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.





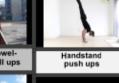
One-legged squats

Renegade pistols

Intermediate shrimps



One arm pull ups



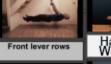




push ups



One arm hanging leg raises



















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:

| CROW STAND | 3 | - pike push ups - plank | BACK LEVERS | Lani | - 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 | Parameter State of St | Prerequisites: - wall plank - hanging straight leg V-raises |
| DRAGON FLAGS | | Prerequisites; - leg lift plank - pull ups - hanging bent leg V-raises | MUSCLE UPS | | Prerequisites: - Archer pull ups - Modified Russian dips |