

Date	Exercise	Progression	# Reps Goal	# Reps Performed	Notes	Final Goals: 3 x 8
2/3/2016	Squats	6 - Beginner shrimp squats	4.4.4	4.4.4		NOTE: You must make a copy of this file before you can edit it or see its full functionality. To do this, make sure you're logged into your Google account. Navigate to this web address. Then select File -> Make a copy. This will give you a new web address with your own copy to use. Use the new address to access your copy from now on. <b>^^ Please read this first! ^^</b>
	Pullups	1 - Leg assisted pull-ups	4.4.4	4.4.4		
		4 - Three-quarter and 5s eccentric push-ups	4.4.4	4.4.4		DISCLAIMER: This Google Document is not an official or sponsored tool of StartBodyWeight.com. I did not ask the owner of StartBodyWeight.com for permission to reference his website.
	Leg_Raises	5 - Hanging knee raises	4.4.4	4.4.4		
	Handstand_Pushups	3 - Pike push-ups	4.4.4	4.4.4		
	Planks	3 - Plank	30s	30s		
2/5/2016	Squats	6 - Beginner shrimp squats	5.4.4	5.4.4		
	Handstand_Pushups	3 - Pike push-ups	5.4.4	4.5.4		
	Leg_Raises	4 - Forearm knee raises	5.4.4	4.5.4		
	Pushups	4 - Three-quarter and 5s eccentric push-ups	5.4.4	5.4.4		
	Horizontal_Pulls	3 - Inverted rows legs bent	4.4.4	4.4.4		
	Planks	3 - Plank	40s	40s		
2/8/2016	Squats	6 - Beginner shrimp squats	5.5.4	5.5.4		
	Pullups	1 - Leg assisted pull-ups	5.4.4	5.4.4		
	Dips	5 - One extended leg, elevated legs bench dips	4.4.4	4.4.4		
	Leg_Raises	5 - Hanging knee raises	5.5.4	5.5.4		
	Horizontal_Pulls	3 - Inverted rows legs bent	5.4.4	5.4.4		
	Handstand_Pushups	3 - Pike push-ups	5.5.4	5.5.4		
	Planks	3 - Plank	50s	50s		
2/10/2016	Squats	6 - Beginner shrimp squats	5.5.5	5.5.5		
	Pullups	1 - Leg assisted pull-ups	5.5.4	5.5.4		
	Pushups	4 - Three-quarter and 5s eccentric push-ups	5.5.4	5.5.4		
	Leg_Raises	5 - Hanging knee raises	5.5.5	5.5.5		
	Horizontal_Pulls	3 - Inverted rows legs bent	5.5.4	5.5.4		
	Handstand_Pushups	3 - Pike push-ups	5.5.5	5.5.5		
	Planks	3 - Plank	60s	60s		
2/14/2016	Squats	6 - Beginner shrimp squats	6.5.5	6.5.5		
	Pullups	1 - Leg assisted pull-ups	5.5.5	5.5.5		
	Handstand_Pushups	3 - Pike push-ups	6.5.5	6.5.5		
	Leg_Raises	5 - Hanging knee raises	6.5.5	5.6.5		
	Horizontal_Pulls	3 - Inverted rows legs bent	5.5.5	5.5.5		
	Pushups	4 - Three-quarter and 5s eccentric push-ups	5.5.5	5.5.5		
	Planks	4 - Side plank	15s/15s	15s/15s		
2/19/2016	Squats	6 - Beginner shrimp squats	6.6.5	6.6.5		
	Pullups	1 - Leg assisted pull-ups	6.5.5	6.5.5		
	Pushups	4 - Three-quarter and 5s eccentric push-ups	6.5.5	6.5.5		
	Leg_Raises	5 - Hanging knee raises	6.6.5	6.6.5		
	Horizontal_Pulls	3 - Inverted rows legs bent	6.5.5	6.5.5		
	Handstand_Pushups	3 - Pike push-ups	6.6.5	6.6.5		
	Planks	4 - Side plank	20s/20s	20s/20s		
2/21/2016	Squats	6 - Beginner shrimp squats	6.6.6	6.6.6		
	Pullups	1 - Leg assisted pull-ups	6.6.5	6.6.5		
	Handstand_Pushups	3 - Pike push-ups	6.6.6	6.6.6		
	Leg_Raises	5 - Hanging knee raises	6.6.6	6.6.6		
	Horizontal_Pulls	3 - Inverted rows legs bent	6.6.5	6.6.5		
	Pushups	4 - Three-quarter and 5s eccentric push-ups	6.6.5	6.6.5		
	Planks	4 - Side plank	25s/25s	25s/25s		
	Squats	6 - Beginner shrimp squats	7.6.6			
	Pullups	1 - Leg assisted pull-ups	7.6.6			
		4 - Three-quarter and 5s eccentric push-ups	7.6.6			
Leg_Raises	5 - Hanging knee raises	7.6.6				
Horizontal_Pulls	3 - Inverted rows legs bent	7.6.6				
Handstand_Pushups	3 - Pike push-ups	7.6.6				
Planks	4 - Side plank	30s/30s				
	Squats	6 - Beginner shrimp squats	7.7.6			
	Pullups	1 - Leg assisted pull-ups	7.7.6			
	Pushups	4 - Three-quarter and 5s eccentric push-ups	7.7.6			
	Leg_Raises	5 - Hanging knee raises	7.7.6			

