

## [/r/bodyweightfitness](https://www.reddit.com/r/bodyweightfitness) Recommended Routine

| Warmup (~10-20 min)                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                          |
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| <b>Dynamic Stretches: 5-10 Reps each</b> <ul style="list-style-type: none"> <li>Shoulder Rolls</li> <li>Scapular Shrugs</li> <li>Cat-Camels</li> <li>Band: Straight Overhead Pulldowns</li> <li>Band: Straight Arm Chest Flies</li> <li>Band: Dislocates</li> <li>Wrist Mobility Exercises</li> <li>Front and Side Leg Swings</li> </ul> | <b>Bodyline Work: 10-60 Seconds each</b> <ul style="list-style-type: none"> <li>Plank</li> <li>Side Plank Left</li> <li>Reverse Plank</li> <li>Side Plank Right</li> <li>Hollow Hold</li> <li>Arch Hold</li> </ul> <p><b>Note:</b> Bodyline Drills are <i>not</i> meant to be progressed. Once you can hold for 60s keep it at that.</p> |
| Not Warm? 10-20 Burpees and/or Squat Jumps                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                          |

| Skill Work (~10 min)                                                                                                                                                     |                                                                                                                                                                                 |                                                                                                                                                               |
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| <b>Instructions:</b> Set a Timer and go practice your support and handstand, resting as necessary. When time's up, move on to strength work.                             |                                                                                                                                                                                 |                                                                                                                                                               |
| <b>Handstand: 5-10 minutes</b> <ul style="list-style-type: none"> <li>Lvl 1: Wall Plank</li> <li>Lvl 2: Wall Handstand</li> <li>Lvl 3: Freestanding Handstand</li> </ul> | <b>Support: 1-3 minutes</b> <ul style="list-style-type: none"> <li>Lvl 1: Parallel Bar Support</li> <li>Lvl 2: Ring Support</li> <li>Lvl 3: Rings Turned Out Support</li> </ul> | <b>Skin the Cat</b> <ul style="list-style-type: none"> <li>Lvl 1: Dead Hang (30s)</li> <li>Lvl 2: Inverted Hang (20s)</li> <li>Lvl 3: Skin the Cat</li> </ul> |

| Strength Work (~40-60 min)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                 |
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| <b>Instructions:</b> Exercises to be done in pairs to save time. Pairing two exercises means doing a set of the first exercise, resting 90 seconds, then doing a set of the second exercise, resting 90 seconds, and repeating until you've done 3 sets of that pair.<br>All exercises are to be done in a 10x0 tempo: 1 second down, no pause at the bottom, explode up and no pause at the top. When 'exploding up' it's the intent that matters. If the actual movement is slow doesn't matter. Just don't actually slow it down. |                                                                                                                                                                                                                                                                                                                                                 |
| <b>Pair 1</b> (if you can't do diamond push-ups and horizontal rows yet simply skip these for now)                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                 |
| <b>Pull-Up: 3 x 3-8 Reps</b> <ul style="list-style-type: none"> <li>Lvl 1: Scapular Pulls</li> <li>Lvl 2: Arch Hangs</li> <li>Lvl 3: Negative Pull-Up</li> <li>Lvl 4: Pull-up</li> <li>Lvl 5: L-Sit Pull-Up</li> <li>Lvl 6: Pull-over</li> </ul>                                                                                                                                                                                                                                                                                     | <b>Dip: 3 x 5-8 Reps</b> <ul style="list-style-type: none"> <li>Lvl 1: Parallel Bar Support Hold</li> <li>Lvl 2: Negative Dips</li> <li>Lvl 3: Parallel Bar Dip</li> <li>Lvl 4: Ring Dip</li> <li>Lvl 5: Rings L-Sit Dip</li> </ul>                                                                                                             |
| <b>Pair 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                 |
| <b>L-Sit: 3 x 10-30 Second Holds</b> <ul style="list-style-type: none"> <li>Lvl 1: Foot Supported L-Sit</li> <li>Lvl 2: One-Leg Foot Supported L-Sit</li> <li>Lvl 3: Tuck L-Sit</li> <li>Lvl 4: Adv. Tuck L-Sit / One Leg L-Sit</li> <li>Lvl 5: L-Sit</li> </ul>                                                                                                                                                                                                                                                                     | <b>Squat: 3 x 5-8 Reps</b> <ul style="list-style-type: none"> <li>Lvl 1: Assisted Squat</li> <li>Lvl 2: Squat</li> <li>Lvl 3: Deep Step-Up</li> <li>Lvl 4: <i>Pistol Squats*</i></li> <li>Lvl 5: <i>Shrimp Squats*</i></li> </ul>                                                                                                               |
| <b>Pair 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                 |
| <b>Push-Up: 3 x 5-8 Reps</b> <ul style="list-style-type: none"> <li>Lvl 1: Vertical Push-Up</li> <li>Lvl 2: Incline Push-Up</li> <li>Lvl 3: Full Push-Up</li> <li>Lvl 4: Diamond Push-Up</li> <li>Lvl 5: Rings Wide Push-Up</li> <li>Lvl 6: Rings Push-Up</li> <li>Lvl 7: RTO Push-Up</li> <li>Lvl 8: RTO PPPU</li> </ul>                                                                                                                                                                                                            | <b>Row: 3 x 5-8 Reps</b> <ul style="list-style-type: none"> <li>Lvl 1: Vertical Rows</li> <li>Lvl 2: Incline Rows</li> <li>Lvl 3: Horizontal Rows</li> <li>Lvl 4: Wide Rows</li> <li>Lvl 5: Tuck Front Lever</li> <li>Lvl 6: Tuck Ice Cream Maker</li> <li>Lvl 7: Tuck Front Lever Row</li> <li>Lvl 8: Advanced Tuck Front Lever Row</li> </ul> |

\*not in the RR since it's not a 'progression' because they also depend on flexibility.