

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
- FINISH WITH 10 MIN OF STATIC STRETCHING

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
- REFER TO THE WEBSITE FOR A FULL DESCRIPTION OF EACH EXERCISE AND OF THE ANCILLARY PROGRESSIONS

1. SQUATS	2. PULL UPS	3. HANDSTAND PUSH UPS	4. LEG RAISES	5. PUSH UPS (one day)	DIPS (next training day)	6. HORIZONTAL PULLS	PLANK
ALTERNATE BETWEEN THE TWO							

ANCILLARY PROGRESSIONS:

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

		<u>Prerequisites:</u> - pike push ups - plank			<u>Prerequisites:</u> - wall half handstand push ups
		<u>Prerequisites:</u> - decline plank - crow stand			<u>Prerequisites:</u> - wall plank - hanging straight leg V-raises
		<u>Prerequisites:</u> - hanging straight leg raises - dips			
		<u>Prerequisites:</u> - leg lift plank - pull ups - hanging bent leg V-raises			
		<u>Prerequisites:</u> - arm and leg lift plank - legs forward dips			
		<u>Prerequisites:</u> - Archer pull ups - Modified Russian dips			