

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							
Short Arc Quads	Scapula Retractions	Incline pike push ups	Flat bent leg raises	Incline push ups		Vertical Ring Rows	Kneeling plank
Glute Bridges	Arch Hangs	Incline pike diamond push ups	Flat straight leg raises	Push ups		Inverted rows, legs bent	Kneeling side plank
Full Arc Quads	Jackknife Pull ups	Pike push ups	Forearm knee raises	Elbows in push ups	Scapula Depression Holds	Inverted rows, legs bent less	Plank
Kneel-Ups	Eccentric chin ups	Pike diamond push ups	Hanging knee raises	Diamond push ups	Jackknife Dips	Inverted rows, straight legs	Side plank
Wall Sits	Band-assisted pull ups	Decline Pike Push-ups	Forearm bent leg raises	Uneven push ups	One leg supported dips	Inverted rows, one leg extended	Decline plank
One Legged Wall Sits	Pull ups	Decline pike diamond push ups	Hanging bent leg raises	Decline push ups	Jumping and 5s eccentric dips	Inverted rows, legs elevated	Leg lift plank
Deep assisted squat	Close grip pull ups	YAAD Lean	Forearm straight leg raises	Decline elbows in push ups	Dips	Legs elevated, one leg extended	Arm and leg lift plank
Deep squats	Wide grip pull ups	Tucked YAAD Hold	Hanging straight leg raises	Decline diamond push ups	Legs forward dips	Archer Rows	Arm and leg lift side plank
Bulgarian split squats	Archer pull ups	Full YAAD Hold	Hanging bent leg V-raises	Archer push ups	Modified Russian dips	Tuck knees, front lever rows	Wall plank
Beginner shrimps	Sternum pull ups	HeSPU Negatives	Hanging straight leg V-raises	Decline Archer push ups	Russian dips	Advanced tuck knees rows	CROW STAND
Assisted one legged squats	Belly button pull ups	Frogstand To Handstand	DRAGON FLAGS	Incline one arm push ups		One tuck knee, one leg extended rows	DOUBLE ELBOW LEVERS
Balance assisted one legged squats	MUSCLE UPS	Full YAAD Hold To Handstand	Hanging fan raises	One arm push ups		Straddle legs front lever rows	Decline Pike Holds
Weighted one legged squats	One arm towel-assisted pull ups	Handstand push ups	Hanging V-raise windshield wipers	Decline one arm push ups		Front lever rows	Handstand Wall Walks
One-legged squats	Eccentric one arm pull ups		One arm hanging leg raises				Headstands
Renegade pistols	One arm pull ups						FREESTANDING HANDSTANDS
Intermediate shrimps							L-SITS
Advanced shrimps							BACK LEVERS

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		Prerequisites: - pike push ups - plank	BACK LEVERS		Prerequisites: - 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		Prerequisites: - 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