

## Antranik's Bodyweight Routine

### Warm Up

#### Bodyline Drills (60sec hold, then elevate feet)

- Plank -> RKC Plank
- Reverse Plank
- Side Plank (do both sides!)
- Bird Dog
- Bird Dog Plank (req: BD for 60+sec)
- Hollow Hold
- Hollow Rocks (req: HH for 60+sec)
- Reverse Hollow Hold
- Reverse Hollow Rocks (req: RH 60+sec)

### Skill Work (5–20 min)

#### Support Holds (60sec)

- Support Hold (P Bar)
- Support Hold (Rings Neutral)
- Support Hold (Rings Turned Out)
- Swinging Support Hold

#### L-sit progressions (60sec)

- Foot supported L-sit (shoulders down)
- Tuck L-sit
- Full L-sit
- RTO L-sit

#### Handstand Practice (60sec)

- Crow Pose
- HS stomach to wall
- HS back to wall
- Freestanding HS

#### Hangs (60sec)

- Bar Dead Hang
- Inverted Hang
- German Hang
- False Grip Bar DH (chalk bottom of wrists)
- False Grip Rings DH (chalk outside wrists)

#### Pencil In More Skills Of Your Choice

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- \_\_\_\_\_
- \_\_\_\_\_

### Day 1 (Pushing + Core)

#### 1A. Vertical Pushing Exercises (3x12)

##### Dips of all kinds (req: RTO support hold 30secs)

- Dips (Parallel Bar)
- PB Leaning Forward Dips
- PB Forearm Dips -> Triceps Dips
- Single Bar Dips
- Ring Dips (RTO at top)
- Weighted Dips

##### Handstand Push Up Progression

###### (Req: master P-Bar Dips)

- Pike Pushup
- Box Pushup
- Wall Handstand Eccentric Push Up (One VERY SLOW Rep)
- FS HS Eccentric Push Up (SLOW!)
- Wall Handstand Push Up
- Freestanding Handstand Push Up

#### 1B. Horizontal Pushing (3x12)

##### One Arm Push Up Progression

- Push up (Wide & Diamond & Low Rings)
- Decline Push ups
- One Arm Archer Push Up (6–12" block)
- Inclined One Arm Push up (the higher the easier, against a wall=easiest)
- Straddled One Arm Push up
- One Arm Push Up
- Decline One Arm Push up

##### Planche Progression

- One Arm Plank
- Planche Leans
- Band-assisted Tuck Planche
- Tuck Planche
- Advanced Tuck Planche
- Straddle Planche

#### 1C. Choose one Core Exercise (other side)

## Day 2 (Pulling + Core)

### 2A. Vertical Pulling (3x12)

#### One Arm Chin Up Progression

- Eccentric pull ups if cannot do 1 pull up
- Pull ups (Chest to Bar!)
  - Wide Arm Pull Ups
  - FAST Pull Ups
  - L-Sit Pull Ups
- Pull-over
- Weighted Pull/Chin ups
- Archer Pull/Chin Ups
- Eccentric One Arm Chin ups (use a low bar; master back lever before doing this)
- One Armed Chin Ups

#### Muscle Up Progression

(req: 3×10 chest-to-bar pull ups & 3×12 full dips)

- False Grip Dead Hang (3x30sec)
- False Grip Pull Ups (3x12)
- Forearm PB Dips
- Eccentric/Negative Muscle Up
- Muscle Up (Kipping)
- Muscle Up (Strict) (pull really hard so your body goes up and over the bar)

### 2B. Horizontal Pulling (3x12)

#### Row Progressions

- Horizontal Bar Rows (inverted rows)
- Wide Bar Rows
- Rings Rows (Pull to the armpits)
- Archer Rows
- One Arm Rows
- Front Lever Row (Tucked)

## Day 2 (Horizontal Pulling Continued)

#### Front Lever Progressions (req: L-hang 60sec)

- Tuck Front Lever (scapulae together!)
- Advanced Tuck Front Lever
- Single Leg Front Lever
- Straddle Front Lever
- Full Front Lever

#### Back Lever Progressions (req: German Hang)

- Tuck Back Lever
- Advanced Tuck Back Lever
- Straddle Back Lever
- Full Back Lever

#### Human Flag Progressions (do both sides)

- Vertical Flag (Legs against P bar)
- Eccentric/Negative Flag (One Knee Bent)
- Eccentric/Negative Flag (Straight Legs)
- Full Flag

### 2C. Choose one Core Exercise

## Day 3 (Legs + Core)

#### ● Pistol Squat Progression

- Deck Squats
- BW Squats
- Single Leg Stand Ups
- Pistol Squats

#### ● More Legs

- Cossack Squats
- King Deadlifts
- Deep Step Up Lunges
- Overhead Cross Reverse Lunges
- Sprinting (20-60yd, 90+%, 5-10x)

## Core Work (Choose one each day)

- Tuck Ups -> Saddle Ups -> V-Ups
- Hng. Leg Raises (Tuck/Strt/Toes to Bar)
- Dragon Flags
- Ab Wheel Roll Outs (Knee -> Standing)
- Obliques:
  - Russian Twists
  - Windshield Wipers (Tuck/Straight)