MASTERING GST FUNDAMENTALS

Foundation One



Coach Christopher Sommer

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INTRO

Simplicity. Clarity. Ease of use.

The primary purpose of the GB Foundation Level 1-4 Courses is to simplify, clarify and quantify the complexities of fundamental gymnastics strength training (GST) while simultaneously providing a clear blueprint for mastering the seven basic exercises of fundamental GST:

Front Lever (FL)
Straddle Planche (sPL)
Side Lever (SL)
Manna (MN)
Single Leg Squat (SLS)
Hollowback Press (HBP)
Rope Climb (RC)

Literally all that is needed to achieve success with Foundation One is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.

No Brain No Gain

Gymnastics Strength Training (GST) is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. Nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.

Why These Exercises in This Order?

In order to enjoy long term success with GST, increasing strength alone is not enough;
you must also strive to increase your body's ability to handle ever more neuromuscularly
complex movements.

To this end, one of the primary focuses of the GB Foundation Courses is to engage in a
constant evolution regarding your current exercise's degree of neuromuscular activation
or the constant evolution of your strength levels in terms of neuromuscular coordination.
It is important to remember that during these fundamental GST progressions we will
always be moving forward to ever more neurologically complex exercises. For example
note that the progression of pushup variations to dip variations to Handstand Pushup (HSPU)
variations to Multi plane pressing (MPPr) variations not only represents increases in
strength but also increases in the degree of neuromuscular activation needed to correctly
execute these exercises.

A long time GB student perhaps best described GB GST training as "... a method of
progressing from simple to complex exercises with ever increasing degrees
of neuromuscular activation ..."

FSAS, FBAS and FLS

Fundamental GST is divided into three categories; fundamental straight arm strength
(FSAS), fundamental bent arm strength (FBAS) and fundamental leg strength (FLS).

In the GB Foundation Courses, you are going to focus your FSAS efforts exclusively on
the mastery of four FSAS elements; front lever (FL), straddle planche (sPL), side lever (SL)
and manna (MN). Note that I said mastery; not introduced, not merely acquainted with,
but completely and totally mastered as measured by my requiring you to perform each
targeted exercise for a specific required number sets and reps or sets of holds for time.

During the GB Foundation Courses your FBAS work will focus on mastering rope climb
(RC) and hollow back press handstand (HBP) and your FLS will focus on the acquisition of
the single leg squat (SLS). Once again, mastery is the only acceptable standard prior to
moving on to the next exercise in each progression.

Each of these seven fundamental exercises will be achieved by following an explicit and
concise developmental series that is in turn divided into preparatory elements (PE) and
specific elements (SE) unique to that particular exercise.

Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly under-estimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as "training".

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or 'preparatory' steps are essential for adult fitness enthusiasts to successfully progress through and master the more demanding exercise 'specific' steps that come later.

For example, there are now 17 preparatory elements that must be mastered prior to beginning the specific element work relevant to FL! What impact will these preparatory steps have on your own training? The impact, as well as the results, will be dramatic indeed.

Exercise Notation

As you work your way thru this GB Foundation One Course you will notice that each and every exercise has its own individual notation (e.g. FL/PE1). These notations are very important as they instantly inform you which of the fundamental GST elements and where in that progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation 'FL/PE1' means that this is preparatory element 1 of the front lever series, while 'FL/PE1>iM' means that this is the integrated mobility exercise that is to be performed in between the working sets of FL/PE1.

Integrated Mobility

The most prevalent issue that I have discovered in teaching GST to the adult fitness
population these last 6 years has been an extreme deficit of physical mobility (with an utter
lack of explosiveness coming in a close second); especially in those individuals whose work
requires a lot of time spent at a desk. In some cases this lack of mobility has been so
extreme that it bordered on the pathological.

To combat this tendency of trying to avoid mobility work at all cost amongst the adult GB
GST students, an Integrated Mobility exercise has now been paired with each and every
one of the preparatory and specific element exercises throughout the Foundation Courses:

- FL Integrated Mobility focuses on the development of the gymnastic bridge.
- sPL Integrated Mobility focuses on the development of medial glute and hip strength.
- SL Integrated Mobility focuses on the development of oblique flexibility.
- MN Integrated Mobility focuses on the development of the gymnastics pike position
- SLS Integrated Mobility focuses on knee mobility and hamstring strength.
- HBP Integrated Mobility focuses on basic mobility of the shoulder girdle
- RC Integrated Mobility focuses on basic mobility of the lats.

Do not follow a programming template for integrated mobility. As integrated mobility is to
be performed as recovery in between working sets, simply perform the same number of
mobility sets as you performed for the working sets using the relevant master template

Continuing Education

GymnasticBodies.com Forum
-The largest free forum in the world dedicated to GST
-Great moderators and members waiting to answer your GST questions

Graduate Studies
-A private subscription based section of the GB Forum
-Includes twice yearly video evaluations toward earning GB Certifications
-Foundation One contains all of the requirements for the Foundation Level One Certification
-Includes a 30% discount off first time attendance at a 3-day GB Seminar in Arizona

GB Online Coaching
- personalized training program
-weekly video review
-weekly skype conference
- Free one year Graduate Studies subscription included

GB Seminar
- Free one year Graduate Studies subscription included
- GB Certification Examinations available (additional testing fee will apply)
- 1/2 Day, 2 Day and 3 Day GB Workshops and Seminars available

GymnasticBodies
Everyday Champions
Foundational Strength Levels

	L.5	L1	L1.5	L2	L2.5	L3	L3.5	L4
FL	FL/PE3 sHBH 5x60s	FL/PE6 HBR 5x60r						
sPL	sPL/PE3 PLK 5x60s	sPL/PE6 ePLL 5x30s						
SL	SL/PE3 AU 5x15r	SL/PE6 RLL 5x15r						
MN	MN/PE3 V-up 5x15r	MN/PE6 nHLL 5x5r						
SLS	SLS/PE3 STS 5x10r	SLS/SE1 HaS 5x5r						
HBP	HBP/PE3 PPP 5x10r	HBP/PE6 Dip 5x5r						
RC	RC/PE3 GRD Row 5x10r	RC/PE6 Bent Hang 5x60s						

Foundation One

DETAILS

Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This
means that both programming and progression-wise you will start with Day 1 of Week 1
for all of the PE1 exercises and integrated mobilities.

If however you have some fitness training under your belt, you may use a more accelerated method for your GB Foundation training. Now don't get overly excited as
you will still need to perform AND demonstrate mastery of each and every exercise in
the progressions. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week 12 programming of HBP/
PE1 and HBP/PE1>iM which in this instance happens to be 5x15r. If you are successful, using correct form and tempo, the next workout day you may proceed on to
attempting the Week 12 programming of HBP/PE2 and HBP/PE2>iM etc etc. You may
continue on in this fashion demonstrating MASTERY of a new HBP/PE and HBP/PE>iM
per workout day, until you reach a HBP/PE OR HBP/PE>iM where you fail to complete
the week 12 programming with correct form and tempo.

Once you reach this point, you will begin the next week at week 1 of the 12 week cycle for the HBP/PE which you now need to master.

No Giant Sets

Train only one exercise at a time; do not utilize giant sets. When recovering in between sets, rest only long enough to perform the integrated mobility assigned for that specific exercise. Continue in this fashion until you have completed all of the that day's assigned sets/reps before moving on to the next exercise for the day.

DO NOT SKIP exercises or the assigned integrated mobility!!!DO NOT ASSUME that you are capable of correctly performing the week 12 programming for the exercises in question unless you actually do so.

Once you graduate to a more difficult FBAS or FSAS, you will no longer need to actively focus on the easier 'mastered' FBASs other than for the purpose of warming up.

Warming Up

Warmup with two to three sets of higher reps of exercises which you have already
mastered. Choose from among the following rep schemes; 21/15/9 or 21/15 or 15/9.

For example if you were working Parallel Bar Dips (HBP/PE6), you might choose to
warm up with HBP/PE1 for 15 reps, before completing a set of Bench Dips (HBP/PE4)
for 9 reps. Note that your ability with the particular HBP/PE which you select should
match the prescribed warmup repetition range you have chosen. Note also that the
rate of perceived exertion (RPE) on these warmup sets should only be moderate at
best. If you are working hard, you have selected preparatory elements which are too
challenging to be used for warmup sets.

Do not spend exorbitant amounts of time and effort warming up for your day's workout; 5-10 minutes is plenty.

Individual Recovery Varies

When beginning GST the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the three day/week schedule) or more work (the five day/week schedule).

Which of these three schedules will be the most the effective for you will depend entirely your own personal recovery ability; which in turn is something which you will only discover through experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day) and high recovery people (5 day).

Weekly Workout Schedules

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day)
and high recovery people (5 day).

3 Day Schedule

Week 1	Mon/Fri:	FL/sPL/HBP/RC
	Wed:	Mn/SL/SLS
Week 2	Mon/Fri:	Mn/SL/SLS
	Wed:	FL/sPL/HBP/RC

4 Day Schedule

Mon/Thu:	FL/sPL/HBP/RC
Tue/Fri:	Mn/SL/SLS

5 Day Schedule

Mon/Wed/Fri:	FL/sPL/HBP/RC
Tue/Thu:	Mn/SL/SLS

*Key: FL = Front Lever; sPL = straddle Planche; HBP = Hollow Back Press; RC = Rope Climb; Mn = Manna; SL = Side Lever; SLS = Single Leg Squat

Mastery

Each exercise page throughout this course is comprised of three action photos down one
side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise's name, under that is that exercise's own particular
notation and under that is the standard of 'mastery', as calculated in sets and repetitions
or in sets and hold times, that must be met prior to moving on to the next exercise in the
series.

The standard of mastery also informs you as to which of the 6 mastery templates will be
employed when training this exercise.

THE MASTERY TEMPLATES

Which of the provided programming templates is used to develop mastery will depend upon the neurological complexity (i.e. difficulty) of that particular exercise. In a nutshell, the more basic an exercise is the higher the reps or the longer the required static hold, the more advanced an exercise is the lower the reps or the shorter the required static hold.

For example a Hollow Body Hold (HBH) is a 60 second hold, while an Lsit is a 30 second hold and a straddle planche is only a 10 second hold.

Each of the exercises though out this entire GB Foundation Course will show what the standard for mastery is and you should then choose your mastery template accordingly.
These mastery templates are provided in complete detail next.

60 Second Mastery Template			
Week 1 = 3x12s	Week 2 = 5x12s	Week 3 = 3x24s	Week 4 = 3x12s (deload)
Week 5 = 4x24s	Week 6 = 4x36s	Week 7 = 5x36s	Week 8 = 5x18s (deload)
Week 9 = 4x48s	Week 10 = 4x60s	Week 11 = 5x60s	Week 12 = 5x30s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = FL/PE1, SL/PE1

30 Second Mastery Template			
Week 1 = 3x6s	Week 2 = 5x6s	Week 3 = 3x12s	Week 4 = 3x6s (deload)
Week 5 = 4x12s	Week 6 = 4x18s	Week 7 = 5x18s	Week 8 = 5x9s (deload)
Week 9 = 4x24s	Week 10 = 4x30s	Week 11 = 5x30s	Week 12 = 5x15s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = sPL/PE4, sPL/PE5

10 Second Mastery Template			
Week 1 = 3x2s	Week 2 = 5x2s	Week 3 = 3x4s	Week 4 = 3x2s (deload)
Week 5 = 4x4s	Week 6 = 4x6s	Week 7 = 5x6s	Week 8 = 5x3s (deload)
Week 9 = 4x8s	Week 10 = 4x10s	Week 11 = 5x10s	Week 12 = 5x5s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

There are no F1 elements that use this template

60 Repetition Mastery Template			
Week 1 = 3x12r	Week 2 = 5x12r	Week 3 = 3x24r	Week 4 = 3x12r (deload)
Week 5 = 4x24r	Week 6 = 4x36r	Week 7 = 5x36r	Week 8 = 5x18r (deload)
Week 9 = 4x48r	Week 10 = 4x60r	Week 11 = 5x60r	Week 12 = 5x30r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = FL/PE2, SL/PE2

15 Repetition Mastery Template			
Week 1 = 3x3r	Week 2 = 5x3r	Week 3 = 3x6r	Week 4 = 3x3r (deload)
Week 5 = 4x6r	Week 6 = 4x9r	Week 7 = 5x9r	Week 8 = 5x5r (deload)
Week 9 = 4x12r	Week 10 = 4x15r	Week 11 = 5x15r	Week 12 = 5x8r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = sPL/PE1, HBP/PE1

10 Repetition Mastery Template			
Week 1 = 3x2r	Week 2 = 5x2r	Week 3 = 3x4r	Week 4 = 3x2r (deload)
Week 5 = 4x4r	Week 6 = 4x6r	Week 7 = 5x6r	Week 8 = 5x3r (deload)
Week 9 = 4x8r	Week 10 = 4x10r	Week 11 = 5x10r	Week 12 = 5x5r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in repetitions

Examples of F1 elements which use this template = SLS/PE2, SLS/PE3

5 Repetition Mastery Template			
Week 1 = 3x1r	Week 2 = 5x1r	Week 3 = 3x2r	Week 4 = 3x1r (deload)
Week 5 = 4x2r	Week 6 = 4x3r	Week 7 = 5x3r	Week 8 = 5x2r (deload)
Week 9 = 4x4r	Week 10 = 4x5r	Week 11 = 5x5r	Week 12 = 5x3r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in repetitions

Examples of F1 elements which use this template = MN/PE4, RC/PE5

Training Cycles

Using the GB Foundation One Course to set up a 12 week training cycle is literally as easy
as plug and play.

1) Determine which exercises you will be training for each of the seven fundamental
GST elements (don't forget to evaluate your mastery of the assigned integrated mobility
exercises also!).

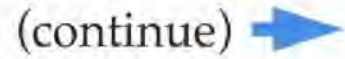
2) Next determine if your recovery ability is low, medium or high.

3) Once you have these two pieces of information you simply plug your mastery template
set and repetition ranges for your prescribed exercises into the 12 week training template
for your chosen weekly workout schedule.

Next are examples of the three different weekly training schedules when applied to the 12
week programming templates for a new student beginning with all seven of the PE1 and
PE1>iM exercises. If you have successfully tested out of one or more preparatory elements, simply substitute the next exercise and its accompanying mastery requirements into
the training cycle where appropriate.

3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)		MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)
Week 2	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)		FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)		MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)
Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)		MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)		FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)
Week 4 (deload)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)		MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)

(continue) 

3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)		MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)		FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)
Week 6	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)		FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)		MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)		MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)		FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)
Week 8 (deload)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)		FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)		MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)

(continue)

3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)		MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)		FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)
Week 10	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)		FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)		MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)		MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)		FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)
Week 12 (deload)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)		FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)		MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)
Week 2	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)		FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)
Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)		FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)
Week 4 (deload)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)

(continue) 

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)		FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)
Week 6	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)		FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)		FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)
Week 8 (deload)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)		FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)

(continue) 

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)		FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)
Week 10	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)		FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)		FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)
Week 12 (deload)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)		FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)

5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)
Week 2	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)
Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)
Week 4 (deload)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)

(continue) 

5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)
Week 6	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)
Week 8 (deload)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)

(continue)

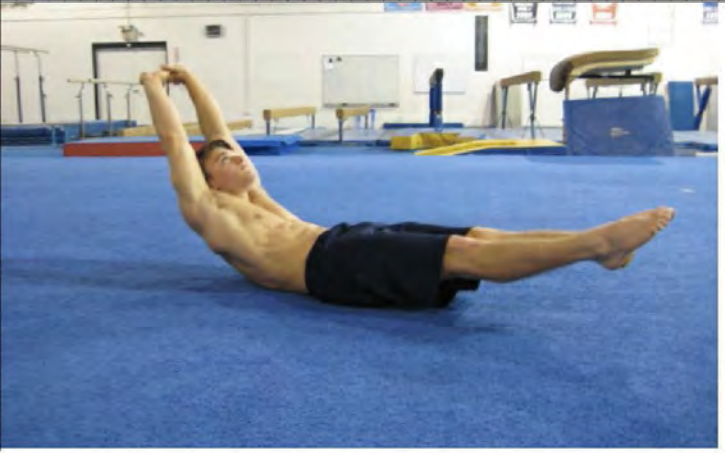
5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)
Week 10	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)
Week 12 (deload)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)

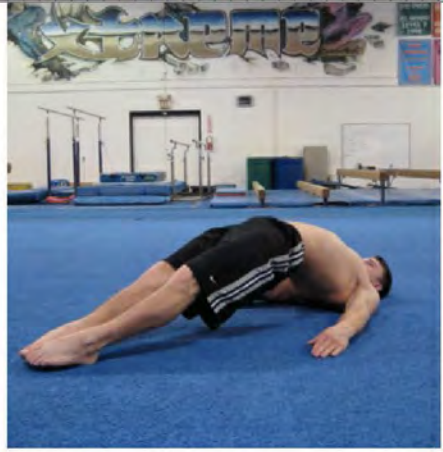
Foundation One

FSAS

Fundamental Straight Arm Strength

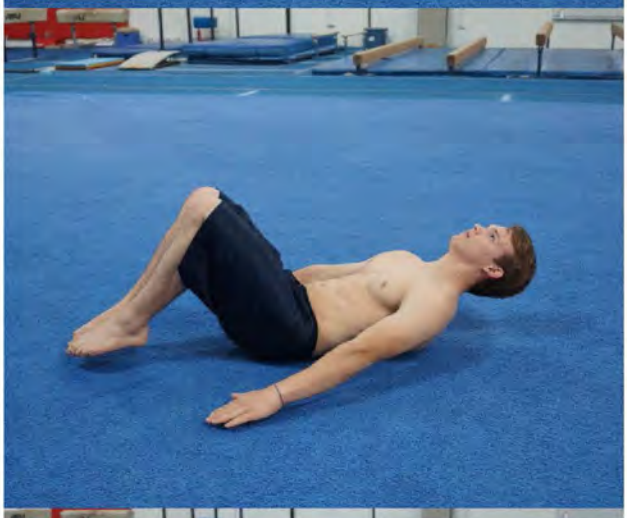






Front Lever 1







FL/PE1

Bent Hollow Body Hold (bHBH)

FL/PE1

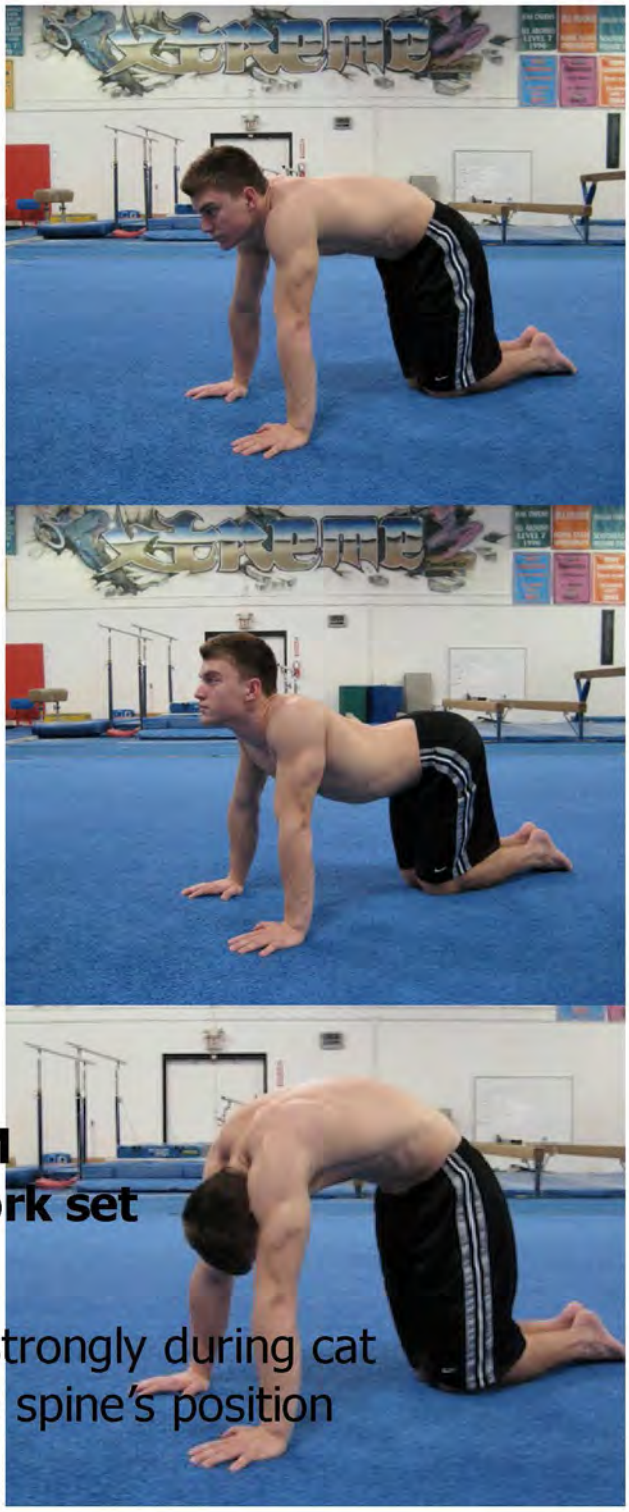
Mastery = 5x60s

Focus Points:

