

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							
Assisted squat	Leg assisted pull ups	Incline pike push ups	Flat knee raises	Wall push ups	Bent knee bench dips	Vertical pulls	Kneeling plank
Deep assisted squat	Jackknife pull ups	Incline pike diamond push ups	Flat bent leg raises	Box push ups	Straight legs bench dips	Vertical pulls with a towel	Kneeling side plank
Squats	Eccentric pull ups	Pike push ups	Flat straight leg raises	Three quarter push ups	One elevated leg, straight legs dips	Inverted rows, legs bent	Plank
Deep squats	Half pull ups (top half)	Pike diamond push ups	Forearm knee raises	3/4 push ups + 5s eccentrics	Elevated legs bench dips	Inverted rows, straight legs	Side plank
Bulgarian split squats	Pull ups	Decline pike push ups	Hanging knee raises	Push ups	One extended leg, elevated legs dips	Inverted rows, one leg extended	Decline plank
Beginner shrimps	Close grip pull ups	Decline pike diamond push ups	Forearm bent leg raises	Elbows in push ups	Legs supported dips	Inverted rows, legs elevated	Leg lift plank
Assisted one legged squats	Wide grip pull ups	Wall bent waist handstand push ups	Hanging bent leg raises	Diamond push ups	One leg supported dips	Legs elevated, one leg extended	Arm and leg lift plank
Balance assisted one legged squats	Archer pull ups	Wall bent waist handstand diamond push ups	Forearm straight leg raises	Uneven push ups	Jumping and 5s eccentric dips	Tuck knees, front lever rows	Arm and leg lift side plank
Weighted one legged squats	Sternum pull ups	Wall half handstand push ups	Hanging straight leg raises	Decline push ups	Half dips (top half)	Advanced tuck knees rows	Wall plank
One-legged squats	Belly button pull ups	Wall handstand push ups	Hanging bent leg V-raises	Decline elbows in push ups	Dips	One tuck knee, one leg extended rows	
Renegade pistols	One arm towel-assisted pull ups	Wall handstand diamond push ups	Hanging straight leg V-raises	Decline diamond push ups	Legs forward dips	Straddle legs front lever rows	
Intermediate shrimps	One arm towel-assisted pull ups and eccentrics	Wall handstand raised push ups	Hanging fan raises	Wall one arm push ups	Modified Russian dips	Front lever rows	
Advanced shrimps	Half one arm pull ups		Hanging V-raise windshield wipers	Incline one arm push ups	Russian dips		
	One arm pull ups		One arm hanging leg raises	One arm push ups			
				Decline one arm push ups			

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		<u>Prerequisites:</u> - pike push ups - plank	FREESTANDING HANDSTANDS		<u>Prerequisites:</u> - wall half handstand push ups
DOUBLE ELBOW LEVERS		<u>Prerequisites:</u> - decline plank - crow stand	AB WHEEL ROLLOUTS		<u>Prerequisites:</u> - wall plank - hanging straight leg V-raises
L-SITS		<u>Prerequisites:</u> - hanging straight leg raises - dips			
DRAGON FLAGS		<u>Prerequisites:</u> - leg lift plank - pull ups - hanging bent leg V-raises			
BACK LEVERS		<u>Prerequisites:</u> - arm and leg lift plank - legs forward dips			
MUSCLE UPS		<u>Prerequisites:</u> - Archer pull ups - Modified Russian dips			