START BODYWEIGHT .com

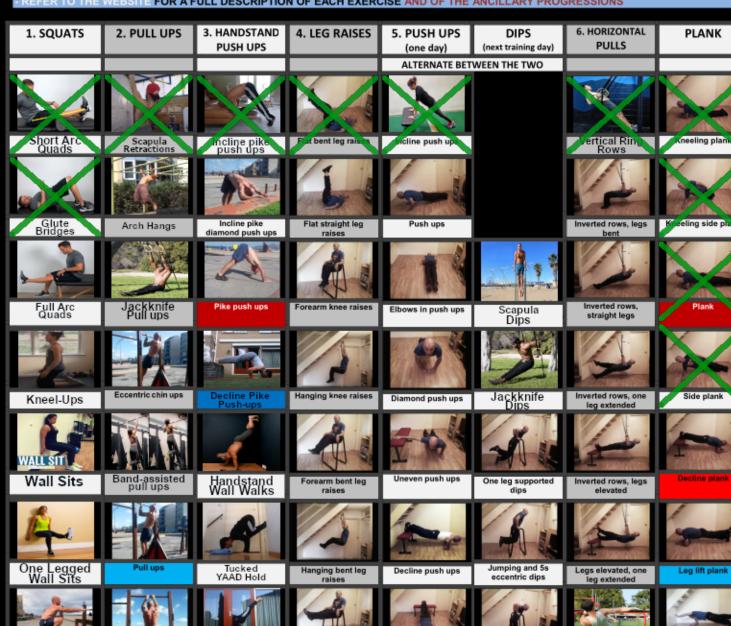
BASIC ROUTINE (perform 3 times a week)

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 3. HANDSTAND 4. LEG RAISES 1. SQUATS 2. PULL UPS 5. PUSH UPS DIPS **PUSH UPS PULLS** (one day) (next training day) ALTERNATE BETWEEN THE TWO





Bulgarian split

. squats

Assisted one legged squats

one legged squats

Weighted one legged

squats

Advanced shrimps









MUSCLE UPS

pull ups





Full YAAD Hold

HeSPU Negatives











push ups

push ups

Decline diamond

push ups

Archer push ups

Decline Archer push ups















Archer Rows

Arm and leg lift

Arm and leg lift si plank



























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

ANCILLARY PROGRESSIONS:

CROW STAND	Prerequisites: - pike push ups - plank	BACK LEVERS	1	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	2	Prerequisites: - wall plank - hanging straight leg V-raises
DRAGON FLAGS	Prerequisites: - leg lift plank - pull ups - hanging bent leg V-raises	MUSCLE UPS	人	Prerequisites: - Archer pull ups - Modified Russian dips