1) Keep the lower back pressed firmly into the ground

2) Keep the feet and shoulders off the ground during the set

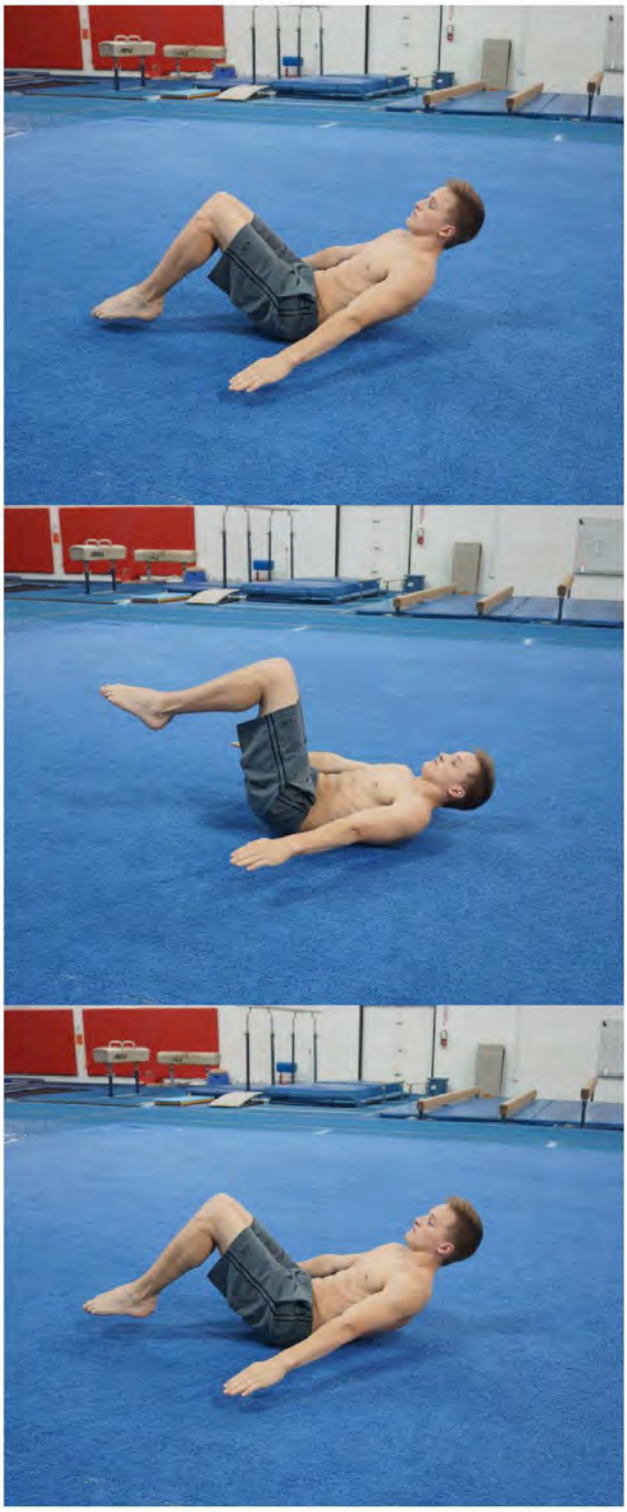
FL/PE1>iM



Cat Cow
FL/PE1>iM
5r after each work set

Focus Points:

1) Pull the middle of the back upward strongly during cat
2) The neck's position should mimic the spine's position



FL/PE2

Bent Hollow Body Rock (bHBR)

FL/PE2

Mastery = 5x60r

Focus Points:

1) An arched lower back will prevent a smooth roll

2) Keep the chin pulled downward toward the chest

FL/PE2>iM

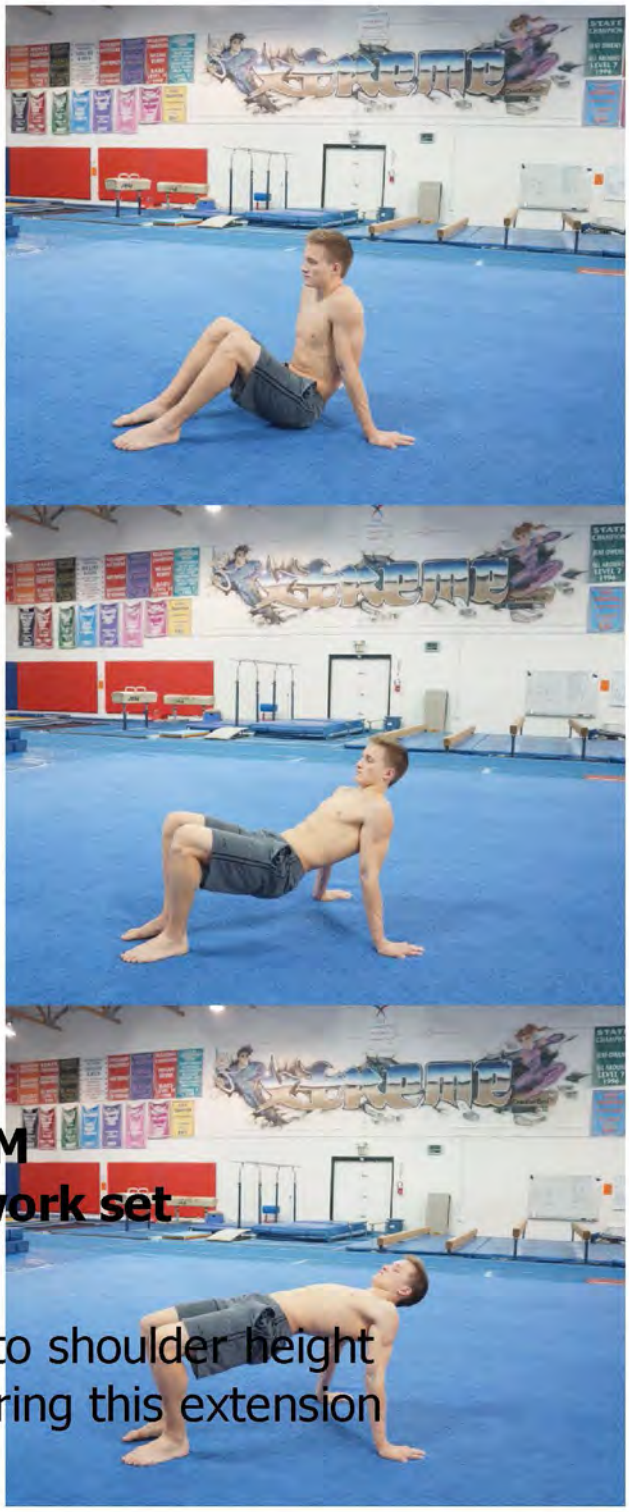
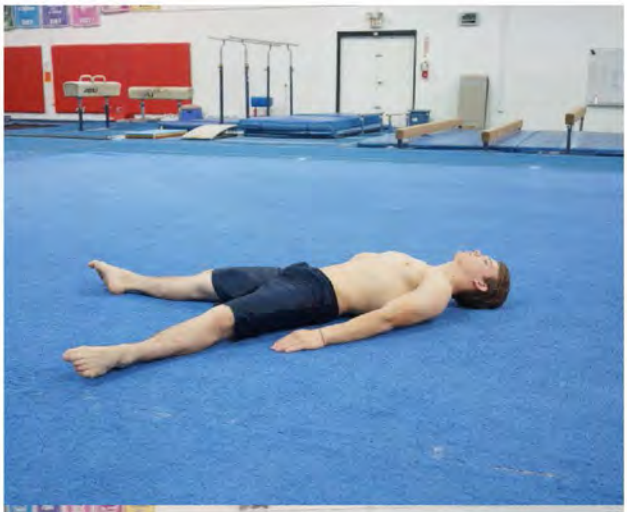


Table
FL/PE2>iM
30s after each work set

Focus Points:

1) Extend the hips upward all the way to shoulder height
2) Do not allow the chest to cave in during this extension







FL/PE3

Straddle Hollow Body Hold (sHBH)

FL/PE3

Mastery = 5x60s

Focus Points:

1) A wider straddle will quite strongly target the hips

2) Do not allow the lower back to arch

FL/PE3>iM

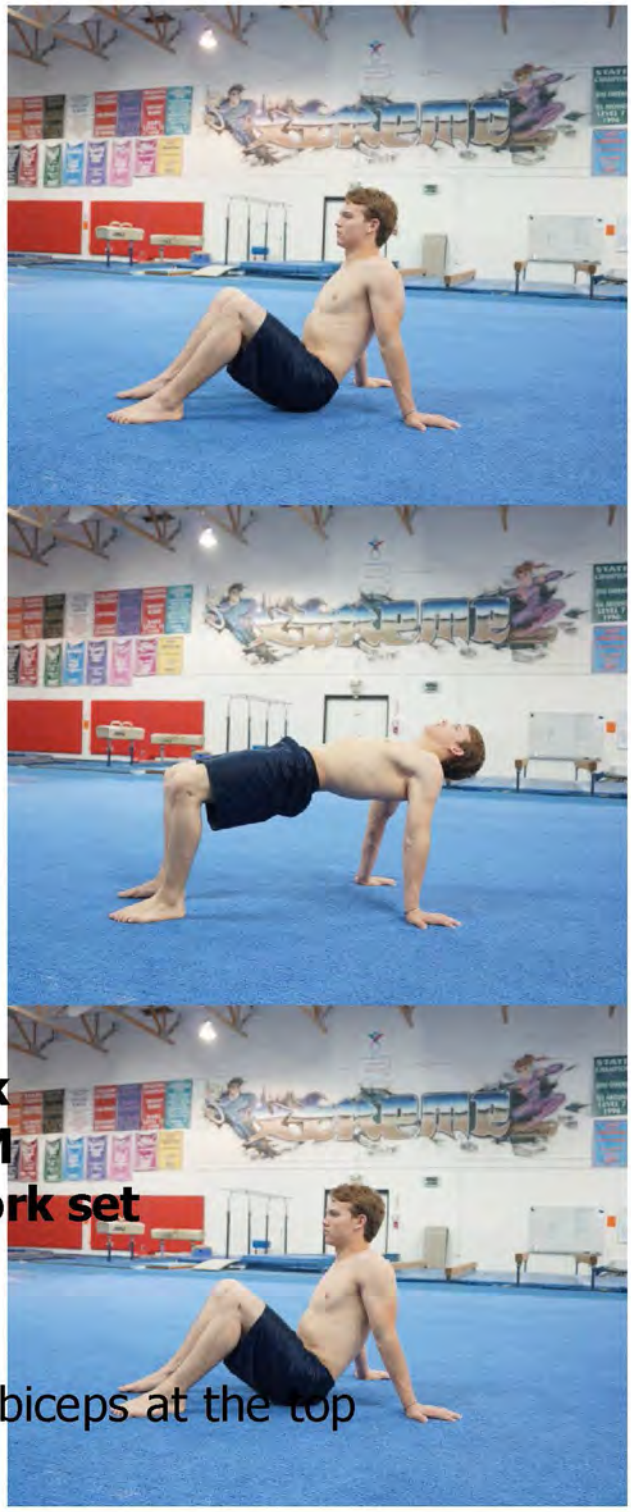
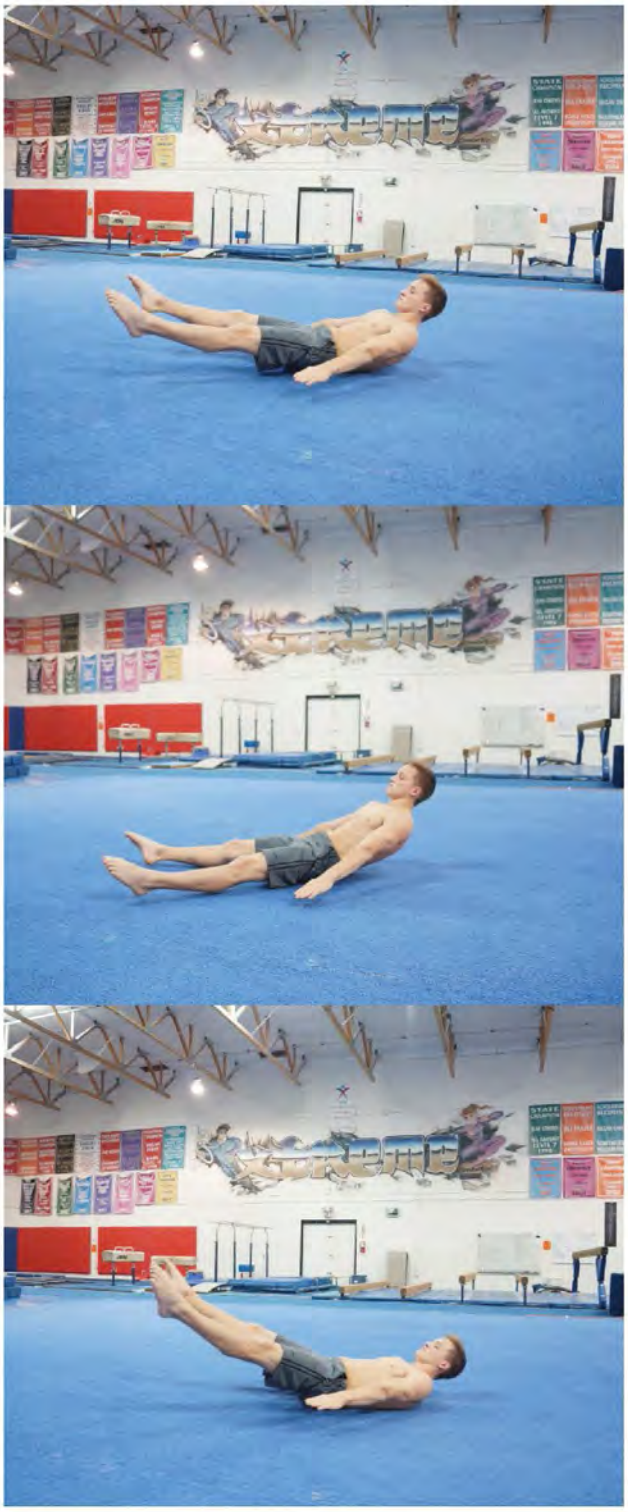


Table Rock
FL/PE3>iM
5r after each work set

Focus Points:

1) Descend fully in between repetitions
2) It is normal to feel stretching in the biceps at the top



FL/PE4

Straddle Hollow Body Rock (sHBR)

FL/PE4

Mastery = 5x60r

Focus Points:

1) Do not allow the feet to lift more than 6-12 inches at most

2) Keep the arms in place by the hips at all times

FL/PE4>iM





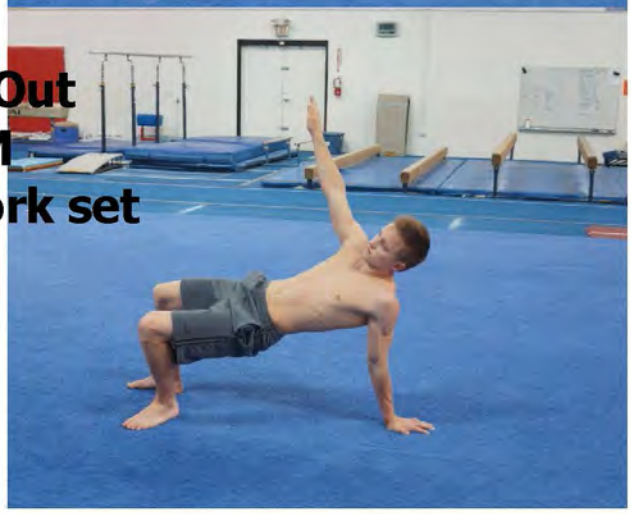
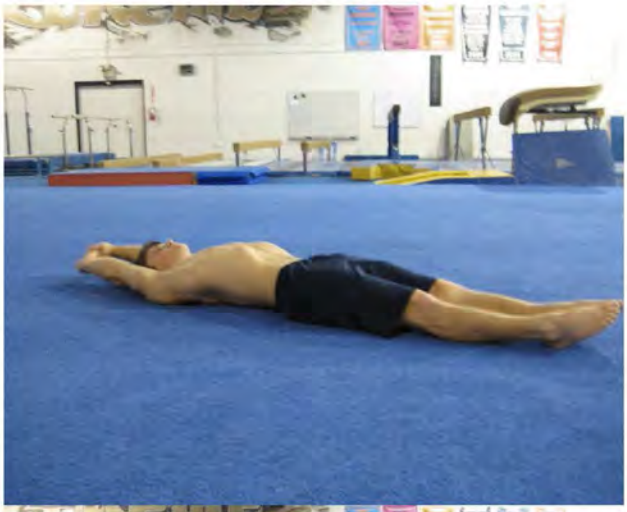
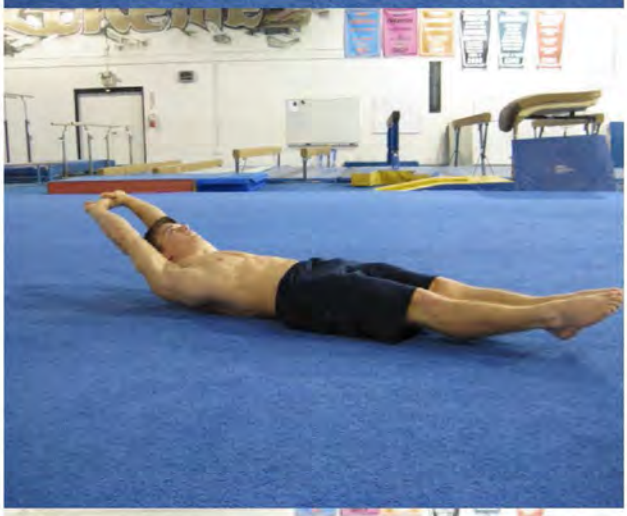


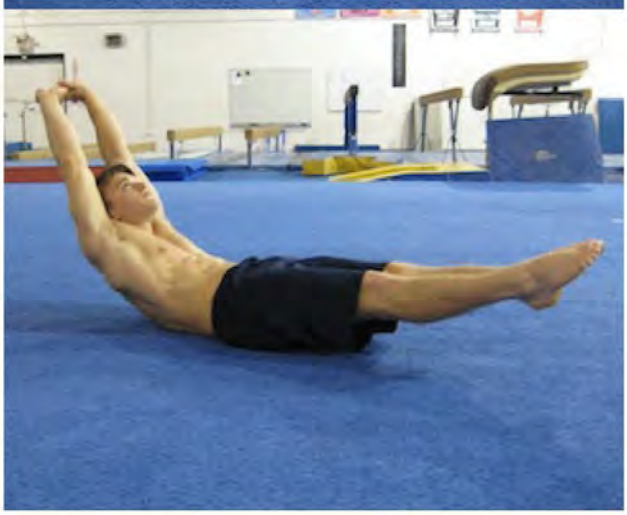
Table Inside Out
FL/PE4>iM
5r after each work set

Focus Points:

1) Down and back is one repetition
2) Keep the chest elevated at all times







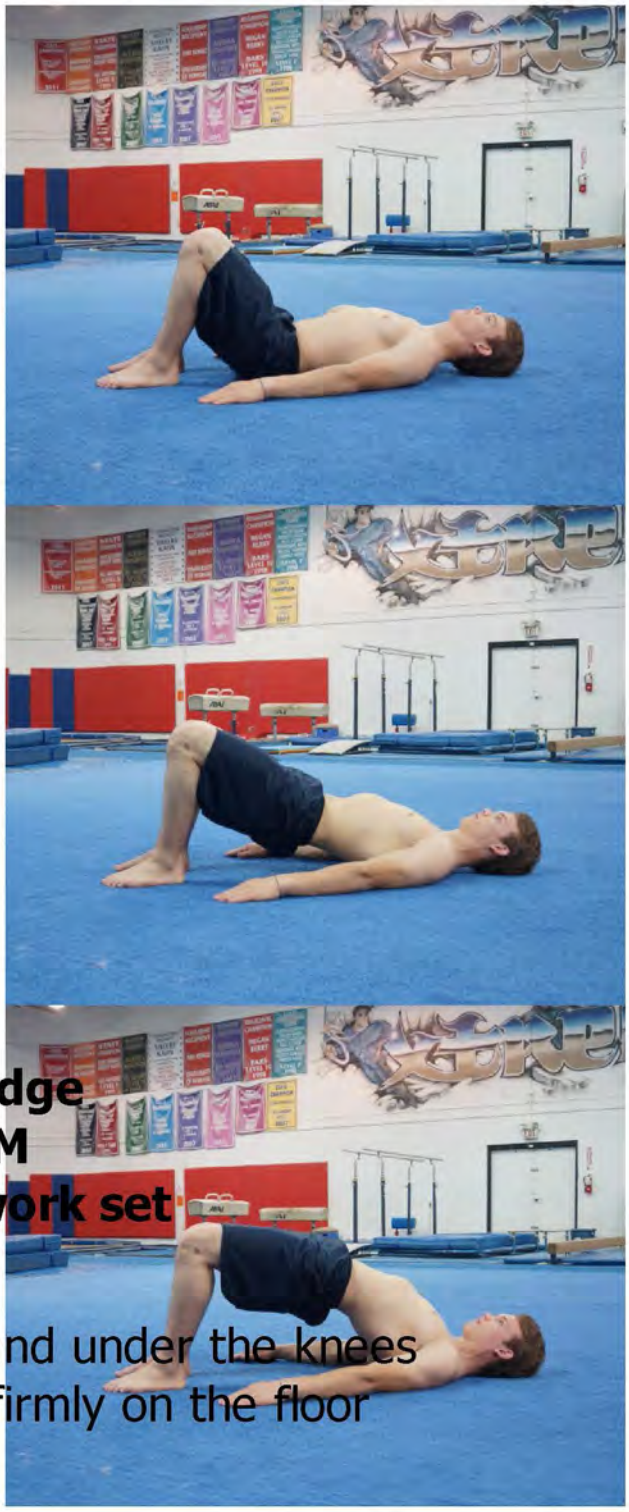
FL/PE5

Hollow Body Hold (HBH)
FL/PE5
Mastery = 5x60s

Focus Points:

1) The arms may also be placed down by the hips
2) With a neutral chin keep the eyes focused on the ceiling

