATS 2. PULL UPS 3. HANDSTAND 4. LEG RAISES 5. PUSH UPS DIPS **PULLS PUSH UPS** (next training day) (one day) ALTERNATE BETWEEN THE TWO





Sternum pull ups

Belly button pull

ups

MUSCLE UPS

One arm towel-assisted pull ups

pull ups

One arm pull ups

sted one legged

squats

one legged squats

Weighted one legged

squats

One-legged squats

Renegade pistols

Intermediate

Advanced shrimps



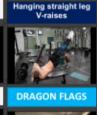




Full YAAD Hold To Handstand

Handstand push ups



















push ups

Archer push ups

Decline Archer push ups

cline one a push ups

Decline one arm push ups

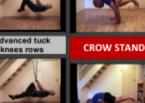












Arm and leg lift side

Wall plank

Kneeling plank

Kneeling side pla























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

Prerequisites: Prerequisites:

