## START BODYWEIGHT.com

## BASIC ROUTINE (perform 3 times a week)

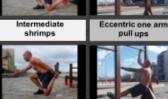
## QUICK OVERVIEW:

- 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:



Intermediate









ese ancillaries)



e colour codes refer to prerequisites in the main progressions to indicate when you are ready to start working on the					
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	Patient	Prerequisites: - wall plank - hanging straight leg V-raises
DRAGON FLAGS		Prerequisites: - leg lift plank - pull ups	MUSCLE UPS		Prerequisites: - Archer pull ups - Modified Russian