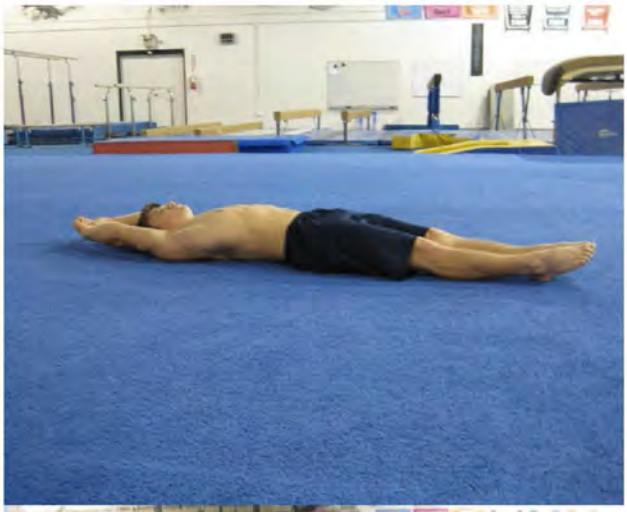
FL/PE5>iM

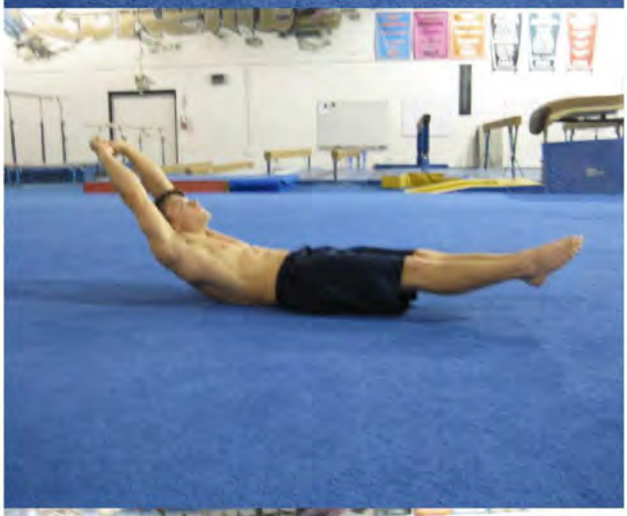


Shoulder Bridge
FL/PE5>iM
30s after each work set

Focus Points:

1) The feet should be near the glutes and under the knees
2) Keep the shoulders, neck and head firmly on the floor







FL/PE6

Hollow Body Rock (HBR)

FL/PE6

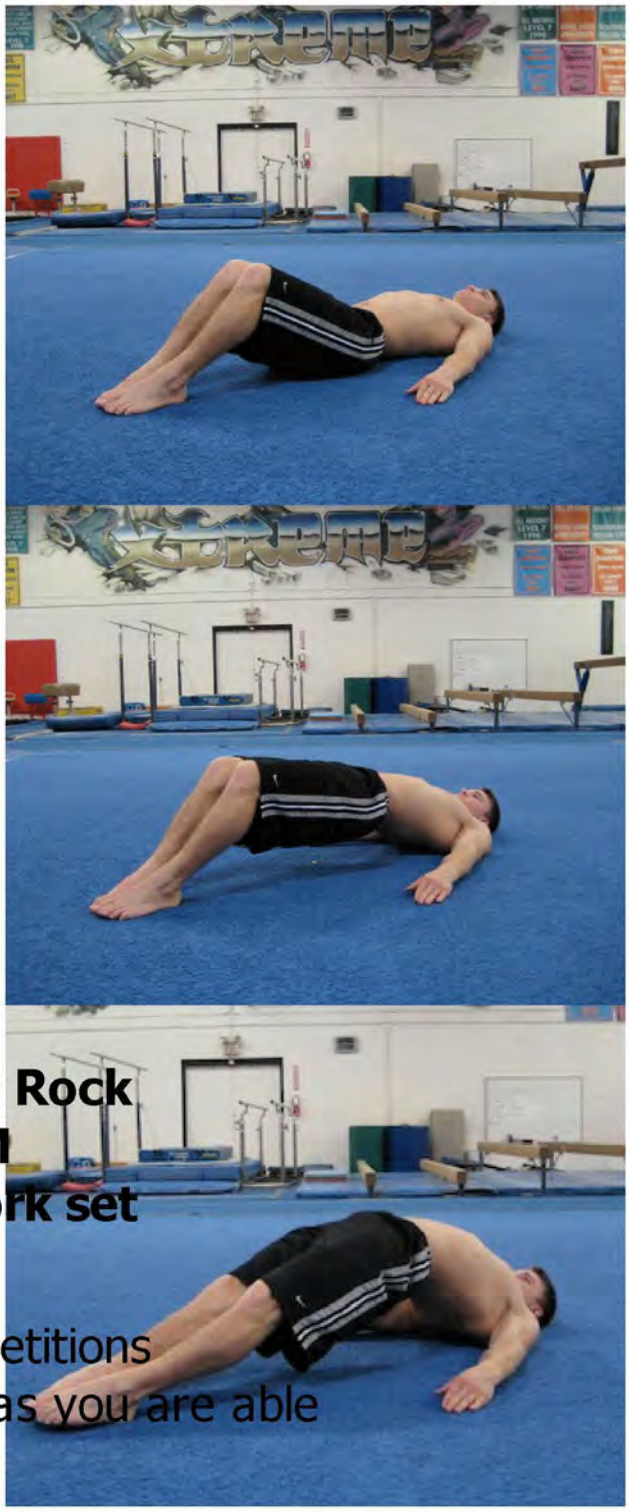
Mastery = 5x60r

Focus Points:

1) Notice the smoothness of this athlete's roll

2) Arms may also be placed down next to the hips

FL/PE6>iM



Shoulder Bridge Rock
FL/PE6>iM
5r after each work set

Focus Points:

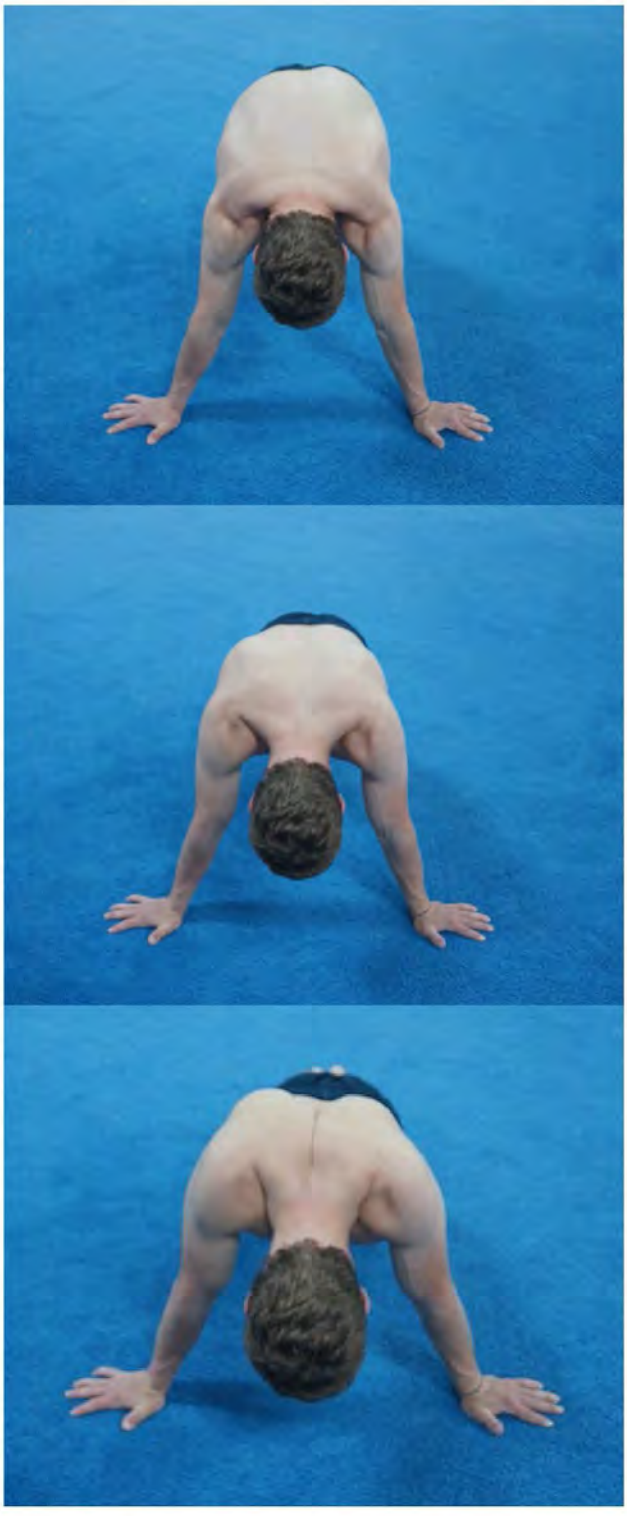
1) Do not move the feet during the repetitions
2) Extend the hips upward as strongly as you are able







Straddle Planche 1



sPL/PE1

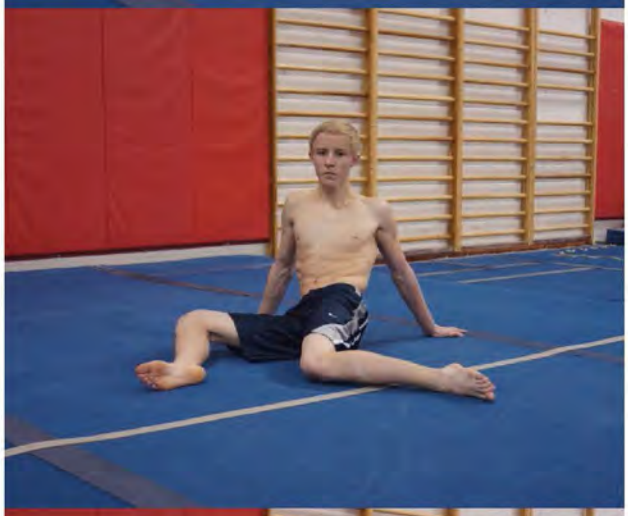
Scapular Shrug
sPL/PE1
Mastery =
5x15r

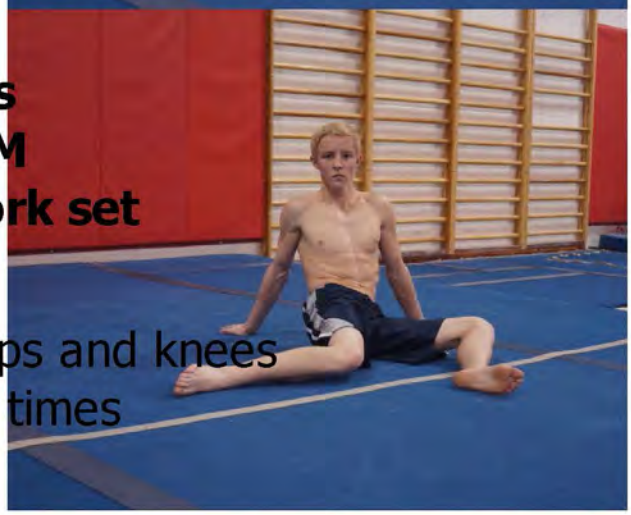
Focus Points:

1) "Pinch" the shoulder blades together at the bottom
2) "Pull" the shoulder blades apart at the top

sPL/PE1>iM



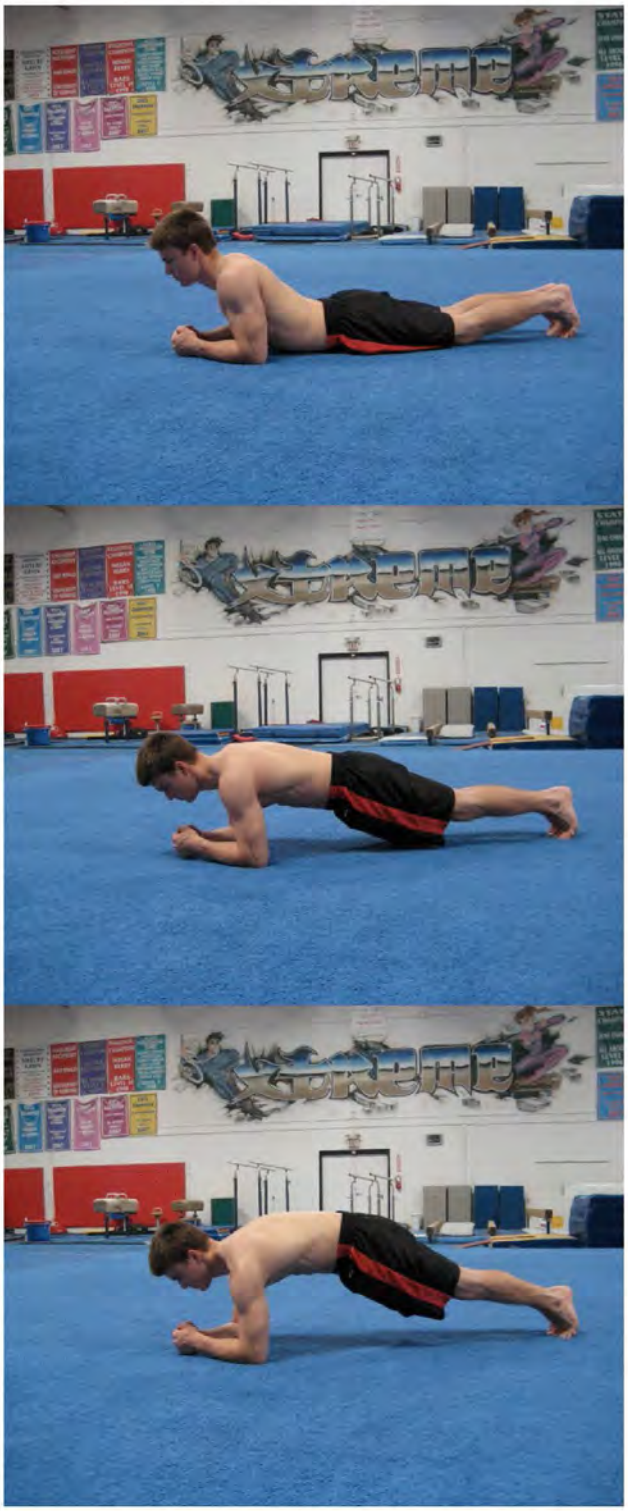




Swivel Hips
sPL/PE1>iM
5r after each work set

Focus Points:

1) Maintain a 90 degree angle in the hips and knees
2) Keep the glutes on the ground at all times



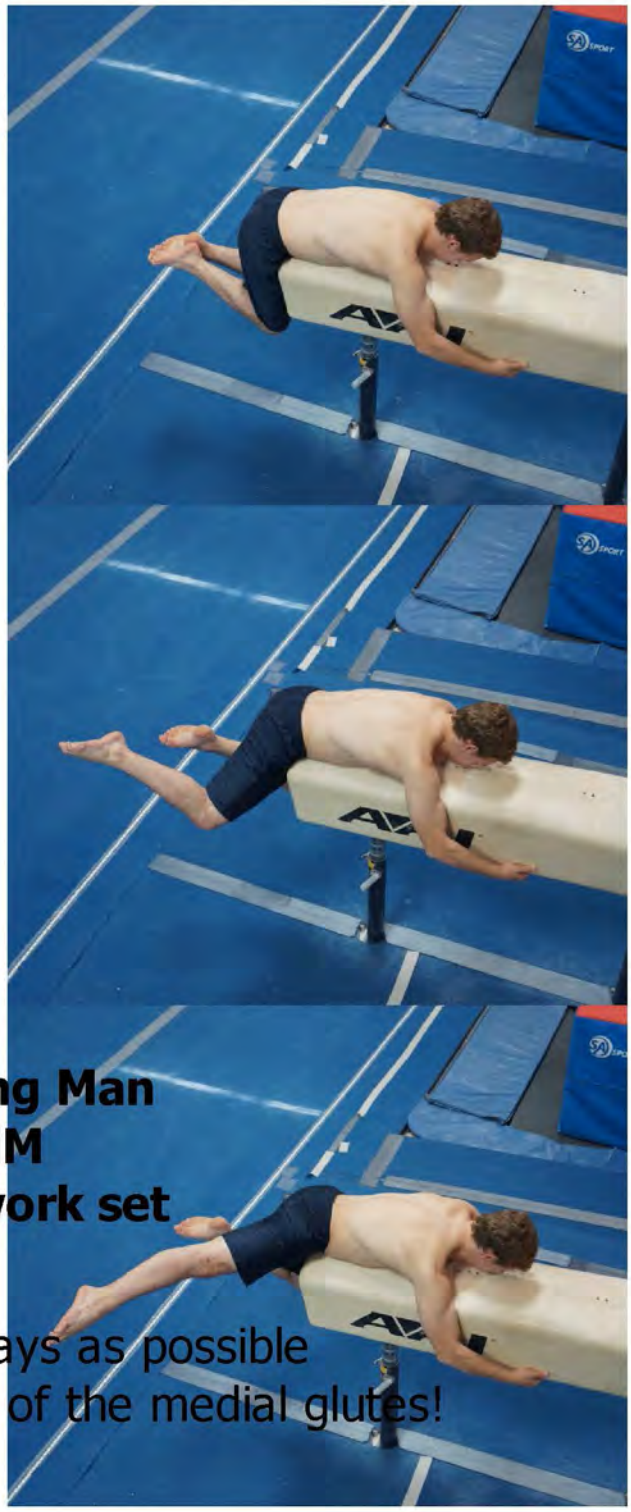
sPL/PE2

Forearm Plank
sPL/PE2
Mastery = 5x60s

Focus Points:

1) Keep the hips tucked and the back curled
2) A neutral chin will be the most comfortable

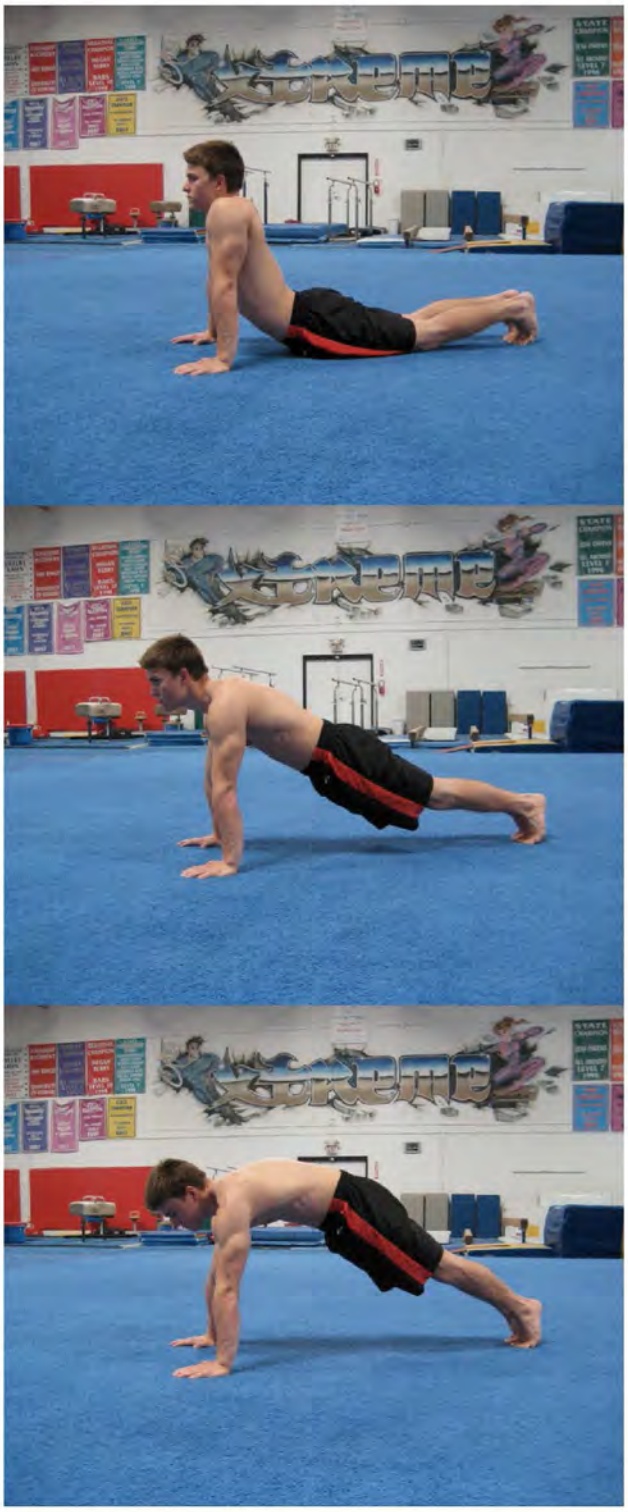
sPL/PE2>iM



Straddle Running Man
sPL/PE2>iM
10r after each work set

Focus Points:

1) Extend the working leg as far sideways as possible
2) Expect to enjoy significant cramping of the medial glutes!



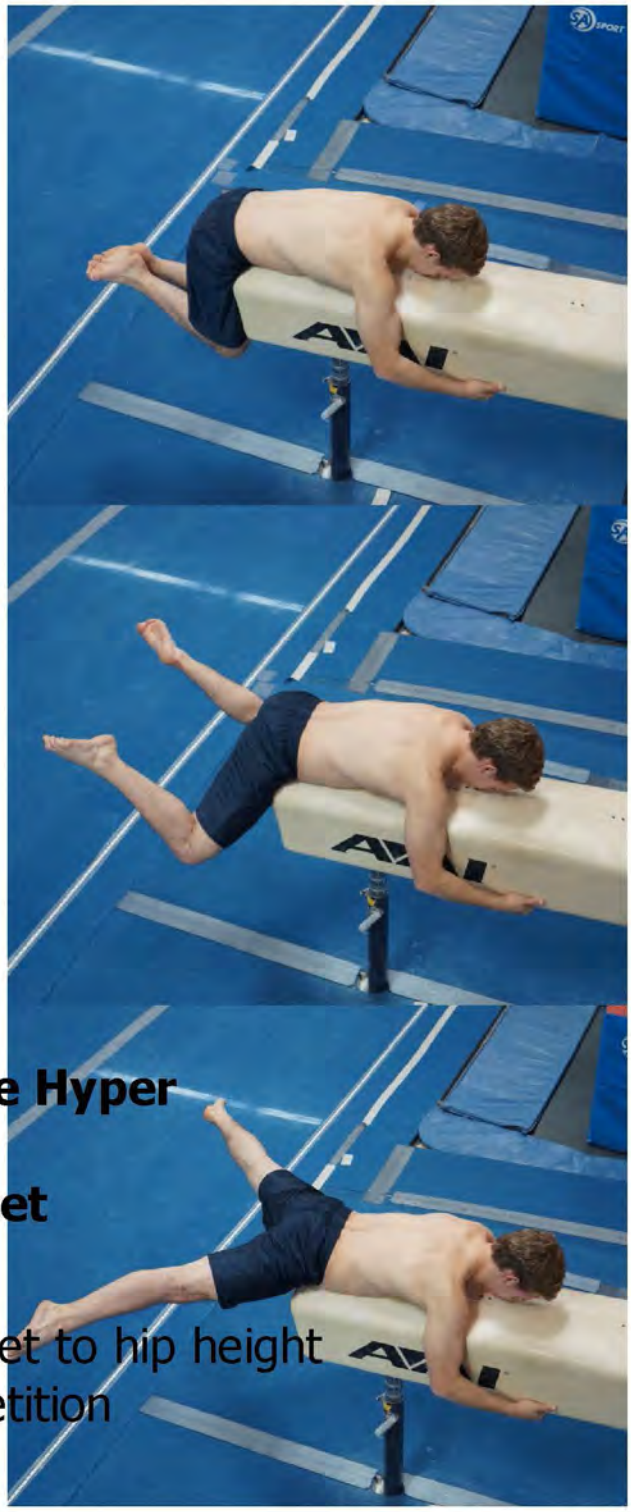
sPL/PE3

Plank (PLK)
sPL/PE3
Mastery = 5x60s

Focus Points:

1) Keep the shoulders directly over the hands
2) Do not allow the body to sag or arch

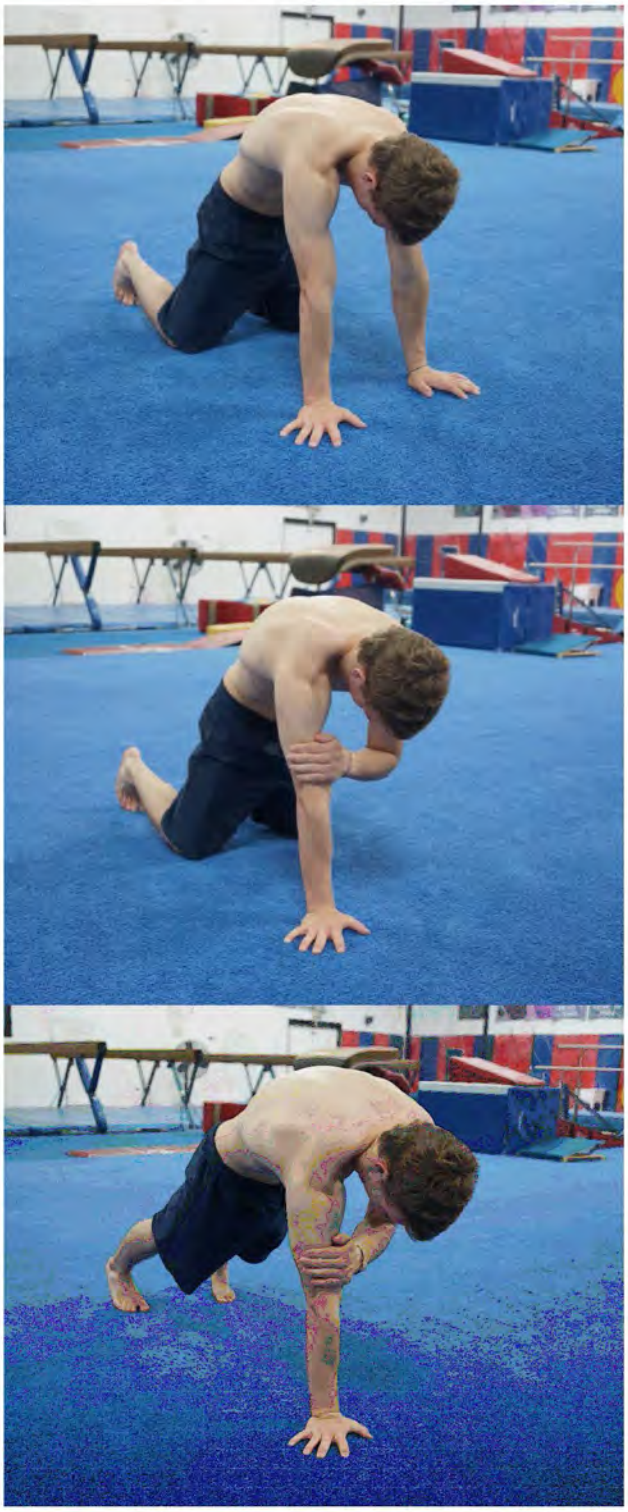
sPL/PE3>iM



Straddle Modified Reverse Hyper
sPL/PE3>iM
5r after each work set

Focus Points:

1) Be sure to completely elevate the feet to hip height
2) Pause briefly at the top of each repetition

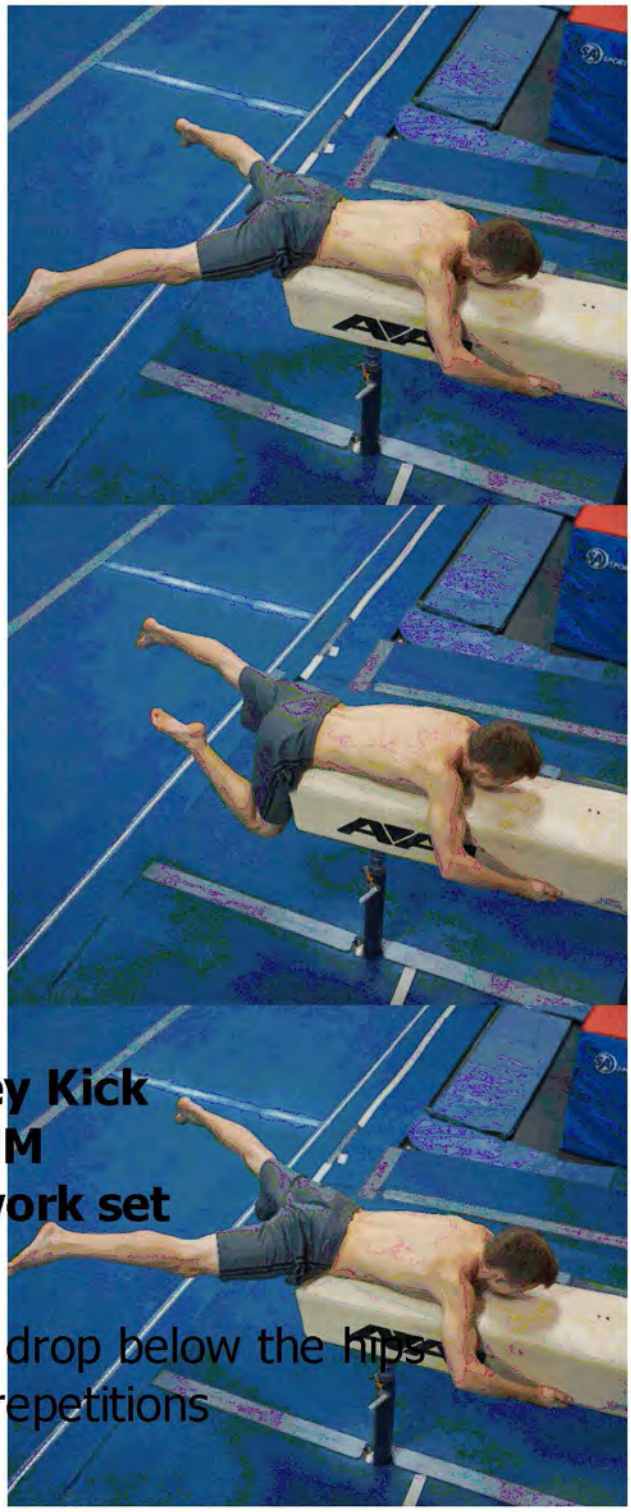


sPL/PE4

Single Arm Plank
sPL/PE4
Mastery = 5x30s (each arm)

Focus Points:
1) 30 seconds on both arms counts as a single set
2) Keep the supporting shoulder completely extended

sPL/PE4>iM

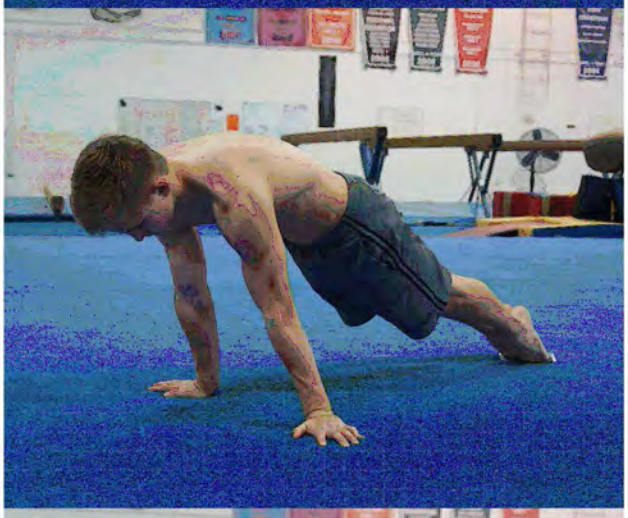


Straddle Donkey Kick
sPL/PE4>iM
10r after each work set

Focus Points:

1) Do not allow the non-working leg to drop below the hips
2) Pause briefly at the top in between repetitions





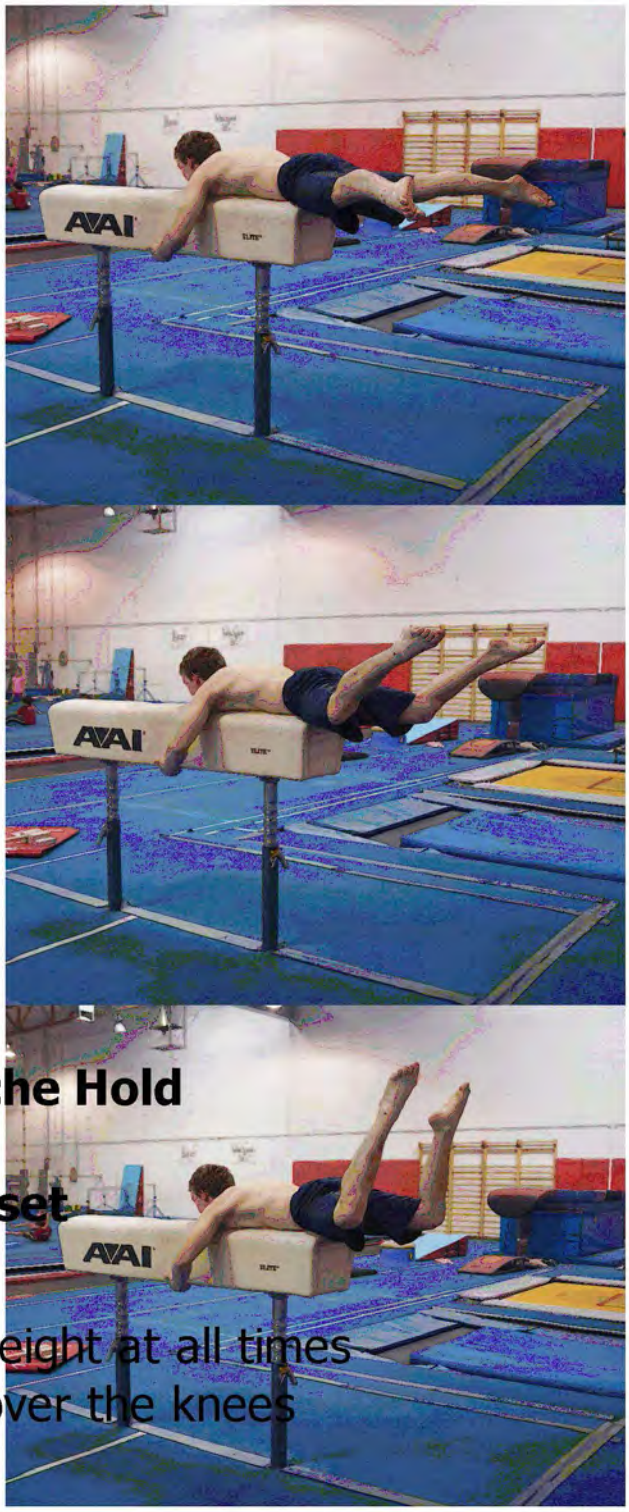


sPL/PE5

Planche Lean (PLL)
sPL/PE5
Mastery = 5x30s

Focus Point:
1) Protracting and depressing the scapula (shoulder blades) will greatly strengthen your planche lean position

sPL/PE5>iM



Prone Half Straddle Planche Hold
sPL/PE5>iM
10s after each work set

Focus Points:

1) Maintain the knees elevated to hip height at all times
2) At a minimum the feet must pull in over the knees







sPL/PE6

Elevated Planche Lean (ePLL)

sPL/PE6

Mastery = 5x30s

Focus Points:

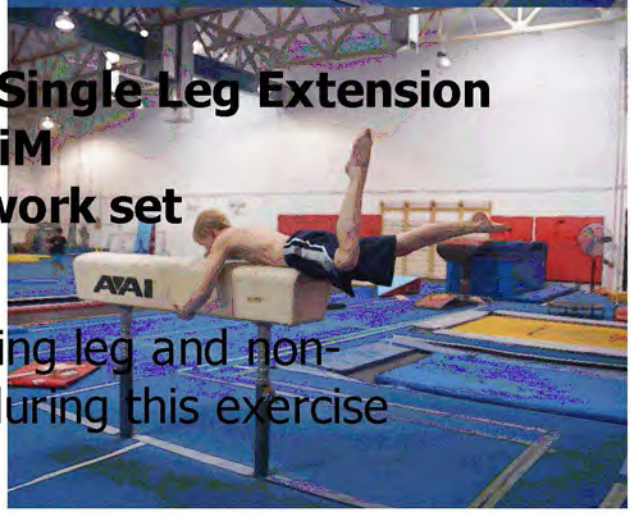
1) Place a furniture slider under the feet to reduce friction

2) Lean forward until the hips are over the hands

sPL/PE6>iM





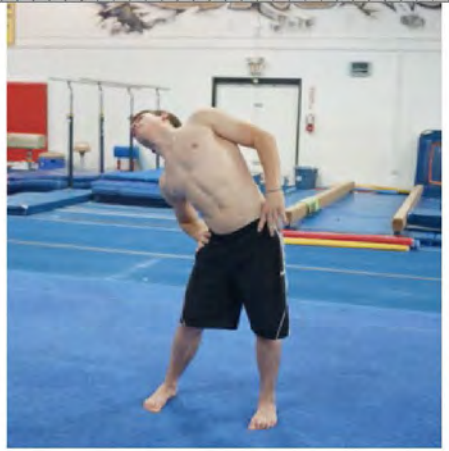


Prone Half Straddle Planche Single Leg Extension
sPL/PE6>iM
10r after each work set

Focus Point:

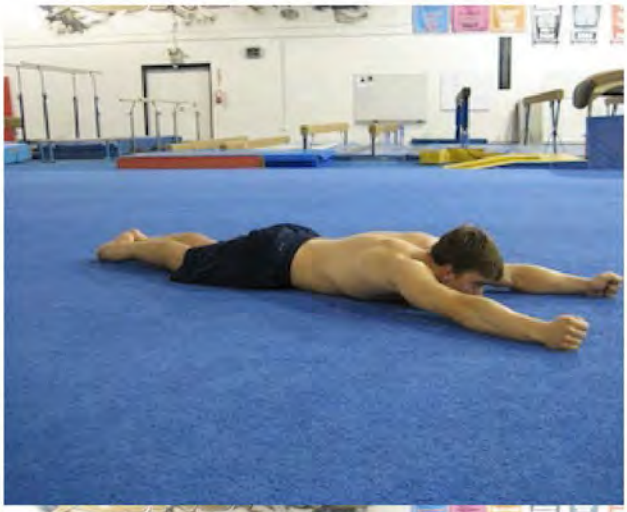
1) Do not allow either knee (both working leg and non-working leg) to drop below hip height during this exercise

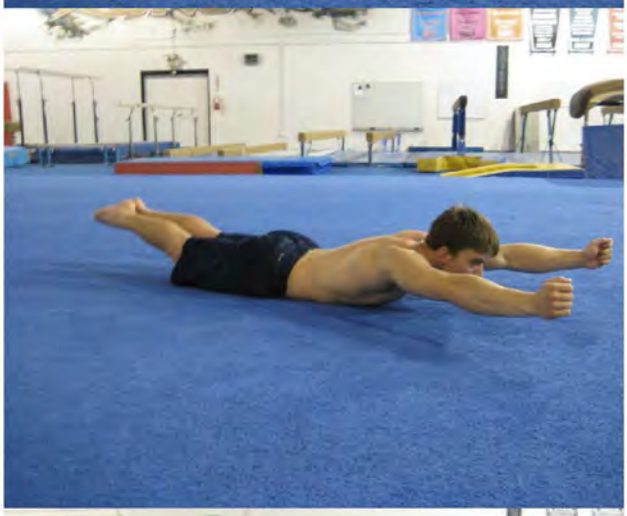






Side Lever 1







SL/PE1

Arch Body Hold (ABH)

SL/PE1

Mastery = 5x60s

Focus Points:

1) Keep the arms next to the ears
2) Arch both the neck and the spine

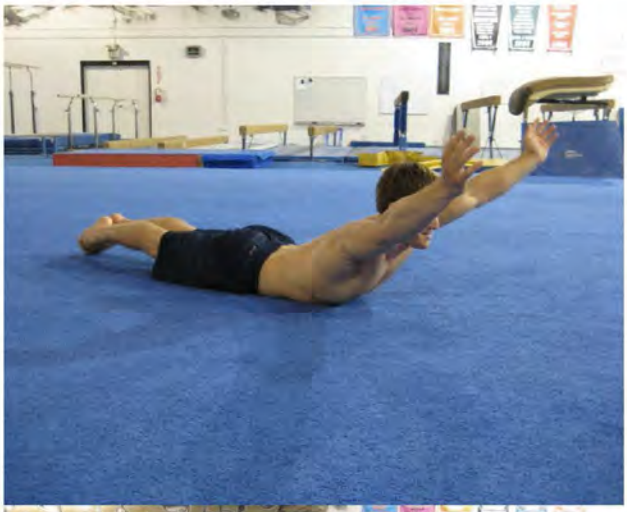
SL/PE1>iM

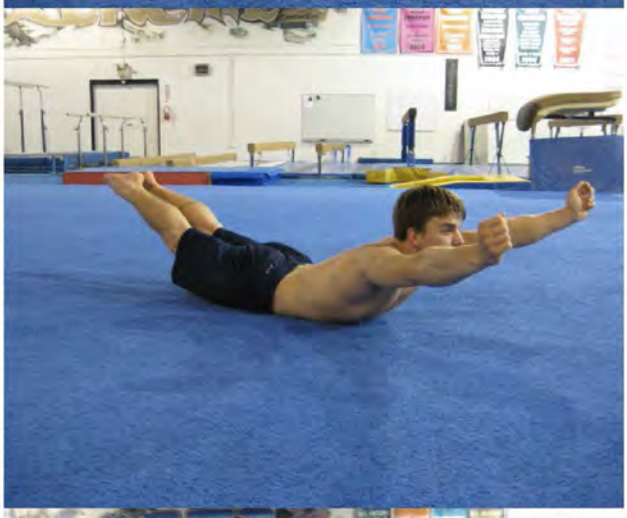


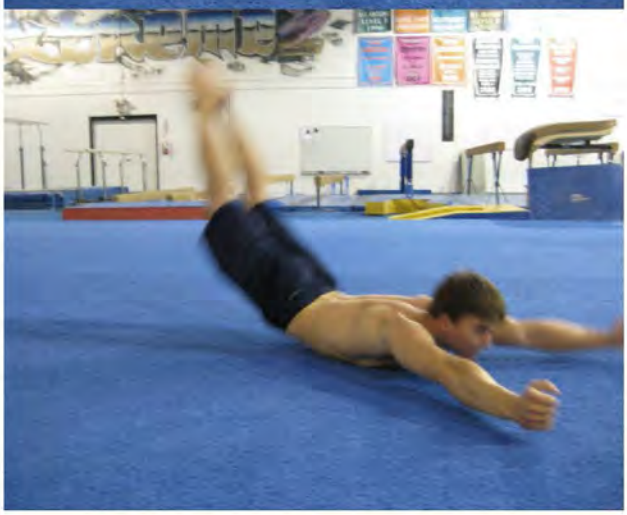
Standing Hip Circle
SL/PE1>iM
10r after each work set

Focus Point:

1) Keep the hip circle smooth by pressing the hips out strongly to the sides







SL/PE2

Arch Body Rock (ABR)

SL/PE2

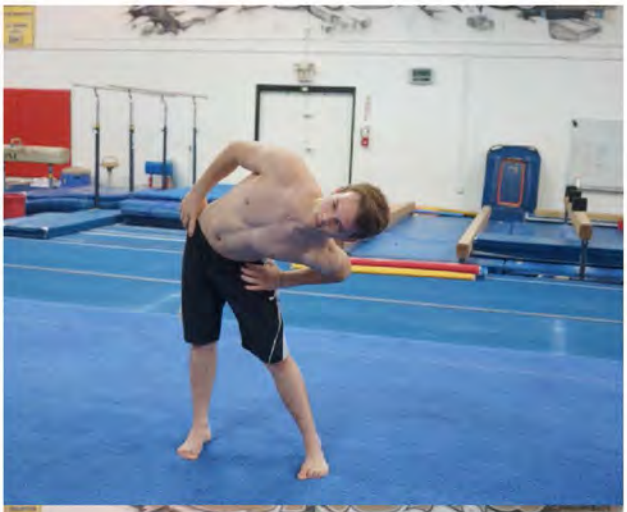
Mastery = 5x60r

Focus Points:

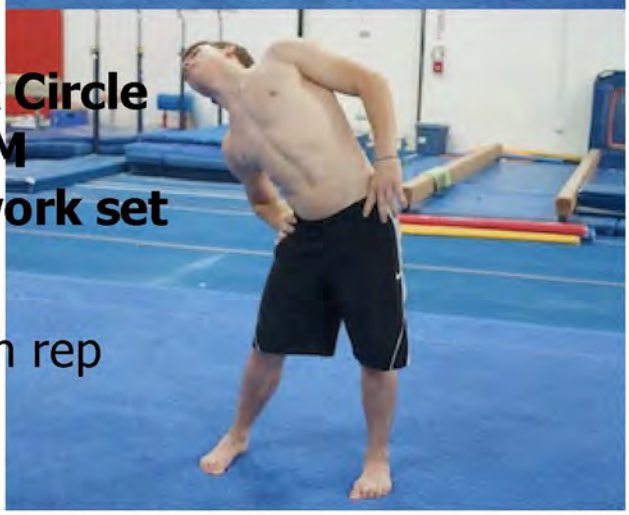
1) Roll up onto the chest a well as the thighs

2) A bumpy roll indicates insufficient arch

SL/PE2>iM



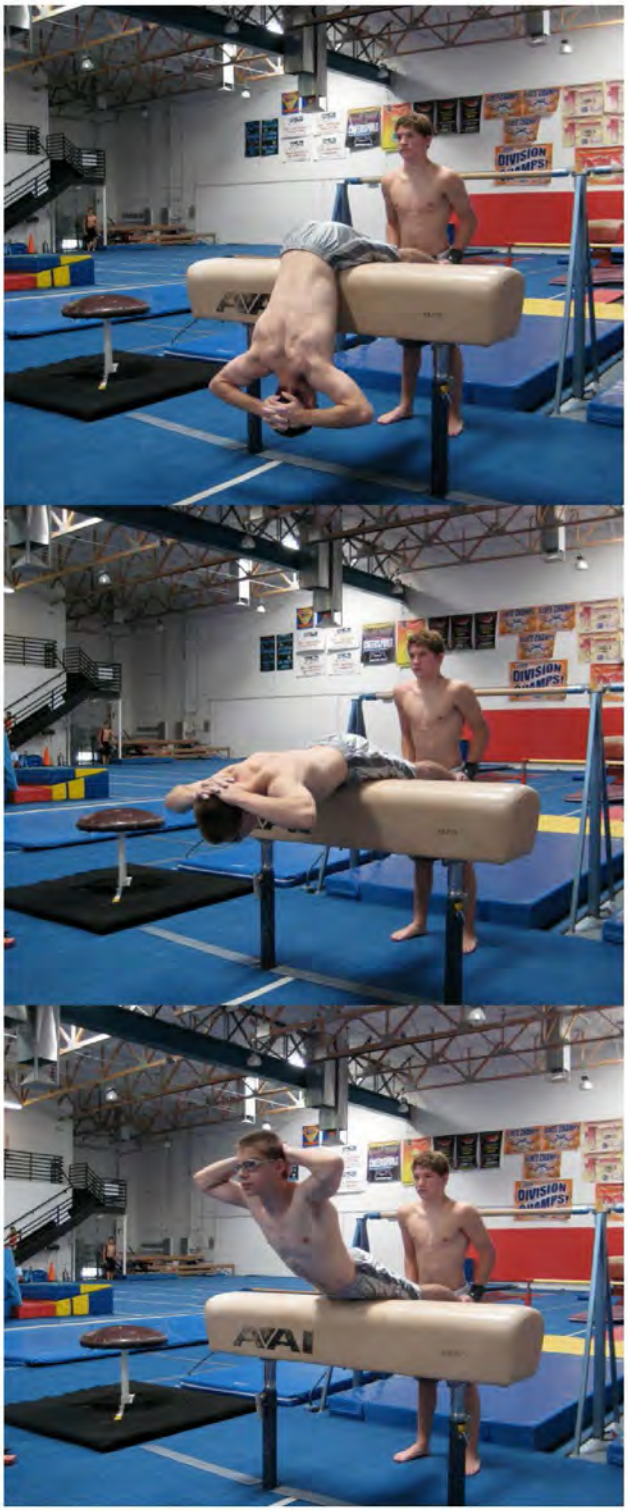




Standing Trunk Circle
SL/PE2>iM
10r after each work set

Focus Points:

1) Arch back strongly at the top of each rep
2) Focus on a smooth circular motion



SL/PE3

Arch Up (AU)
SL/PE3
Mastery = 5x15r

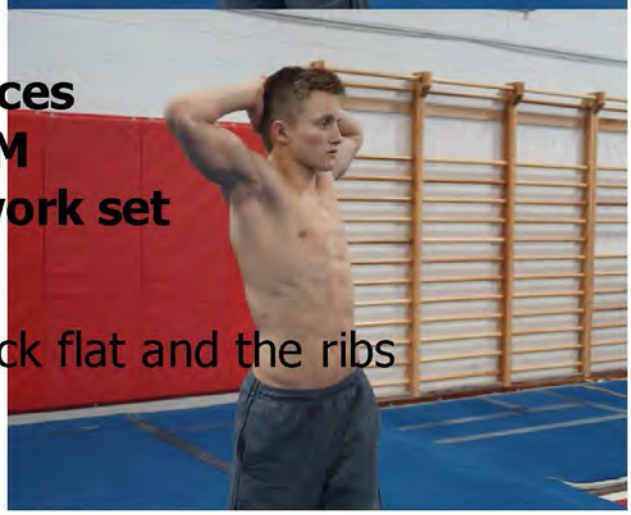
Focus Points:

1) Sit up to at least horizontal
2) Lift the chin at the top of each repetition

SL/PE3>iM

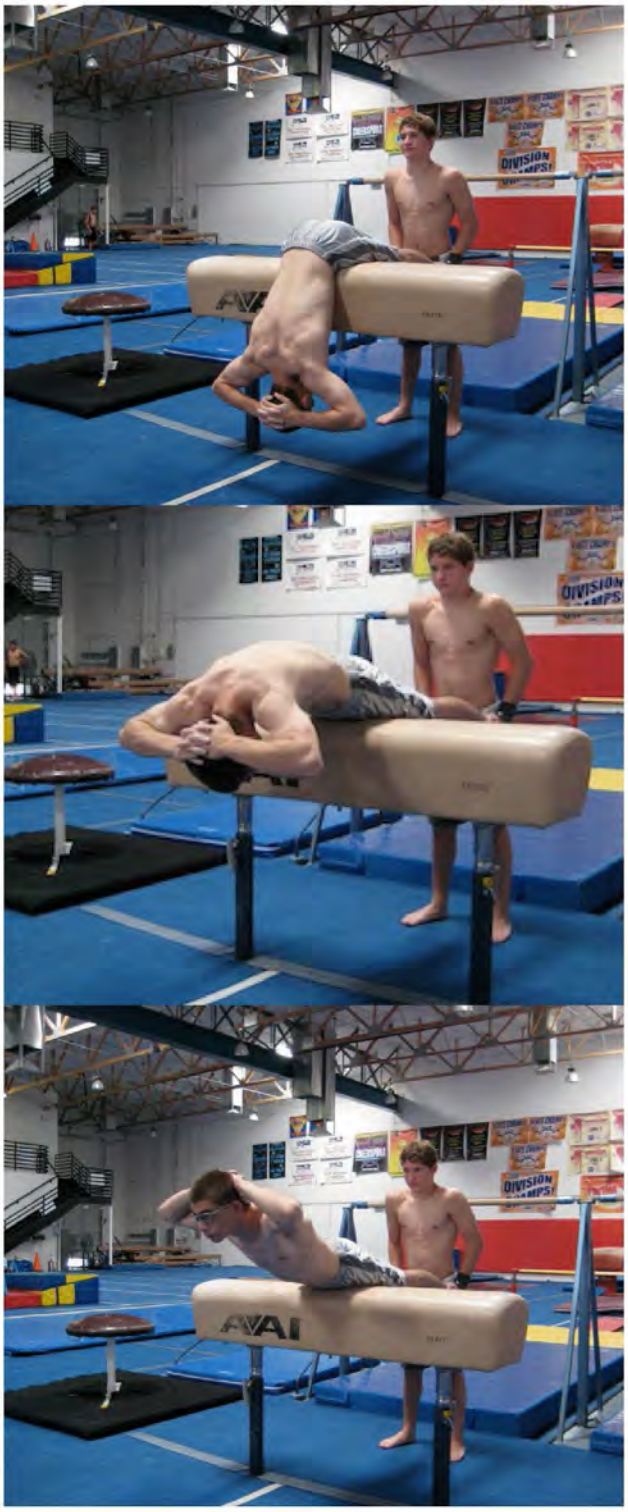






Elbow Bounces
SL/PE3>iM
10r after each work set

Focus Point:
1) Keep the elbows pulled back, the back flat and the ribs pulled down at all times



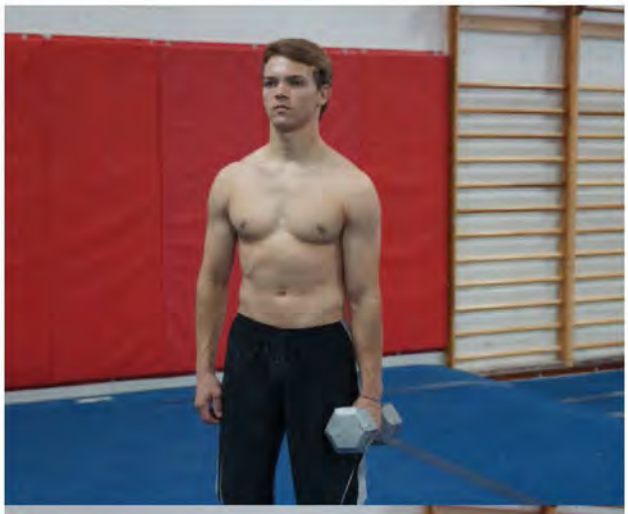
SL/PE4

Curl Up
SL/PE4
Mastery = 5x15r

Focus Points:

1) Focus on curling up one vertebrae at a time
2) Keep the chin tucked down until the top of the repetition

SL/PE4>iM







Standing Weighted Oblique Stretch
SL/PE4>iM
30s after each work set

Focus Points:

1) Keep the knees straight
2) Focus on moving only directly to the side







SL/PE5

Straddle Reverse Leg Lift

SL/PE5

Mastery = 5x15r

Focus Points:

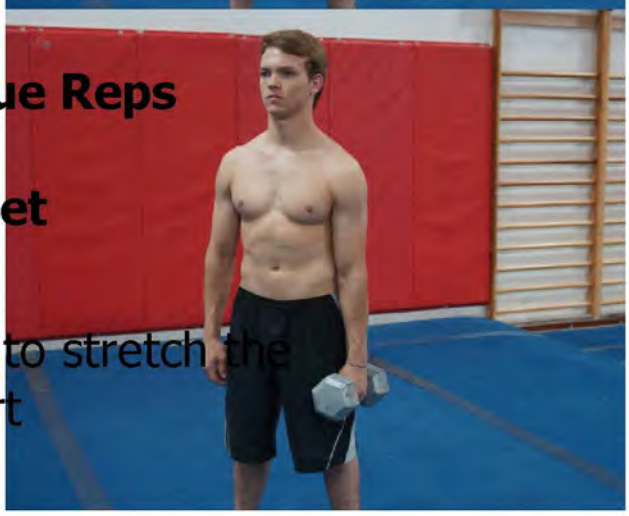
1) Lift the heels all the way to horizontal

2) Pause briefly at the top of each repetition

SL/PE5>iM







Standing Weighted Oblique Reps
SL/PE5>iM
5r after each work set

Focus Point:

1) Use a moderate weight, the point is to stretch the obliques, not to make a maximum effort







SL/PE6

Reverse Leg Lift (RLL)

SL/PE6

Mastery = 5x15r

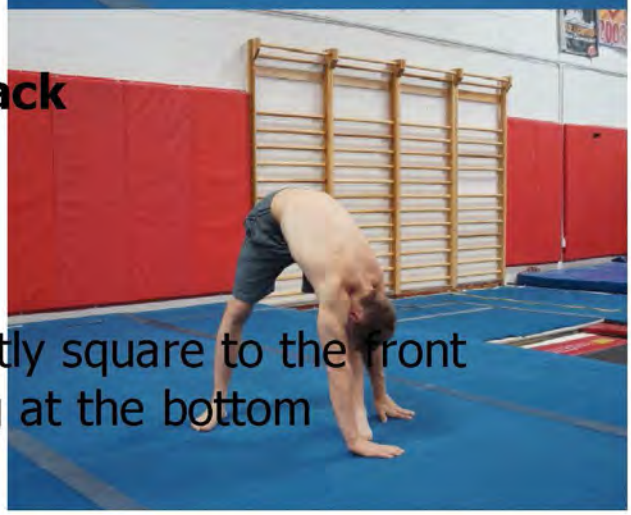
Focus Point:

1) Anchoring the chest firmly will greatly increase your leverage during this exercise

SL/PE6>iM







Outside Inside Outside Back
SL/PE6>iM
5r after each work set

Focus Points:

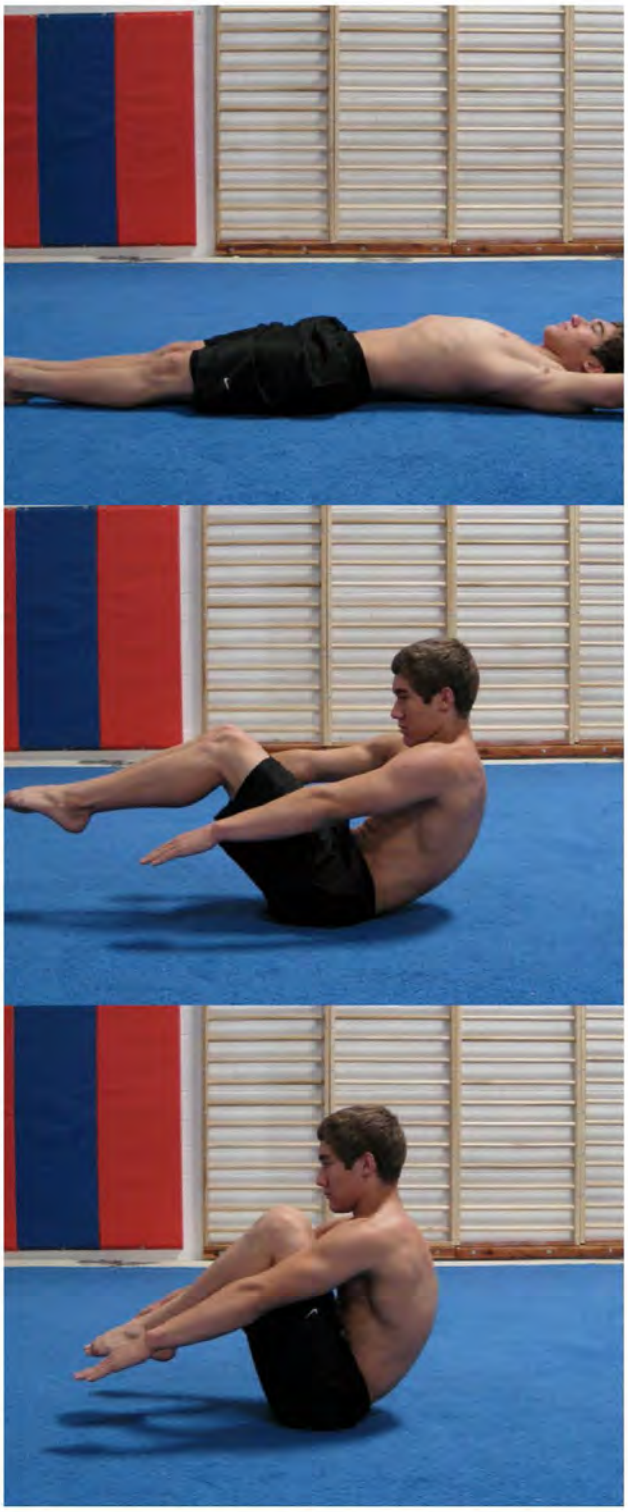
1) Note that the feet are pointing directly square to the front
2) Turn the chest 90 degrees to the leg at the bottom







Manna 1



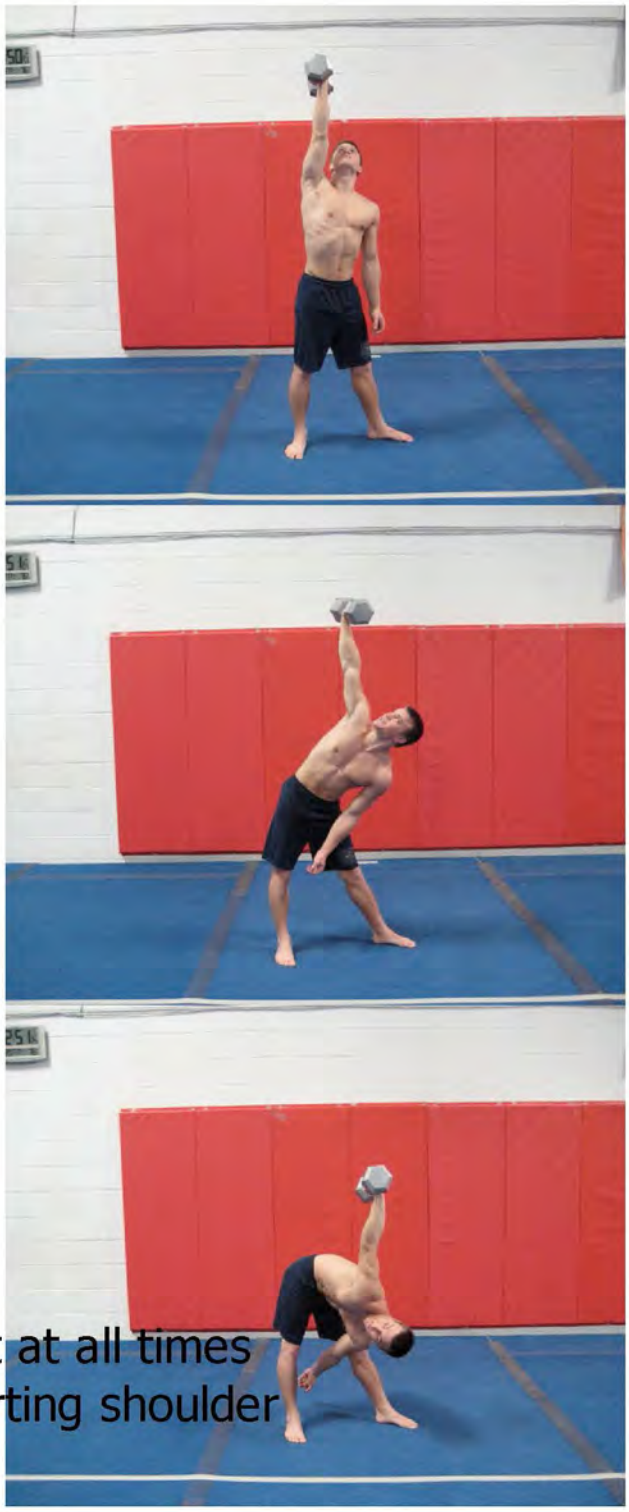
MN/PE1

Tuck Up
MN/PE1
Mastery = 5x15r

Focus Points:

1) Pull the knees all the way to the chest
2) Lay down completely flat in between repetitions

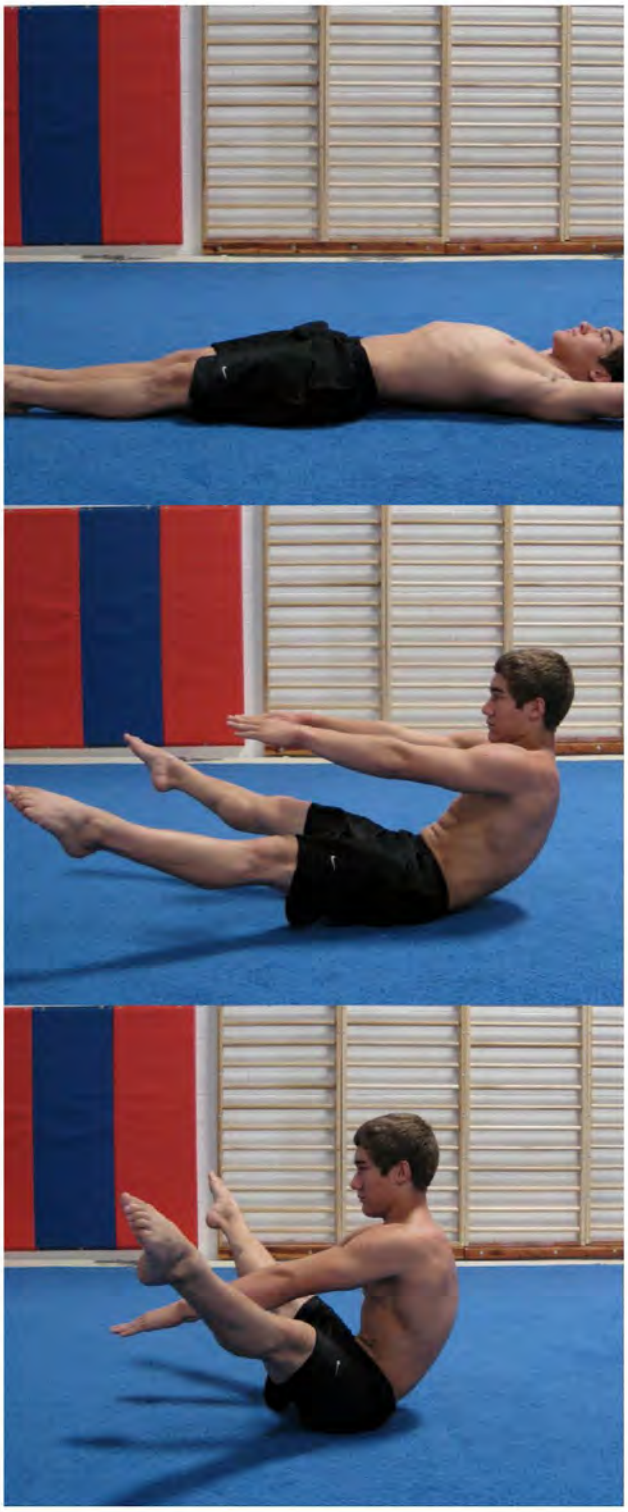
MN/PE1>iM



Stiff Leg Windmill
MN/PE1>iM
5r after each work set

Focus Points:

