

/r/bodyweightfitness Recommended Routine, July 2018

Warm-up: dynamic stretches (5-10 mins)

5-10	Yuri's Shoulder Band Warmup
5-10	Squat Sky Reaches
10+	GMB Wrist Prep
30s	Deadbugs
10	Arch Hangs (add these after you reach Negative Pull-ups)
30s	Support Hold (add these after you reach Negative Dips)
10	Easier Squat progression (add these after you reach Bulgarian Split Squats)
10	Easier Hinge progression (add these after you reach Banded Nordic Curls)

Strength work (40-60 mins)

Pair 1

3x 5-8 Squat Progression	3x 5-8 Pull-up Progression
Level 1: Assisted squat	Level 1: Scapular Pulls
Level 2: Squat	Level 2: Arch Hangs
Level 3: Bulgarian Split Squat	Level 3: Negative Pull-ups
Level 4: Beginner Shrimp Squat	Level 4: Pull-ups
Level 5: Intermediate Shrimp Squat	Level 5: Weighted Pull-ups
Level 6: Advanced Shrimp Squat	

Pair 2

3x 5-8 Hinge Progression	3x 5-8 Dip Progression
Level 1: Romanian Deadlift	Level 1: Parallel Bar Support Hold
Level 2: Single Legged Deadlift	Level 2: Negative Dips
Level 3: Banded Nordic Curl Negatives	Level 3: Parallel Bar Dips
Level 4: Banded Nordic Curl	Level 4: Weighted Dips
Level 5: Nordic Curl	

Pair 3

3x 5-8 Push-up Progression	3x 5-8 Row Progression
Level 1: Vertical Push-up	Level 1: Vertical Rows
Level 2: Incline Push-up	Level 2: Incline Rows
Level 3: Full Push-up	Level 3: Horizontal Rows
Level 4: Diamond Push-up	Level 4: Wide Rows
Level 5: Pseudo Planche Push-up	Level 5: Weighted Inverted Rows

Core Triplet

3x 8-12 Anti-Extension Progression	3x 8-12 Anti-rotation Progression	3x 8-12 Extension Progression
Ring Ab Rollouts	Banded Pallof press	Reverse Hyperextension

Instructions: There are nine exercises. These exercises are to be done in pairs and one triplet 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. For the triplet, you do a set of the first exercise, rest 60 seconds, do a set of the second exercise, rest 60 seconds, do a set of the third exercise, rest 60 seconds, and repeating until you've done 3 sets of that triplet.

Rest time: If 90 seconds is not enough, you can rest up to 3 minutes if you like.

Tempo: Ideally, all these exercises are to be done in a "10X0" (1,0,X,0) tempo. That means 1 second down, no pause at the bottom, explode up and no pause at the top. When "exploding up", if the actual movement is slow, that's okay, it's the intent that matters.

Reps: Overall, if your pull-up max is say 8 reps, then go for one rep short of failure, such as 7-7-7 instead of 8-6-5. The key is to not work to failure for the first set or two because it significantly detracts from performance in later sets which reduces your ability to perform good reps and maximize volume to get stronger and bigger muscles. The 90 second pairing is so that there is minimum 3 minutes rest between each set, which is 3 minutes total. This rest time is where there is 99% replenishment of ATP in the muscles, so you are not limited by fatigue in the muscles. Sticking with failure-1 repetitions and 3 total minutes between sets of the same exercise allows you to maximize volume and effort level which is essential for strength and hypertrophy.

Order: You can switch the order of the exercises, as long as you leave the warm-up in the warm-up, and the strength work in the strength work.

Frequency: This routine is written for 3x a week workouts, with at least one rest day in between workouts. For example you could do Mon/Weds/Fri, or Tues/Thurs/Sun, whatever works for your schedule. Don't train every day - it does not make you more effective. Don't purposely split the workout into separate days. It's meant to be a full body workout.

Skill work: Want to go upside down? The skill work from the former RR has been moved to a 'Skill Day' routine, which can be slotted into this routine (before starting the strength work section) or practised on rest days.

DISCLAIMERS: the full Recommended Routine contains more alternate pathways than have been included in this summary. For fuller explanations, form cues, and videos, please see:

<https://www.reddit.com/r/bodyweightfitness/>

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