

Progressions for the Big 6

No excuses

Week 1

Fill out as you go see the wins

Day	1	2	3	4	5	6	7
Press up	5	10	REST	10	12	REST	12
Sit up			REST			REST	
Squat			REST			REST	
Lunge			REST			REST	
Tricep Dip			REST			REST	
Plank	20	30	REST	30	40	REST	40
Rear			REST			REST	
Right			REST			REST	
Left			REST			REST	

Week 2

Day	1	2	3	4	5	6	7
Press up	14	REST	14	16	REST	16	18
Sit up		REST			REST		
Squat		REST			REST		
Lunge		REST			REST		
Tricep Dip		REST			REST		
Plank	50	REST	50	60	REST	60	70
Rear		REST			REST		
Right		REST			REST		
Left		REST			REST		

Week 3

Day	1	2	3	4	5	6	7
Press up	REST	18	20	REST	20	22	REST
Sit up	REST			REST			REST
Squat	REST			REST			REST
Lunge	REST			REST			REST
Tricep Dip	REST			REST			REST
Plank	REST	70	80	REST	90	100	REST
Rear	REST			REST			REST
Right	REST			REST			REST
Left	REST			REST			REST

Week 4

Day	1	2	3	4	5	6	7
Press up	22	24	REST	24	26	REST	26
Sit up			REST			REST	
Squat			REST			REST	
Lunge			REST			REST	
Tricep Dip			REST			REST	
Plank	100	110	REST	110	120	REST	120
Rear			REST			REST	
Right			REST			REST	
Left			REST			REST	

Info:

The light colour numbers is the aim. you can see the progression if you can do more all well and good. Add your number. For the Press ups: Start where you can. If its on your knees all well and good. This is about grading exposure building up not breaking yourself. start on wall then countor top then knees then full. Each knew phase with rудuce numbers again.

Start with half sits if needed.

Start with 1/4 or half lunges and squats

Triceps off work top, bent knees to straight knees off dining chair

Plank number in **SECONDS** off knees and build up to full. (2 mins is a good time)

Also add 20 second sprint 3 times up hill or on hard level on bike with 1 minuite rest between.

Continue until you are strong enough to move to the next level then increase numbers until 50 of each is easy add in 3 sets.

Have Fun Txx