1) Both legs remain locked and straight at all times
2) Keep the dumbbell above the supporting shoulder



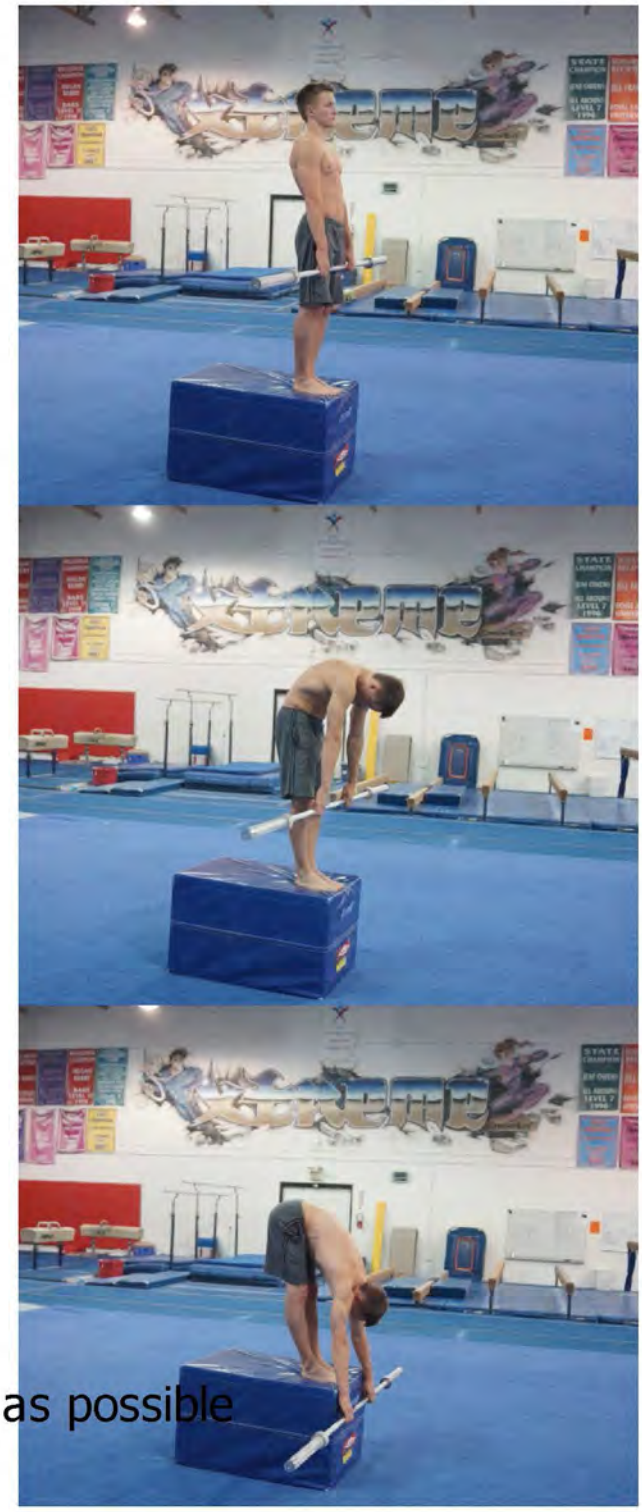
MN/PE2

Straddle-Up
MN/PE2
Mastery = 5x15r

Focus Points:

1) Keep the knees completely straight during the ascent
2) Sit the chest up as high as possible without caving in

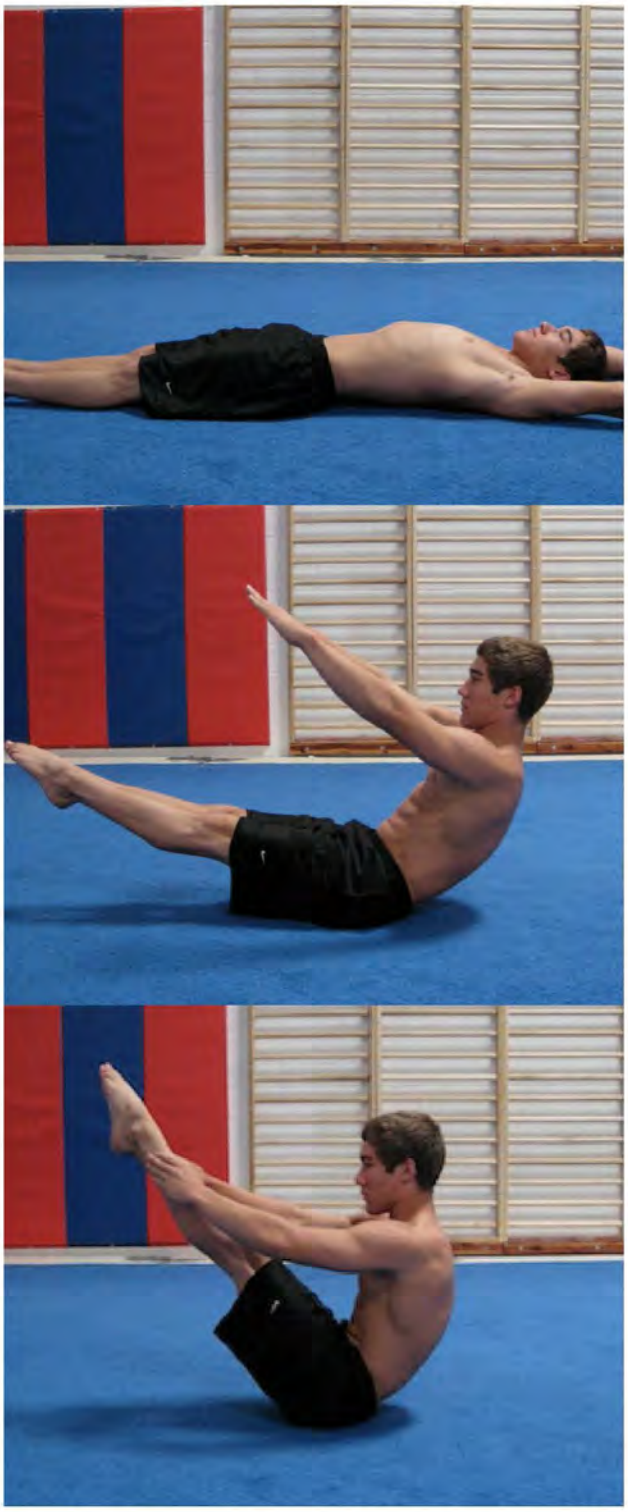
MN/PE2>iM



Jefferson Curl
MN/PE2>iM
5r after each work set

Focus Points:

1) Curl down one vertebrae at a time
2) Keep the hips tucked under as long as possible



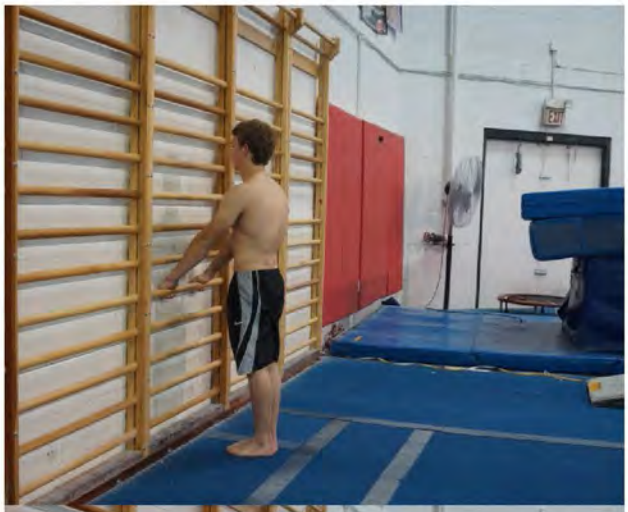
MN/PE3

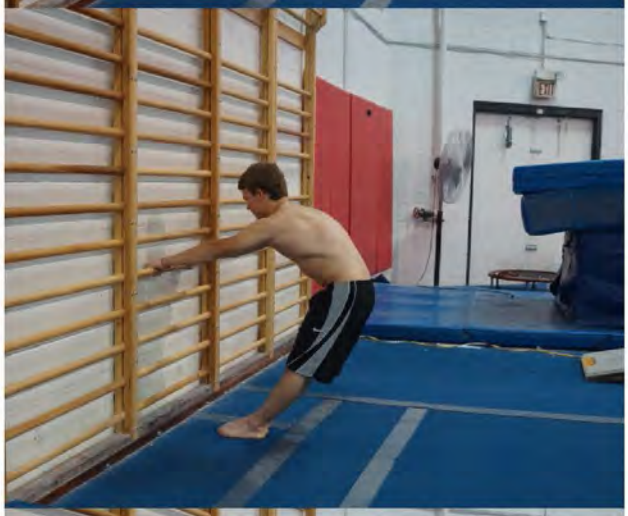
V-up
MN/PE3
Mastery = 5x15r

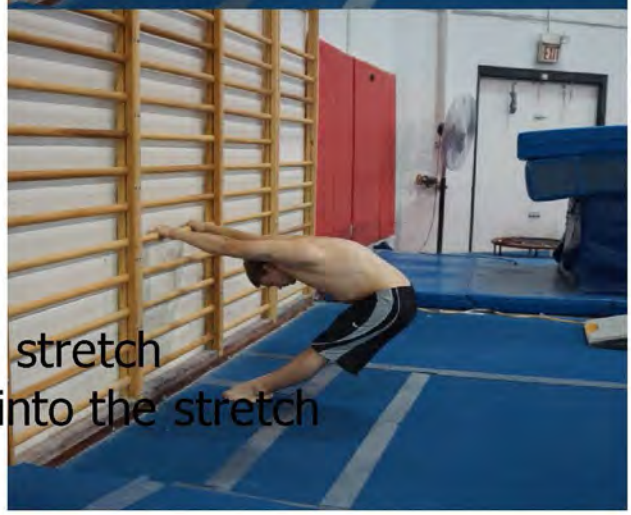
Focus Points:

1) Keep the back flat and the chest high
2) Pike as much as possible at the top of each repetition

MN/PE3>iM



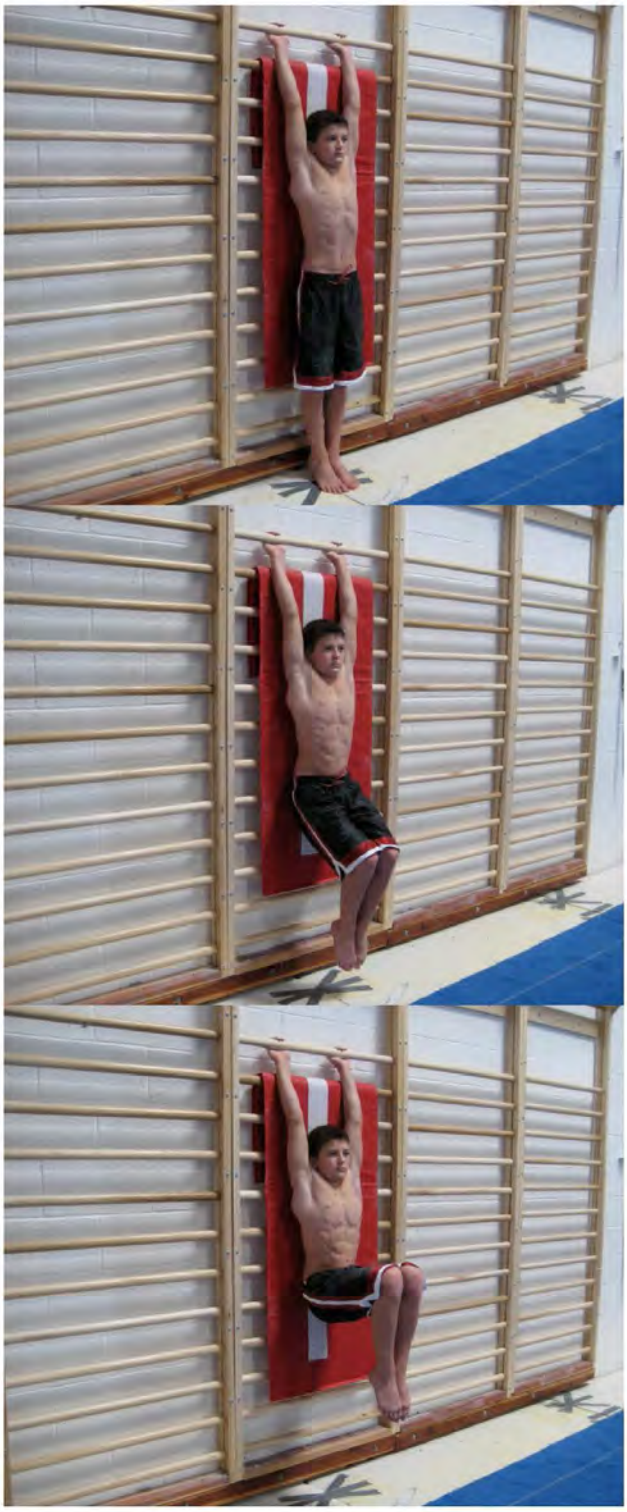




Pike Lean
MN/PE3>iM
30s after each work set

Focus Points:

1) Press the hips back strongly into the stretch
2) Allow the lats to lengthen and relax into the stretch



MN/PE4

Half Tuck Hanging Leg Lift

MN/PE4

Mastery = 5x5r

Focus Points:

1) Keep the lower back pressed back firmly into the wall

2) 'Pull' the knees up, do not swing or kick them up

MN/PE4>iM



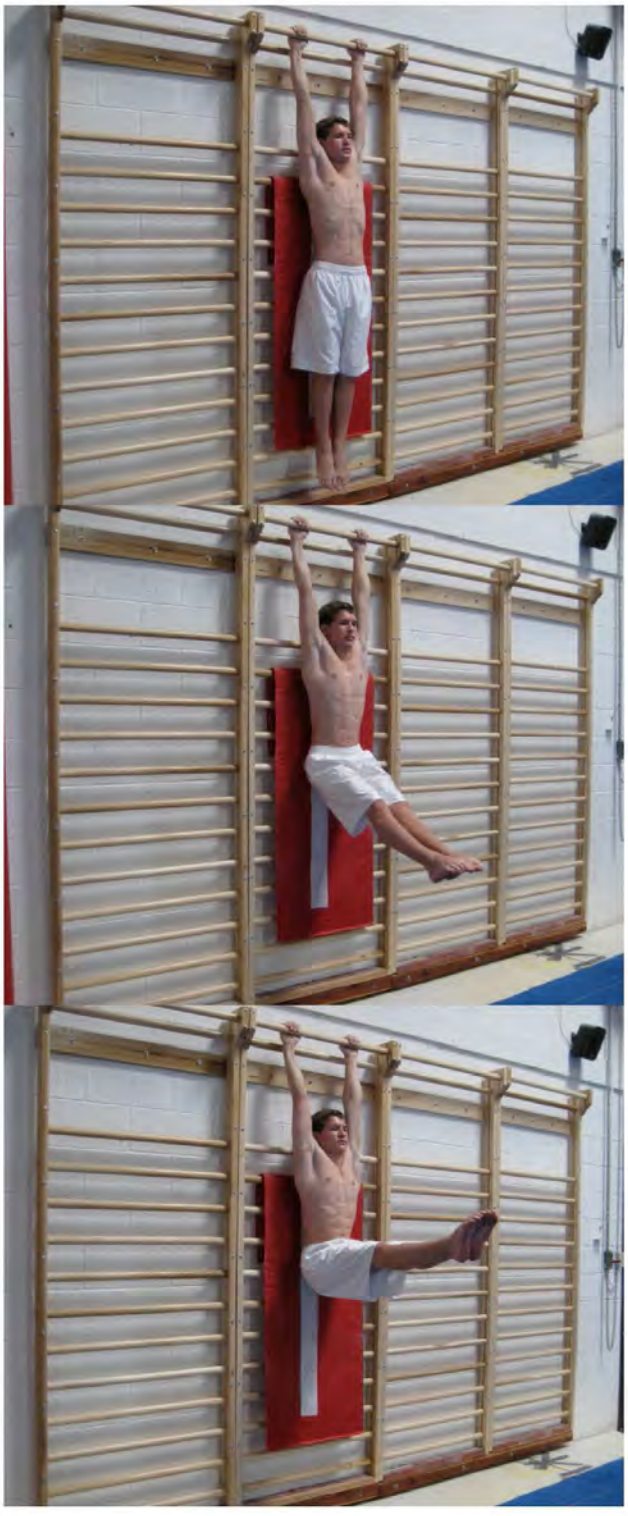




Standing Weighted Pike Hang
MN/PE4>iM
30s after each work set

Focus Points:

1) Make sure you are using a safe surface to stretch on
2) Using 45-95lbs is sufficient load for most people



MN/PE5

Half Hanging
Leg Lift
MN/PE5
Mastery = 5x5r

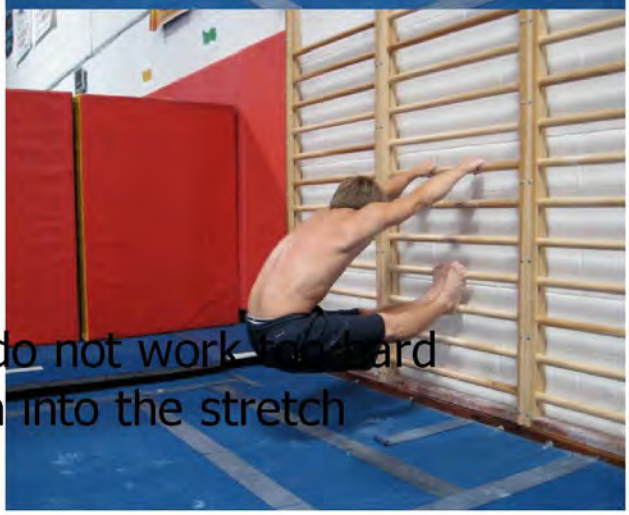
Focus Points:

1) Do not allow the knees to bend during the leg lift
2) Keep the elbows straight, do not use your biceps to help

MN/PE5>iM







Vertical Pike Walk
MN/PE5>iM
5r after each work set

Focus Points:

1) Moderate discomfort is acceptable; do not work too hard
2) Allow the body to relax and lengthen into the stretch







MN/PE6

Negative Hanging Leg Lift (nHLL)

MN/PE6

Mastery = 5x5rx10s

Focus Points:

1) Each negative should require 10 seconds to descend

2) Completely straighten the knees at the top of each rep

MN/PE6>iM







Vertical Pike Pull
MN/PE6>iM
5r after each work set

Focus Points:

1) Keep the knees and elbows locked at all times
2) Descend only to a depth you are comfortable with

Foundation One

FLS

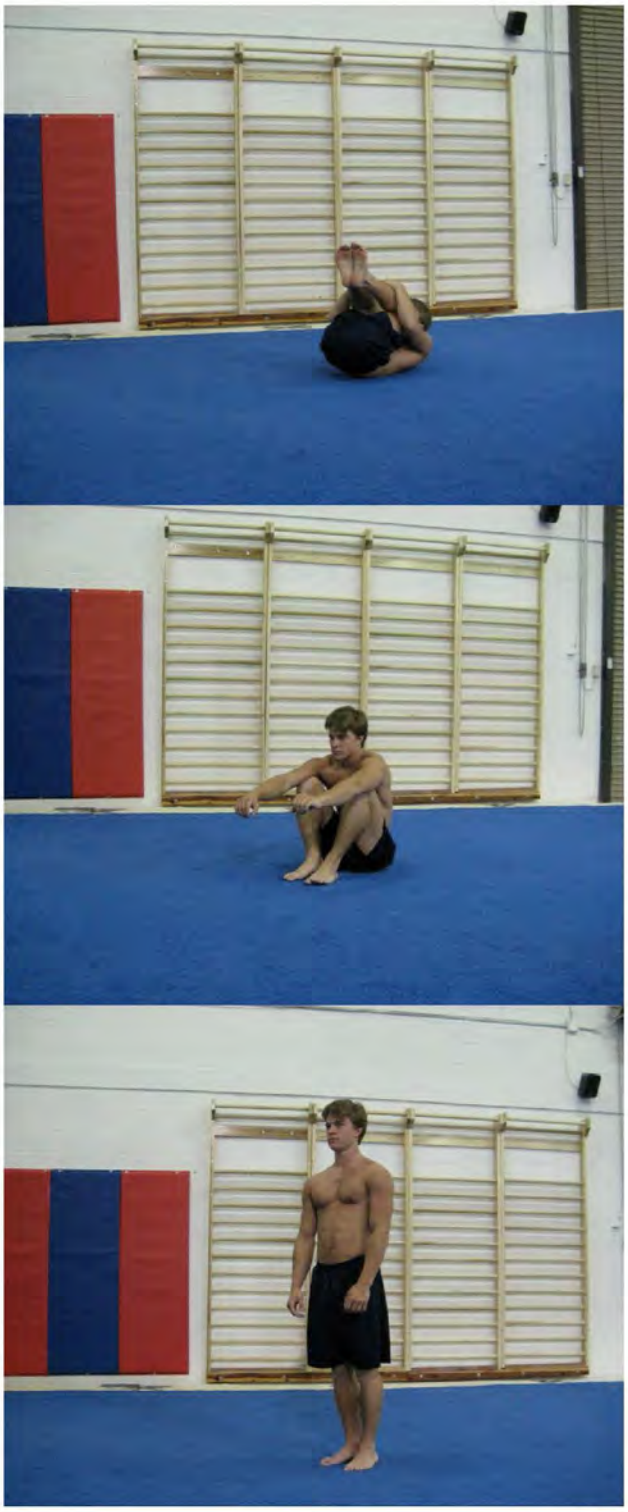
Fundamental Leg Strength







Single Leg Squat 1



SLS/PE1

Deck Squat
SLS/PE1
Mastery = 5x15r

Focus Points:

1) Pulling the glutes in tight to the feet smooths the roll
2) Keep the back round and the chin tucked when rolling

SLS/PE1 >iM



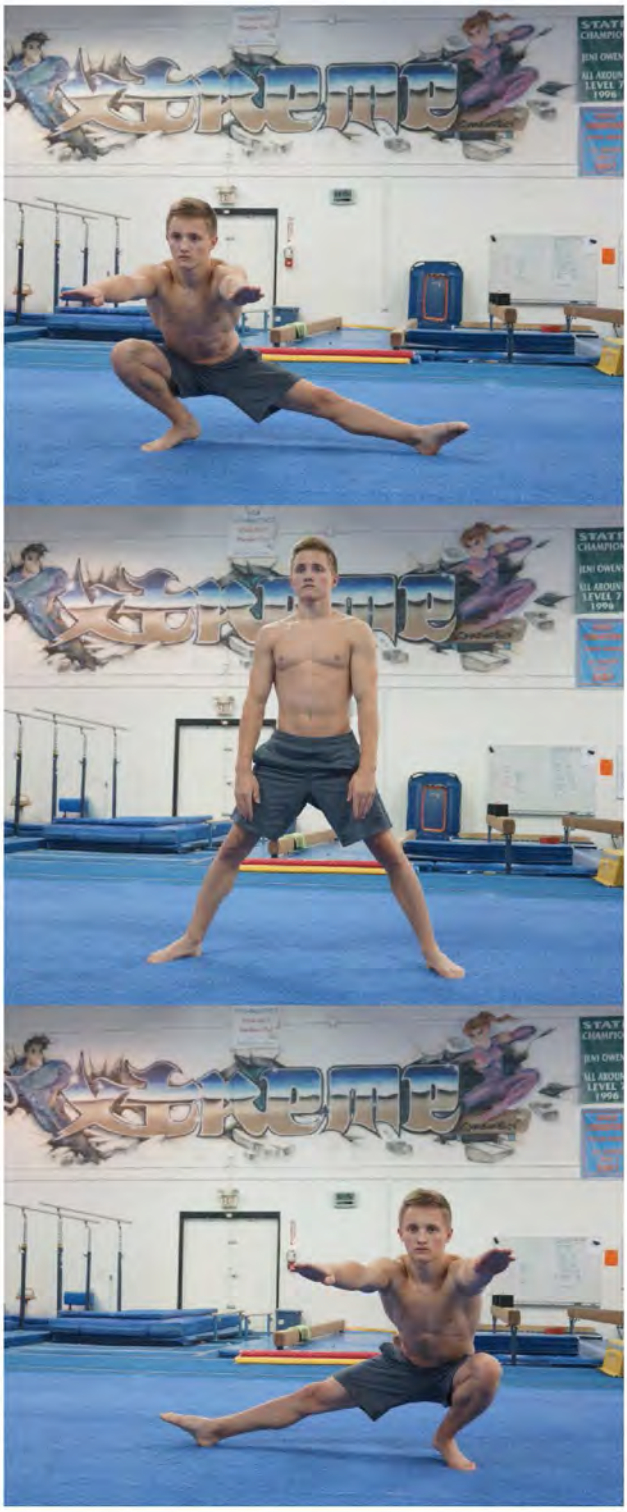




Skiers
SLS/PE1>iM
10r after each work set

Focus Points:

1) Keep the knees stationary and swivel the hips to the side
2) The glutes should lower to approximately knee height



SLS/PE2

Cossack Squat
SLS/PE2
Mastery = 5x10r

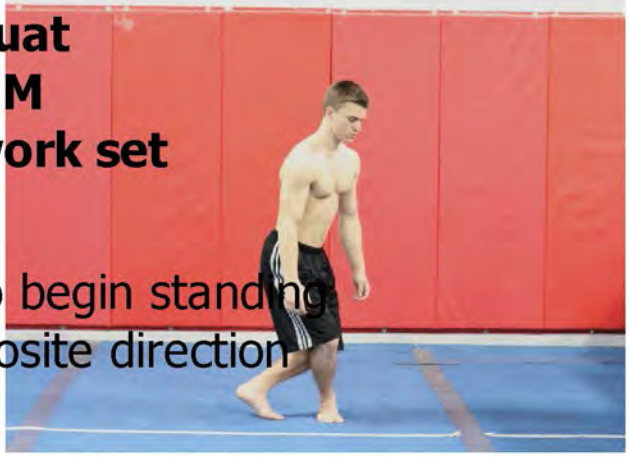
Focus Points:

1) The non-squatting leg remains straight
2) Stand up fully in between repetitions

SLS/PE2>iM



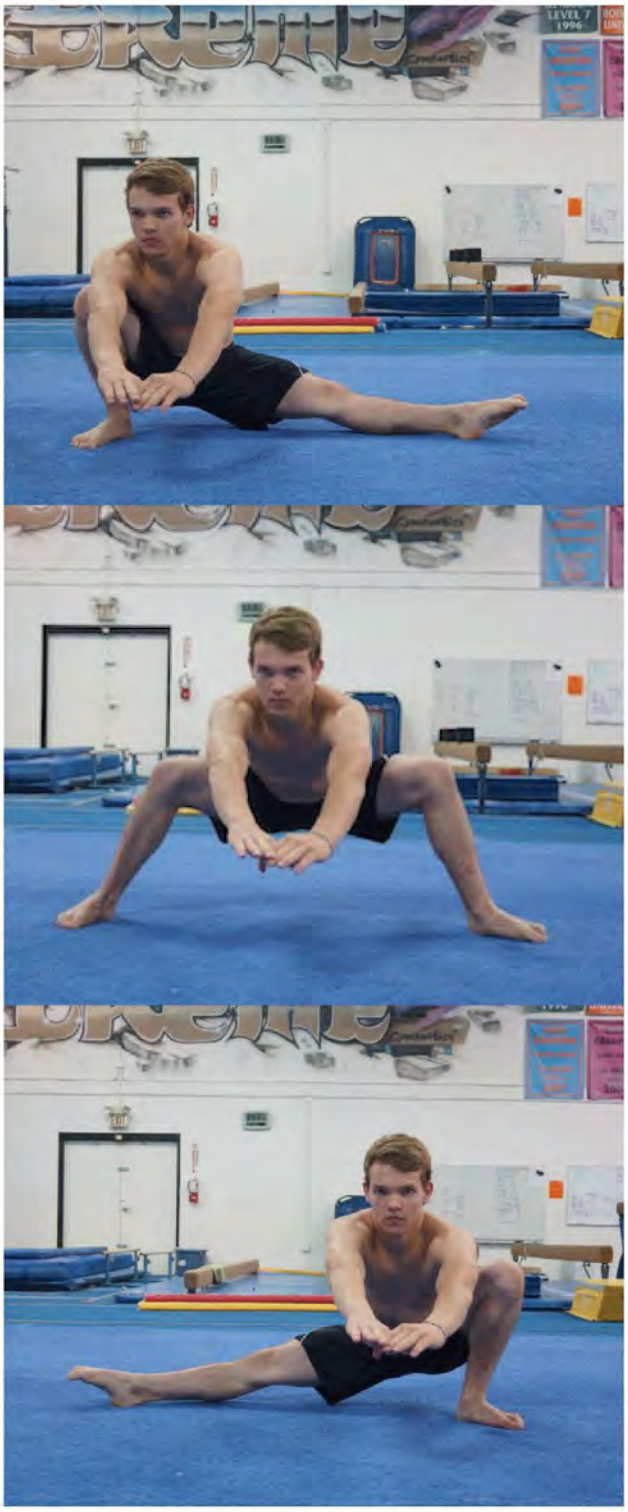




Twisting Squat
SLS/PE2>iM
10r after each work set

Focus Points:

1) Use the outside edge of the ankle to begin standing
2) Note that each rep twists in the opposite direction

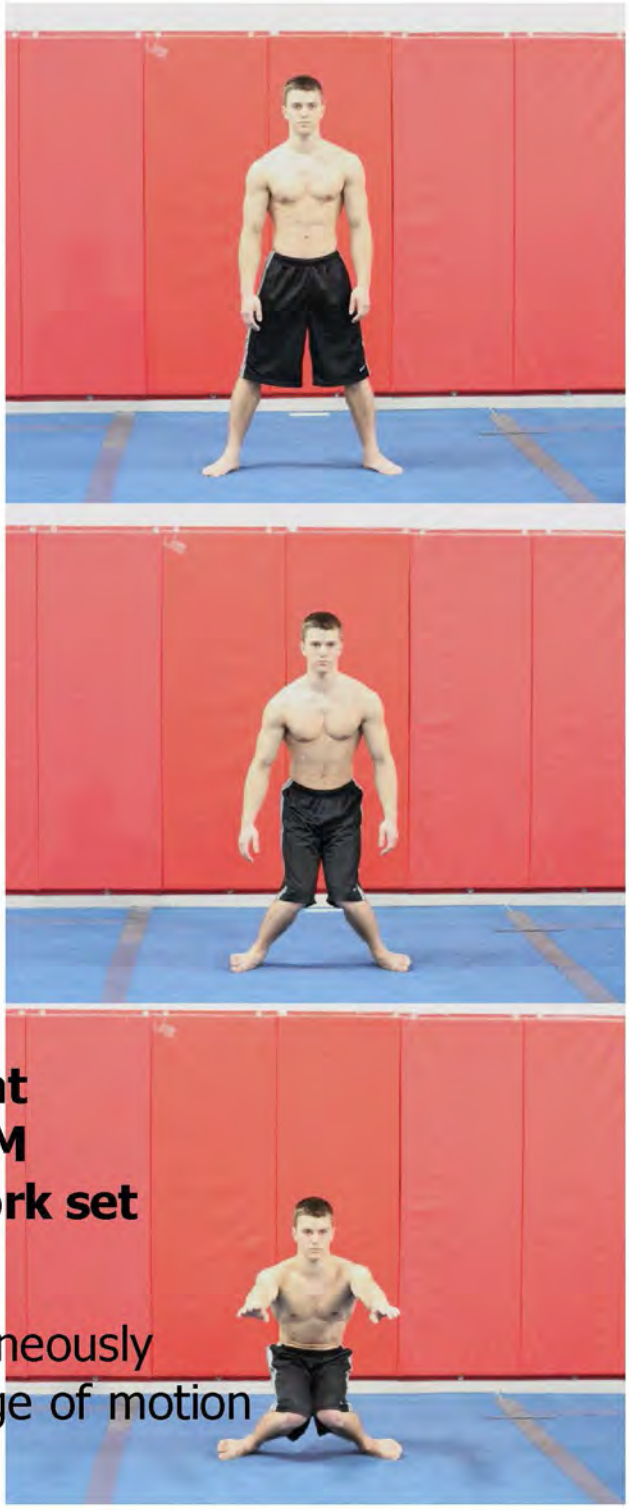


SLS/PE3

Side-to-Side Squat (STS)
SLS/PE3
Mastery = 5x10r

Focus Points:
1) Keep the glutes as close to the ground as possible
2) Fully extend the non-squatting leg

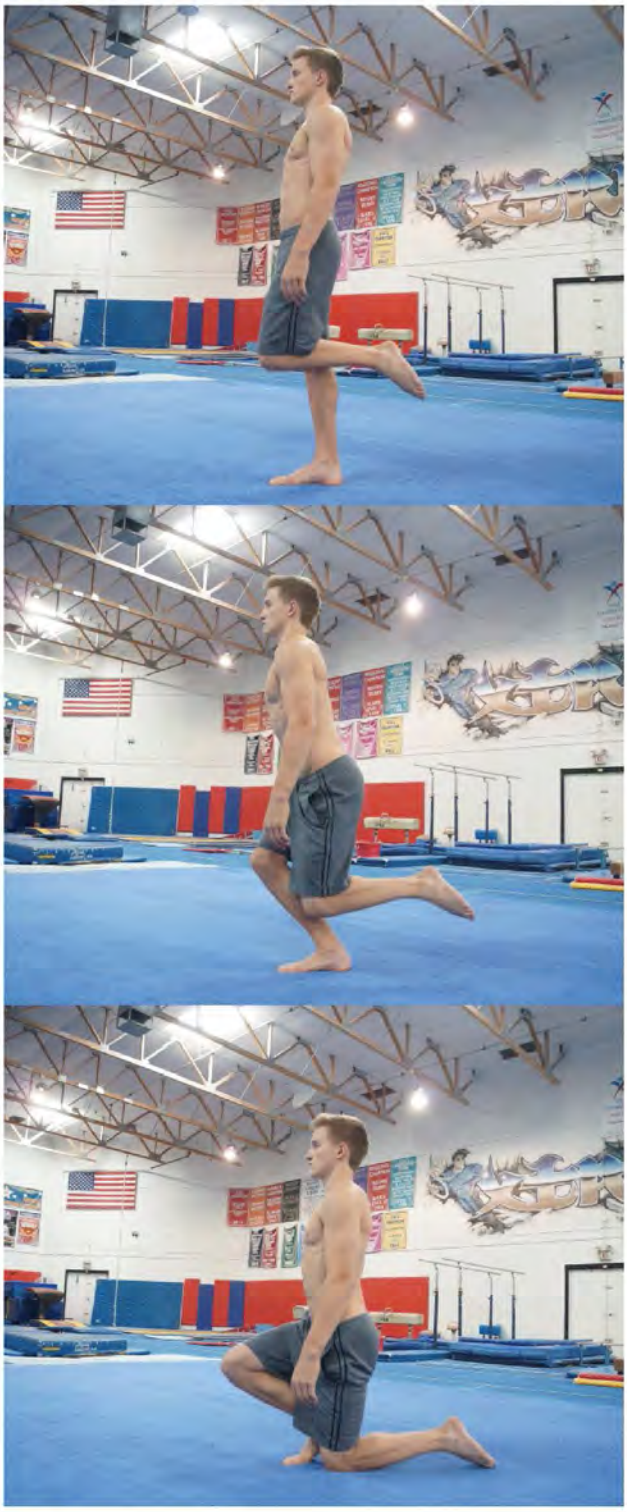
SLS/PE3>iM



Inside Squat
SLS/PE3>iM
5r after each work set

Focus Points:

1) The hips and knees descend simultaneously
2) Be conservative with your initial range of motion



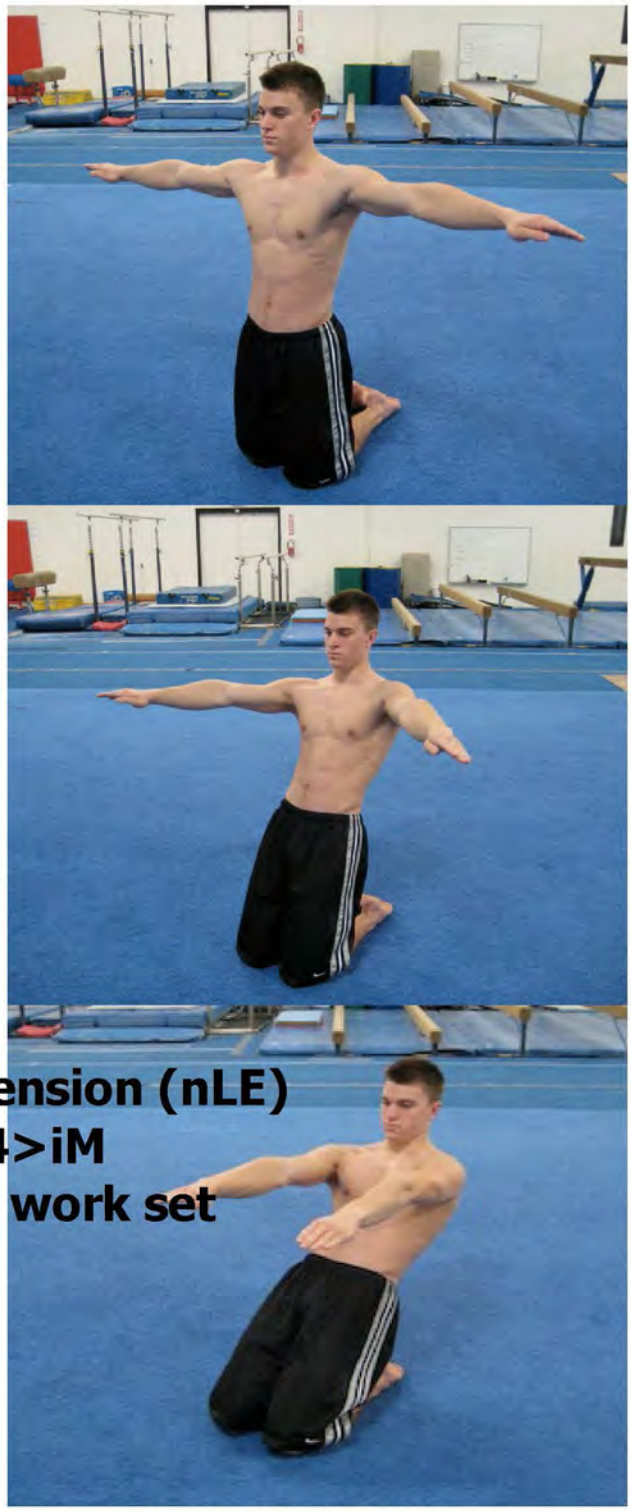
SLS/PE4

Speed Skater Squat (SSS)
SLS/PE4
Mastery = 5x5r

Focus Points:

1) The rear knee and foot touch simultaneously
2) Gently touch the ground, do not bounce off the knee

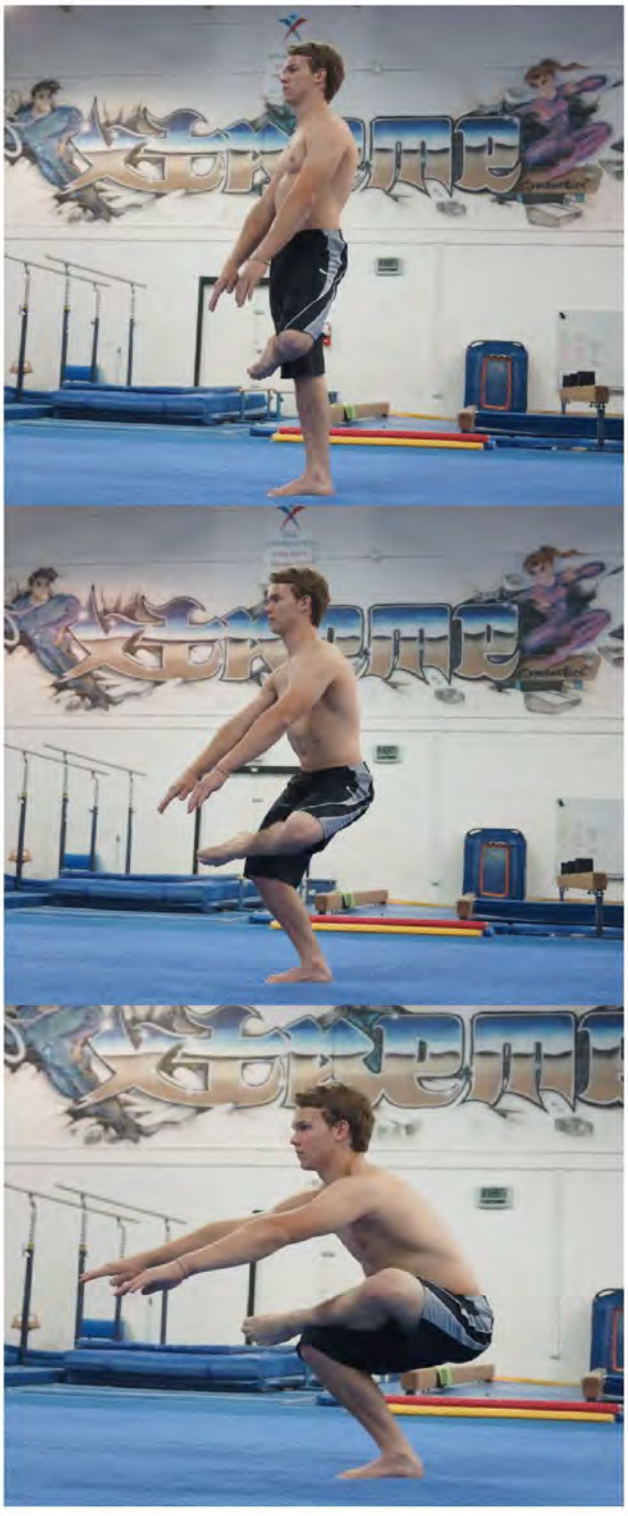
SLS/PE4>iM



Natural Leg Extension (nLE)
SLS/PE4>iM
5r after each work set

Focus Points:

