# START BODYWEIGHT .com

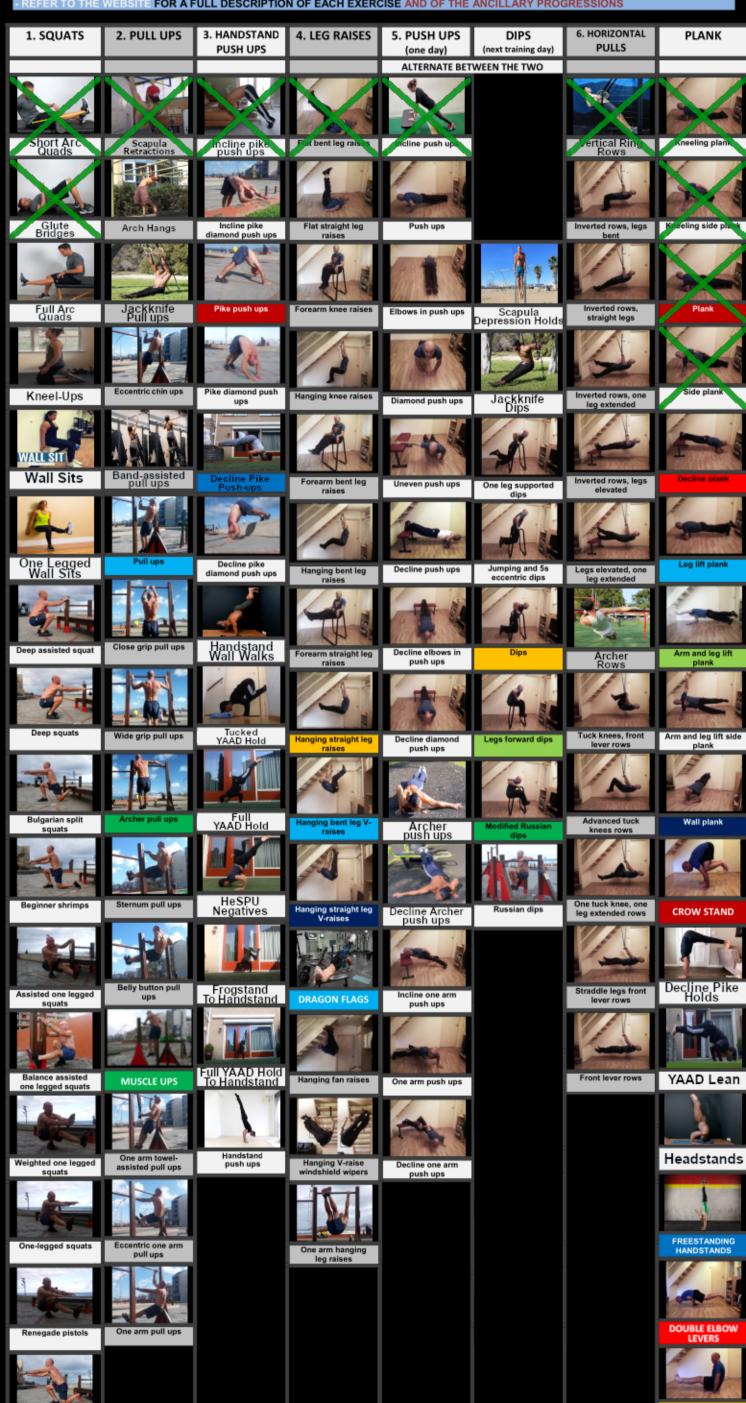
## BASIC ROUTINE (perform 3 times a week)

#### **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
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  REFER TO THE WEBSITE FOR A FULL DESCRIPTION OF EACH EXERCISE AND OF THE ANCILLARY PROGRESSIONS 6. HORIZONTAL PLANK 1. SQUATS 2. PULL UPS 3. HANDSTAND 4. LEG RAISES 5. PUSH UPS DIPS **PULLS PUSH UPS** (one day) (next training day) ALTERNATE BETWEEN THE TWO ncline pike push ups ertical Ring Rows cline push up neeling plar Incline pike diamond push ups Arch Hangs Jackknife Pull ups Full Arc Quads Elbows in push ups Scapula Depression Holds straight legs Inverted rows, one leg extended Kneel-Ups Jackknife Dips ups Band-assisted pull ups Wall Sits Forearm bent leg raises Inverted rows, legs One Legged Wall Sits Decline pike Jumping and 5s Legs elevated, or leg extended diamond push ups Hanging bent leg eccentric dips Decline elbows in Archer Rows push ups Tucked YAAD Hold Tuck knees, front lever rows push ups Full YAAD Hold Bulgarian split Wall plank Archer push ups squats Beginner shrimps One tuck kn ing straight leg V-raises Decline Archer push ups Negatives Russian dips leg extended rows **CROW STAND** Belly button pull Frogstand To Handstand Assisted one legged squats Straddle legs front cline one a push ups ups **DRAGON FLAGS** Full YAAD Hold To Handstand Front lever rows MUSCLE UPS Hanging fan raises One arm push ups one legged squats Handstand push ups One arm towel-assisted pull ups Weighted one legged Decline one arm squats push ups One-legged squats One arm hanging leg raises pull ups



### **ANCILLARY PROGRESSIONS:**

Intermediate shrimps

Prerequisites: Prerequisites:

