# START BODYWEIGHT .com

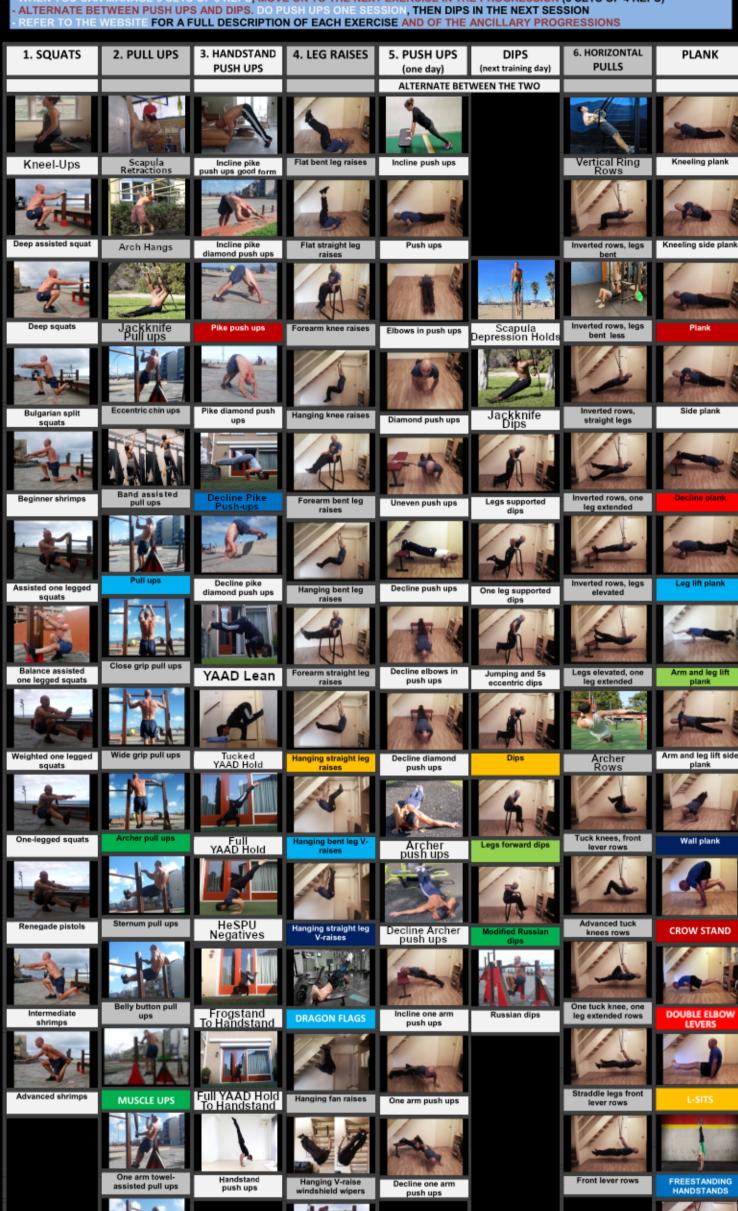
## BASIC ROUTINE (perform 3 times a week)

#### **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.



### **ANCILLARY PROGRESSIONS:**

pull ups

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

One arm hanging leg raises



DOUBLE ELBOW

**LEVERS** 

**DRAGON FLAGS** 

MUSCLE UPS

pike push ups

plank

Prerequisites: - decline plank - crow stand

Prerequisites:

- hanging straight leg raises - dips

Prerequisites:

 leg lift plank
 pull ups
 hanging bent leg
 V-raises Prerequisites:

arm and leg lift - legs forward dips

Prerequisites: - Archer pull ups - Modified Russian

dips

FREESTANDING HANDSTANDS





#### - wall half handstand push

Prerequisites:

- wall plank - hanging straight leg V-raises

