START BODYWEIGHT .com

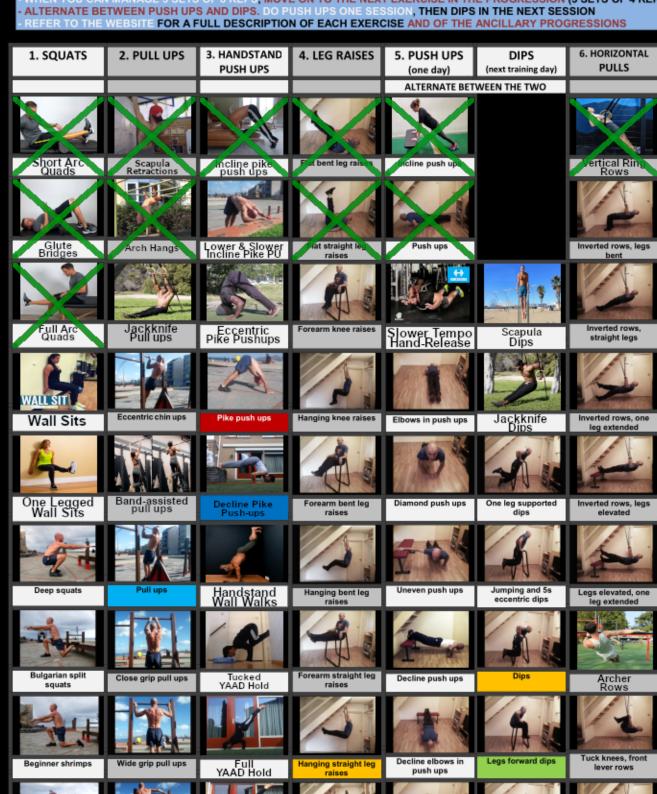
BASIC ROUTINE (perform 3 times a week)

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 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 6. HORIZONTAL 4. LEG RAISES 1. SQUATS 2. PULL UPS 3. HANDSTAND 5. PUSH UPS DIPS PLANK **PUSH UPS PULLS** (next training day) (one day) ALTERNATE BETWEEN THE TWO ertical Ring Rows neeling plan Scapula Retractions Incline pike cline push up Arch Hangs Lower & Slower Incline Pike PU Eccentric Pike Pushups Full Ard Quads Slower Tempo Hand-Release Scapula Dips straight legs Wall Sits Jackknife Dips Elbows in push ups ne Legged Wall Sits Band-assisted pull ups Forearm bent leg One leg supporte dips Inverted rows, legs Jumping and 5s eccentric dips Handstand Wall Walks Hanging bent leg Legs elevated, one Bulgarian split Tucked YAAD Hold Archer Rows Decline elbows in Arm and leg lift si Full YAAD Hold Decline Pike Holds HeSPU isted one legged squats push ups Frogstand To Handstand One tuck knee, one leg extended rows Balance assisted Hanging straight leg V-raises Archer push ups Russian dips Wall plank one legged squats Full YAAD Hold To Handstand Decline Archer push ups Straddle legs front lever rows Weighted one legged 45 Degree Wall Handstand squats ups Handstand push ups One-legged squats Front lever rows **MUSCLE UPS CROW STAND** push ups One arm towel-assisted pull up: Renegade pistols One arm push ups Decline one arm Intermediate Eccentric one arm One arm hanging shrimps pull ups





























ANCILLARY PROGRESSIONS:

Advanced shrimps

One arm pull up:

CROW STAND arm and leg lift

