

# 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
				ALTERNATE BETWEEN THE TWO			

### ANCILLARY PROGRESSIONS:

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

		<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> - plank - hanging straight 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