# START BODYWEIGHT .com

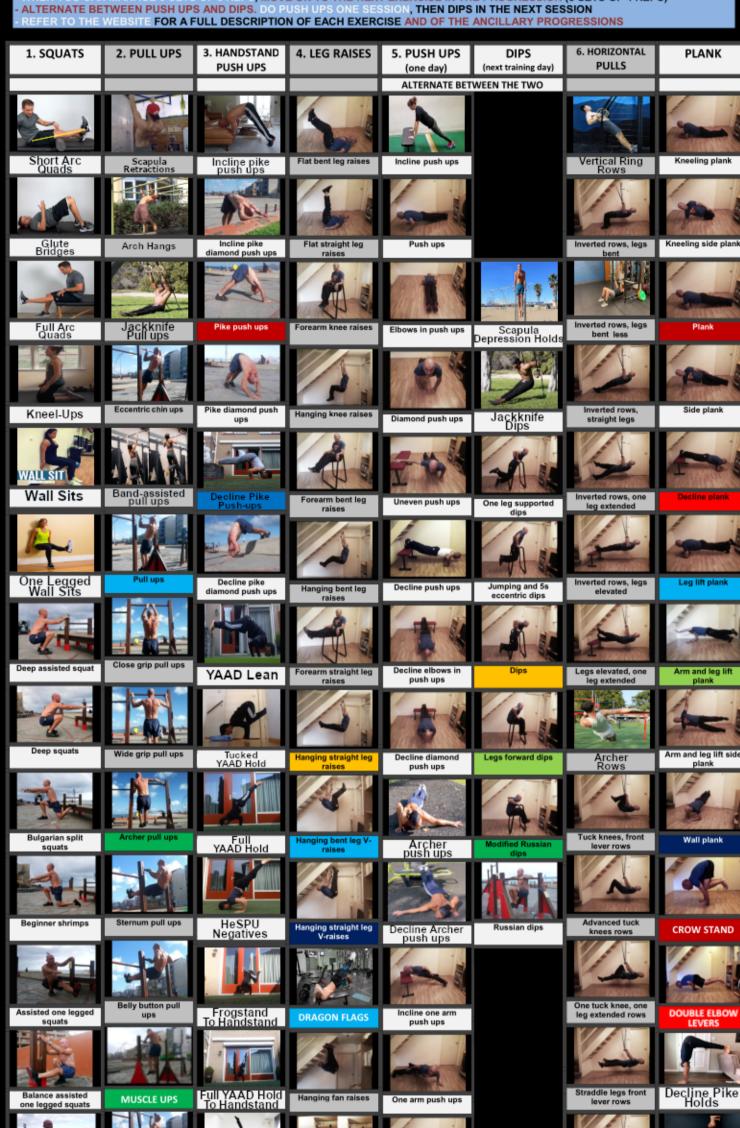
## BASIC ROUTINE (perform 3 times a week)

### **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.





squats

One-legged squats

Renegade pistols

Intermediate shrimps





pull ups

One arm pull ups







Decline one arm

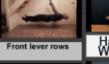
push ups





One arm hanging leg raises







Handstand Wall Walks







FREESTANDING HANDSTANDS









#### **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:

