START BODYWEIGHT .com

BASIC ROUTINE (perform 3 times a week)

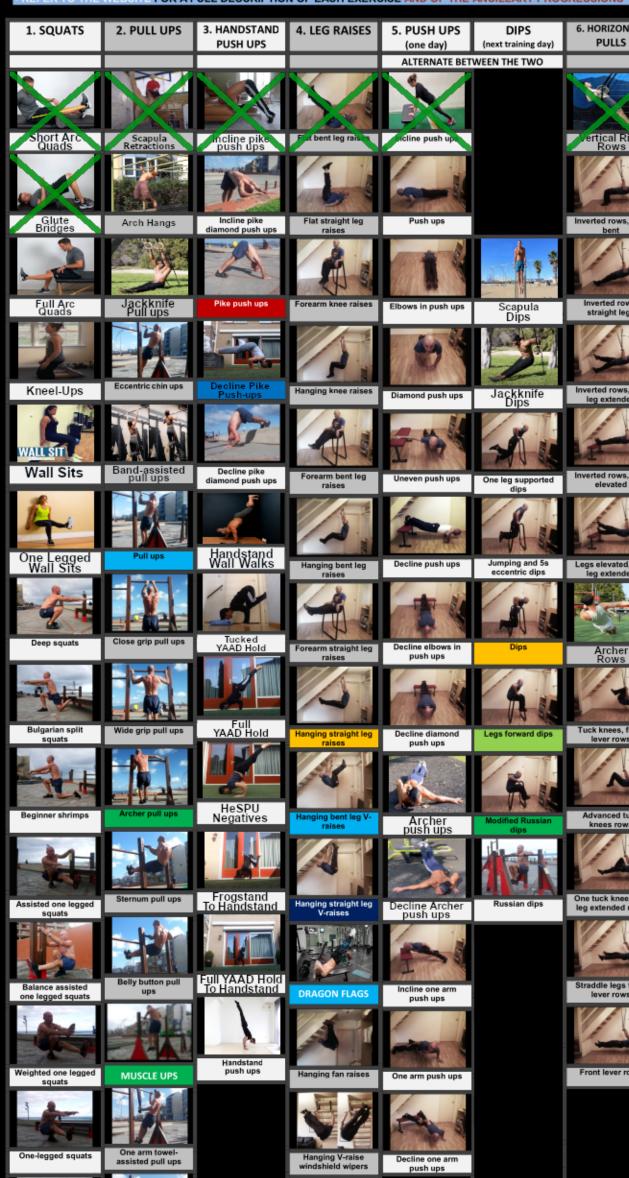
QUICK OVERVIEW:

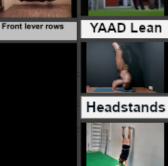
- START WITH A QUICK 5 MIN WARM UP FOLLOWED BY DYNAMIC STRETCHES PERFORM 3 SETS OF BETWEEN 4 AND 8 REPETITIONS FOR 6 BASIC EXERCISES REST BETWEEN 1 AND 2 MIN BETWEEN EACH SET PERFORM AN APPROPRIATE VARIATION FROM THE PLANK PROGRESSION START WITH 30S AND BUILD UP TO 1 MIN

BASIC PRINCIPLES:

- INCREASE BY NO MORE THAN ONE REP EVERY SESSION

















ANCILLARY PROGRESSIONS:

Advanced shrim

Colour Coucs letel	to prefequisites if	i tne main progressi	ions t	o indicate when j	you are ready to st	art 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	Pane	Prerequisites: - wall plank - hanging straight leg V-raises
DRAGON FLAGS		Prerequisites: - leg lift plank - pull ups - hanging bent leg V-raises		MUSCLE UPS	一	Prerequisites: - Archer pull ups - Modified Russian dips