

/r/bodyweightfitness Recommended Routine

Warmup

Dynamic Stretches: 5-10 reps each

- Wall Extensions
- Band Dislocates
- Cat-Camels
- Scapular Shrugs
- Full Body Circles
- Front Leg Swings
- Side Leg Swings
- Wrist Mobility Exercises

Bodyline Work: 10-60s hold each

- Plank
- Side Plank
- Reverse Plank
- Hollow Hold
- Arch Hold

Skill Work

Set a timer and go practice your support and your handstand, resting as necessary. When time's up, you're done.

Handstand: 5-10 minutes

- Level 1:** Wall Plank
- Level 2:** Wall Handstand
- Level 3:** Freestanding Handstand

Support: 2-3 minutes

- Level 1:** Parallel Bar Support
- Level 2:** Ring Support
- Level 3:** Rings Turned Out Support

Strength Work

For each pair do 1 set of the first exercise, then rest 90 seconds, then 1 set of the second exercise. Rest 90 seconds then repeat another 2 times for a total of 3 sets of each exercise. Rest for 90 seconds to 3 minutes between pairs.

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, that doesn't matter. Just don't artificially slow it down.

Pair 1 If you can't do diamond pushups and horizontal rows yet simply skip these for now.

Pullup: 3x 5-8 reps

- Level 1:** Pullup Negative
- Level 2:** Pullup
- Level 3:** L-Sit Pullup
- Level 4:** Pullover

Dips: 3x 5-8 reps

- Level 1:** Parallel Bar Dips
- Level 2:** Ring Dips
- Level 3:** Rings L-Sit Dips

Pair 2

Squat: 3x 5-8 reps

- Level 1:** Assisted Squat
- Level 2:** Squat
- Level 3:** Deep Step-Up

L-Sit: 3x 10-30 sec holds

- Level 1:** Foot Supported L-Sit
- Level 2:** One-Leg Foot Supported L-Sit
- Level 3:** Tuck L-Sit
- Level 4:** Advanced Tuck L-Sit / One-Leg L-Sit
- Level 5:** L-sit

Pair 3

Pushup: 3x 5-8 reps

- Level 1:** Vertical Pushup
- Level 2:** Incline Pushup
- Level 3:** Full Pushup
- Level 4:** Diamond Pushup
- Level 5:** Rings Wide Pushup
- Level 6:** Rings Pushup
- Level 7:** RTO Pushup
- Level 8:** RTO PPPU

Row: 3x 5-8 reps

- Level 1:** Vertical Rows
- Level 2:** Incline Rows
- Level 3:** Horizontal Rows
- Level 4:** Wide Rows
- Level 5:** Tuck Front Lever
- Level 6:** Tuck Ice Cream Maker
- Level 7:** Tuck Front Lever Row
- Level 8:** Advanced Tuck Front Lever Row