START BODYWEIGHT .com

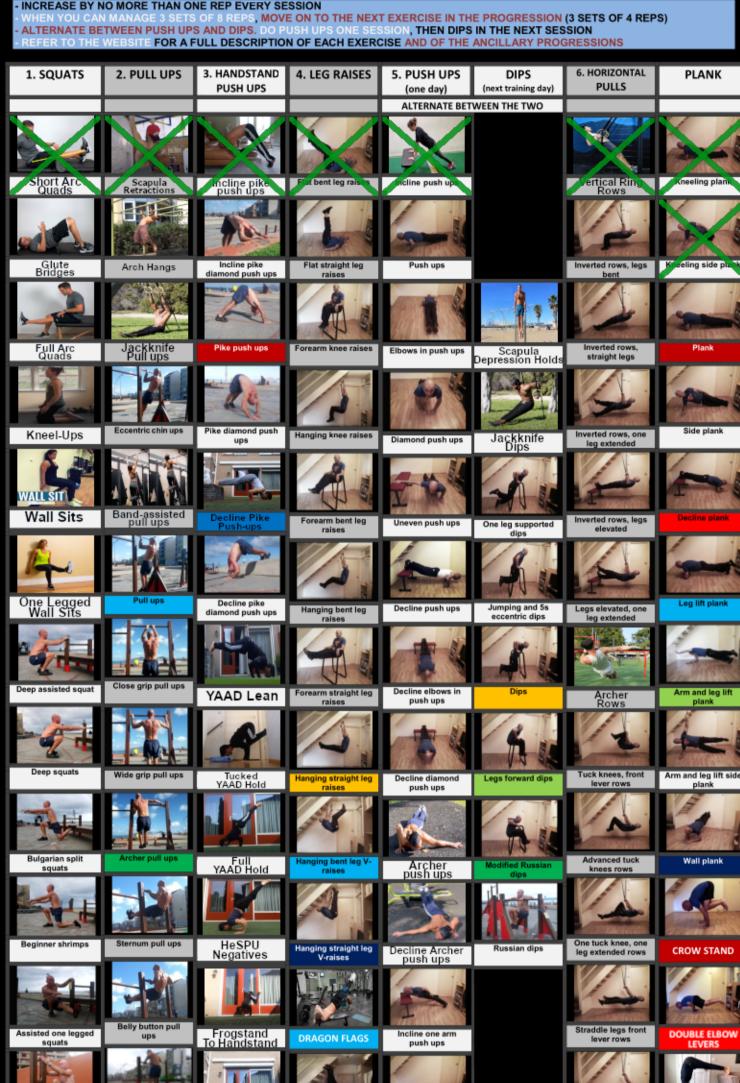
BASIC ROUTINE (perform 3 times a week)

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















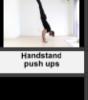


one legged squats





MUSCLE UPS



Full YAAD Hold To Handstand





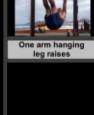
Handstand Wall Walks





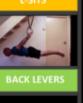












ANCILLARY PROGRESSIONS: (the colour codes refer to prerequisites in the main progressions to indicate when you are ready to start working on these ancillaries)

CROW STAND	Prerequisites: - pike push ups - plank	BACK LE	VERS	Prerequisites: - arm and leg lift plank - legs forward dips
DOUBLE ELBOW LEVERS	Prerequisites: - decline plank - crow stand	FREESTA HANDST		Prerequisites: - wall half handstand push ups
L-SITS	Prerequisites: - hanging straight leg raises - dips	AB WH ROLLO		Prerequisites: - wall 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