	Horizontal_Pulls	3 - Inverted rows legs bent	7.7.6				
	Handstand_Pushups	3 - Pike push-ups	7.7.6				
	Planks	5 - Decline plank	30s				
	Squats	6 - Beginner shrimp squats	7.7.7				
	Pullups	1 - Leg assisted pull-ups	7.7.7				
	Pushups	4 - Three-quarter and 5s eccentric push-ups	7.7.7				
	Leg_Raises	5 - Hanging knee raises	7.7.7				
	Horizontal_Pulls	3 - Inverted rows legs bent	7.7.7				
	Handstand_Pushups	3 - Pike push-ups	7.7.7				
	Planks	5 - Decline plank	40s				
	Squats	6 - Beginner shrimp squats	8.7.7				
	Pullups	1 - Leg assisted pull-ups	8.7.7				
	Pushups	4 - Three-quarter and 5s eccentric push-ups	8.7.7				
	Leg_Raises	5 - Hanging knee raises	8.7.7				
	Horizontal_Pulls	3 - Inverted rows legs bent	8.7.7				
	Handstand_Pushups	3 - Pike push-ups	8.7.7				
	Planks	5 - Decline plank	50s				
	Squats	6 - Beginner shrimp squats	8.8.7				
	Pullups	1 - Leg assisted pull-ups	8.8.7				
	Pushups	4 - Three-quarter and 5s eccentric push-ups	8.8.7				
	Leg_Raises	5 - Hanging knee raises	8.8.7				
	Horizontal_Pulls	3 - Inverted rows legs bent	8.8.7				
	Handstand_Pushups	3 - Pike push-ups	8.8.7				
	Planks	5 - Decline plank	60s				

Exercises	Squats	Pullups	Handstand_Pushups	Leg_Raises	Pushups	Dips	Horizontal_Pulls	Planks	Ancillary	Planche
Squats	1 - Assisted squats	1 - Leg assisted pull-ups	1 - Incline pike push-ups	1 - Flat knee raises	1 - Wall push-ups	1 - Bent knee bench dips	1 - Vertical pulls	1 - Kneeling plank	1 - Crow stand	1 - Crow stand
Pullups	2 - Deep assisted squats	2 - Jackknife pull-ups	2 - Incline pike diamond push-ups	2 - Flat bent leg raises	2 - Box push-ups	2 - Straight legs bench dips	2 - Vertical pulls with a towel	2 - Kneeling side plank	2 - Double Elbow Levers	2 - Elephant stand
Handstand_Pushups	3 - Squats	3 - Eccentric pull-ups	3 - Pike push-ups	3 - Flat straight leg raises	3 - Three-quarter push-ups	3 - One elevated leg, straight legs bench dips	3 - Inverted rows legs bent	3 - Plank	3 - L-sits	3 - Tuck planche
Leg_Raises	4 - Deep squats	4 - Half pull-ups (top half)	4 - Pike diamond push-ups	4 - Forearm knee raises	4 - Three-quarter and 5s eccentric push-ups	4 - Elevated legs bench dips	4 - Inverted rows, straight legs	4 - Side plank	4 - Dragon Flag	4 - Advanced tuck planche
Pushups	5 - Bulgarian split squats	5 - Half pull-ups (bottom half)	5 - Decline pike push-ups	5 - Hanging knee raises	5 - Push-ups	5 - One extended leg, elevated legs bench dips	5 - Inverted rows, one leg extended	5 - Decline plank	5 - Back Levers	5 - Straddle planche
Dips	6 - Beginner shrimp squats	6 - Pull-ups	6 - Decline pike diamond push-ups	6 - Forearm bent leg raises	6 - Elbows in push-ups	6 - Legs supported dips	6 - Inverted rows legs elevated	6 - Leg lift plank	6 - Muscle ups	6 - Tuck planche push-ups
Horizontal_Pulls	7 - Assisted one-legged squats	7 - Close grip pull-ups	7 - Wall bent waist handstand push-ups	7 - Hanging bent leg raises	7 - Diamond push-ups	7 - One leg supported dips	7 - Inverted rows legs elevated, one leg extended	7 - Arm and leg lift plank	7 - Ab wheel roll outs	7 - Straddle planche push-ups
Planks	8 - Balance assisted one-legged squats	8 - Wide grip pull-ups	8 - Wall half handstand push-ups	8 - Forearm straight leg raises	8 - Uneven push-ups	8 - Jumping and 5s eccentric dips	8 - Tuck knees, front lever rows	8 - Arm and leg lift side plank	8 - Handstands	
Ancillary	9 - Weighted one-legged squats	9 - Archer pull-ups	9 - Wall handstand push-ups	9 - Hanging straight leg raises	9 - Decline push-ups	9 - Half dips (top half)	9 - Advanced tuck knees, front lever rows	9 - Wall plank	9 - Front planche on a rope	
Planche	10 - One-legged squats	10 - Sternum pull-ups	10 - Wall handstand diamond push-ups	10 - Hanging bent leg V-raises	10 - Decline elbows in push-ups	10 - Dips	10 - One tuck knee, one leg extended, front lever rows			
	11 - Renegade pistols	11 - Belly button pull ups		11 - Hanging straight leg V-raises	11 - Decline diamond push-ups	11 - Legs forward dips	11 - Straddle legs front lever rows			
	12 - Intermediate shrimps			12 - Hanging fan raises	12 - Wall one-arm push-ups	12 - Modified Russian dips	12 - Front lever rows			
	13 - Advanced shrimps			13 - Hanging V-raise windshield wipers	13 - Incline one-arm push-ups	13 - Russian dips				
					14 - One-arm push-ups					
					15 - Decline one-arm push-ups					