1) Keep the hips flat at all times
2) Do not allow the back to arch



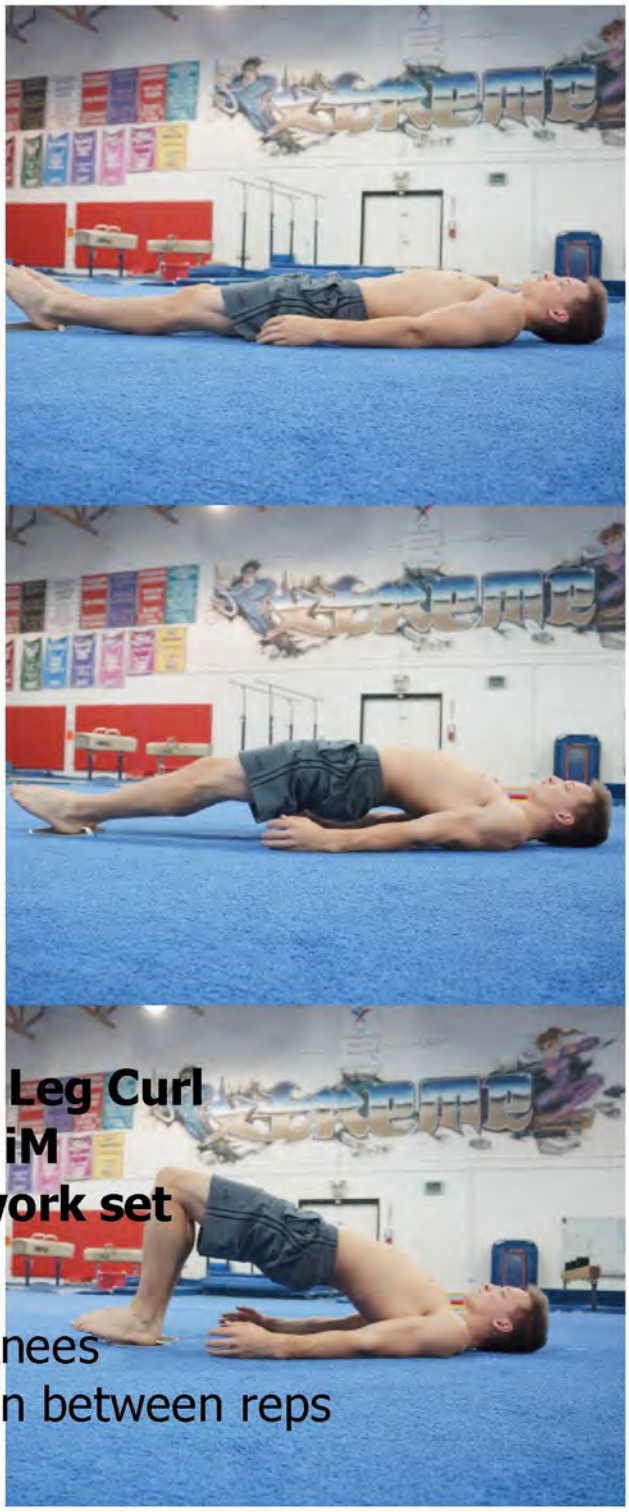
SLS/SE1

Hawaiian Squat
(HaS)
SLS/SE1
Mastery = 5x5r

Focus Points:

1) Descend until the glutes are parallel with the knees
2) Raise and press the arms forward to counter balance

SLS/SE1>iM



Shoulder Bridge Leg Curl
SLS/SE1>iM
5r after each work set

Focus Points:

1) Curl the feet all the way under the knees
2) Extend out to a full shoulder bridge in between reps

Foundation One

FBAS

Fundamental Bent Arm Strength







Hollow Back Press 1







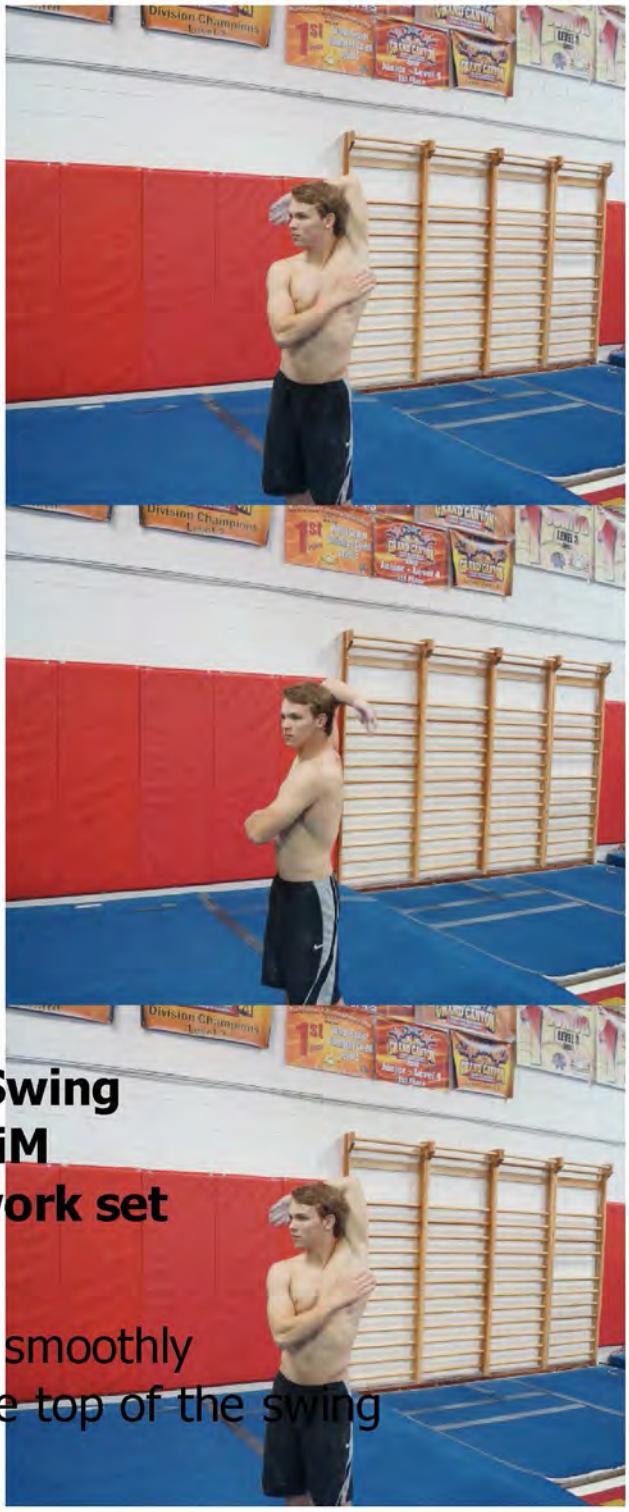
HBP/PE1

Incline Pushup
HBP/PE1
Mastery = 5x15r

Focus Points:

1) Set the bar to approximately hip height
2) The bar of a Smith machine is a good substitute

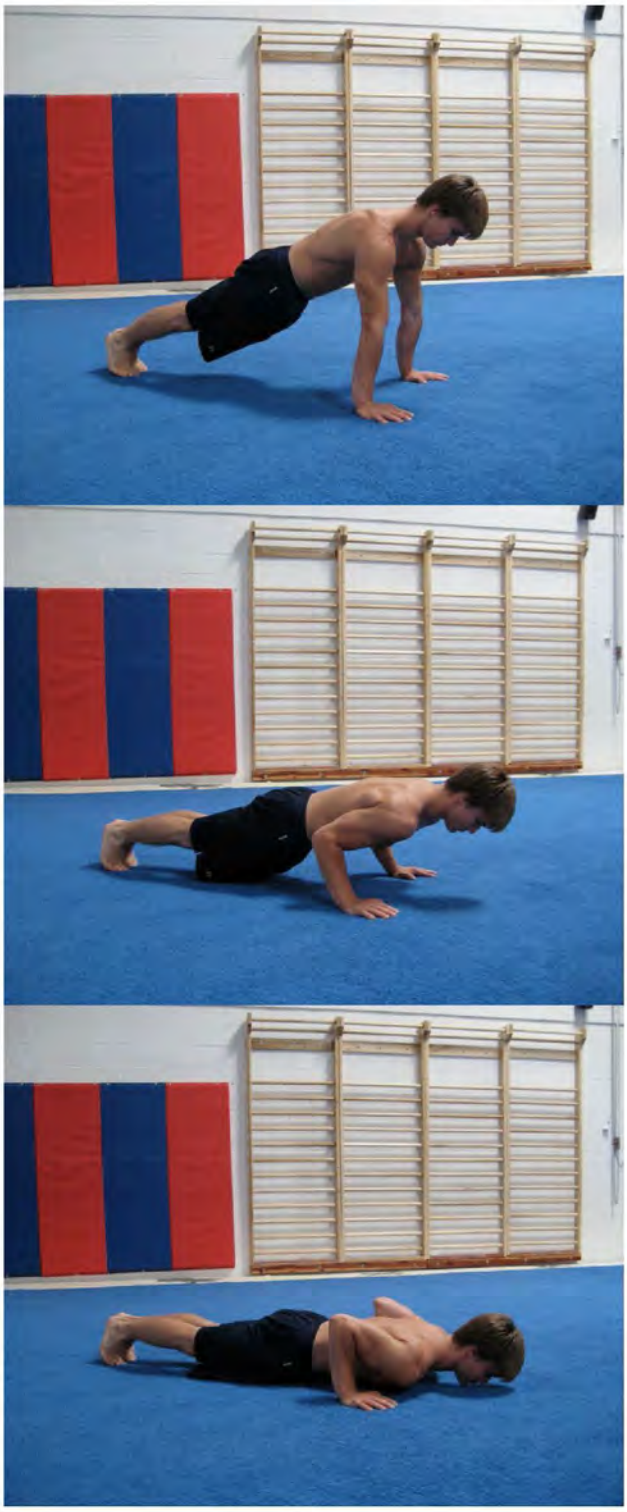
HBP/PE1 >iM



German Arm Swing
HBP/PE1>iM
10r after each work set

Focus Points:

1) Allow the arms to swing loosely and smoothly
2) Keep the elbow behind the ear at the top of the swing



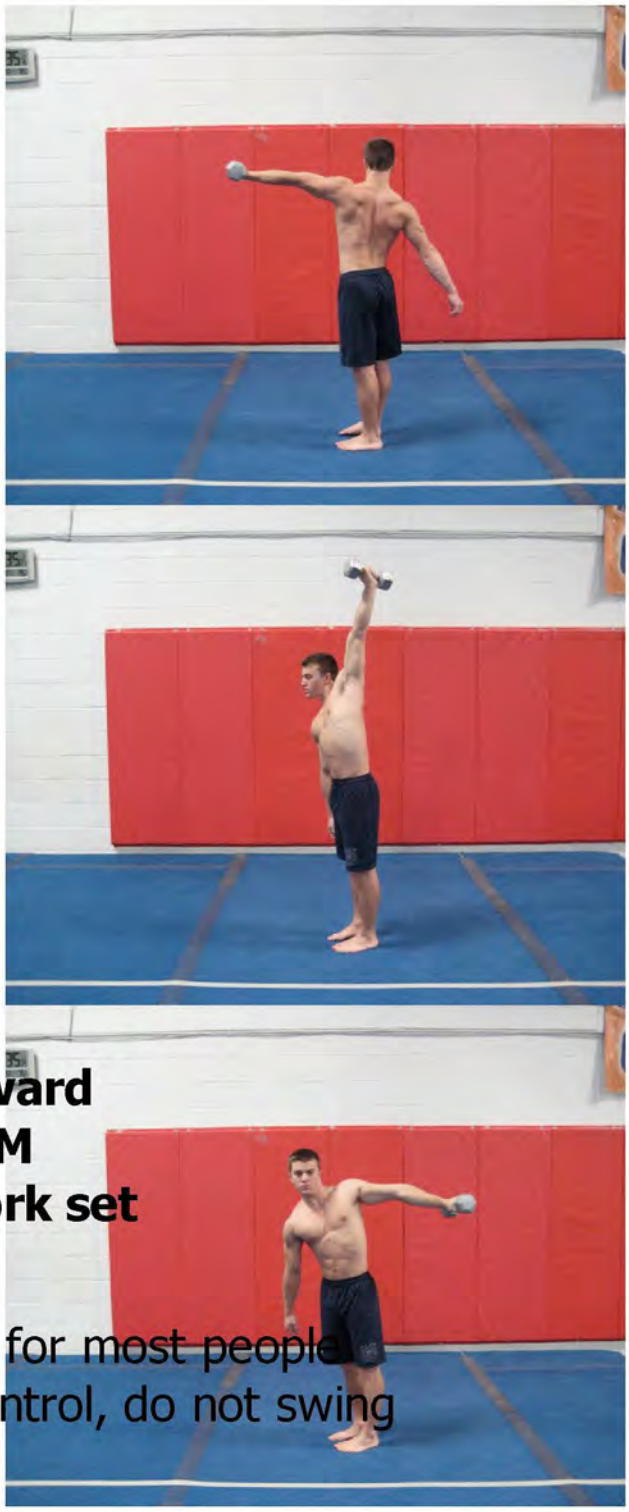
HBP/PE2

Pushup
HBP/PE2
Mastery = 5x15r

Focus Points:

1) Lower the chest completely to the ground each rep
2) Do not allow the body to sag at any time

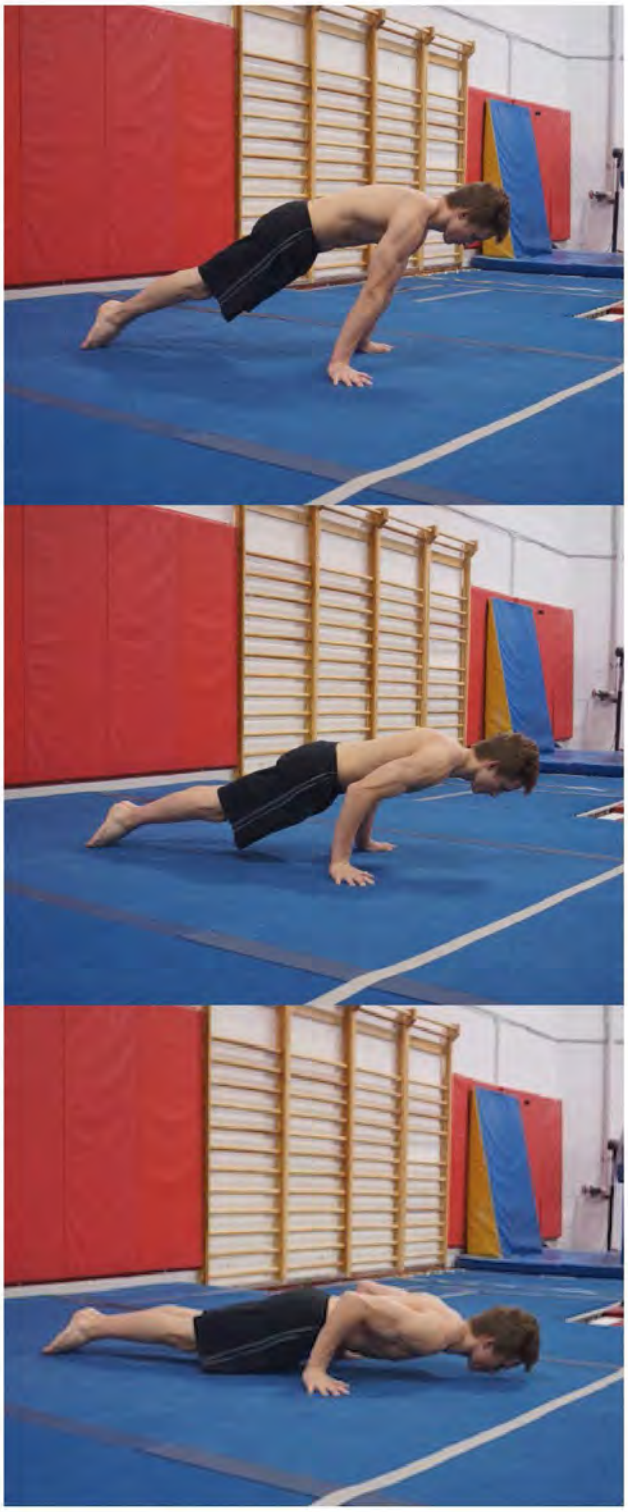
HBP/PE2>iM



Xiaopeng Forward
HBP/PE2>iM
5r after each work set

Focus Points:

1) Using a 5-10lb dumbbell is sufficient for most people
2) Lift the weight smoothly and with control, do not swing

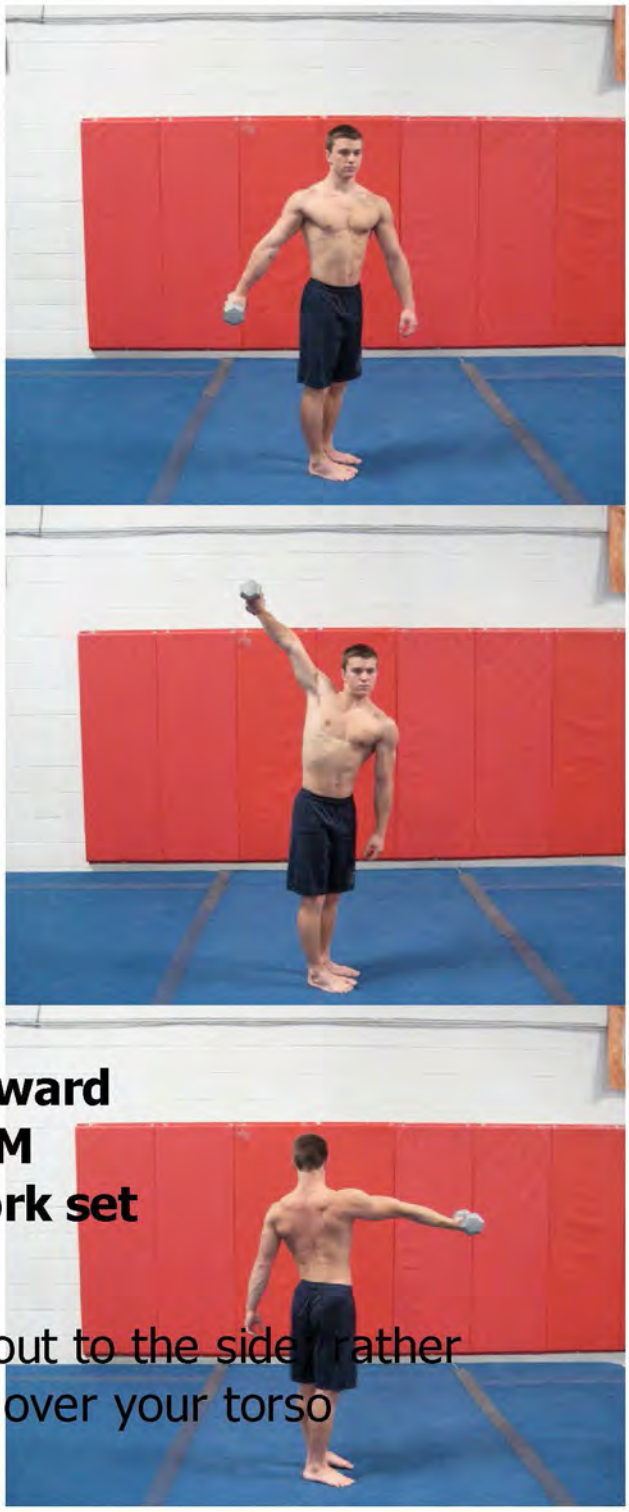


HBP/PE3

Pseudo Planche Pushup (PPP)
HBP/PE3
Mastery = 5x10r

Focus Points:
1) Lean forward until the hands are just in front of the hips
2) Keep the scapula strongly protracted and depressed

HBP/PE3>iM



Xiaopeng Backward
HBP/PE3>iM
5r after each work set

Focus Point:

1) Do not allow the weight out to drift out to the side, rather focus on pulling it straight back and up over your torso



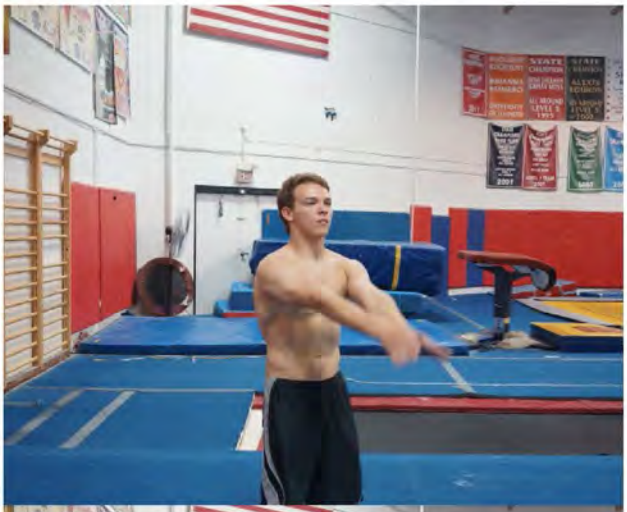
HBP/PE4

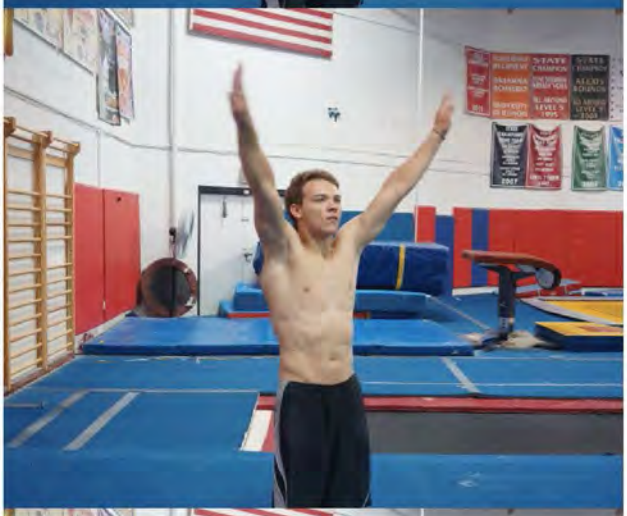
Bench Dip
HBP/PE4
Mastery = 5x10r

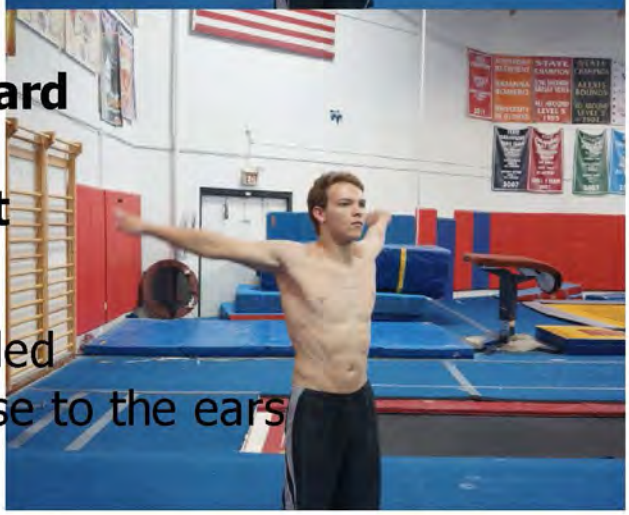
Focus Point:

1) Intially you may find that you prefer descending only to 90 degrees until your shoulder mobility improves

HBP/PE4>iM







Double Arm Circle Backward
HBP/PE4>iM
10r after each work set

Focus Points:

1) Keep the elbows straight and extended
2) The arms should come relatively close to the ears







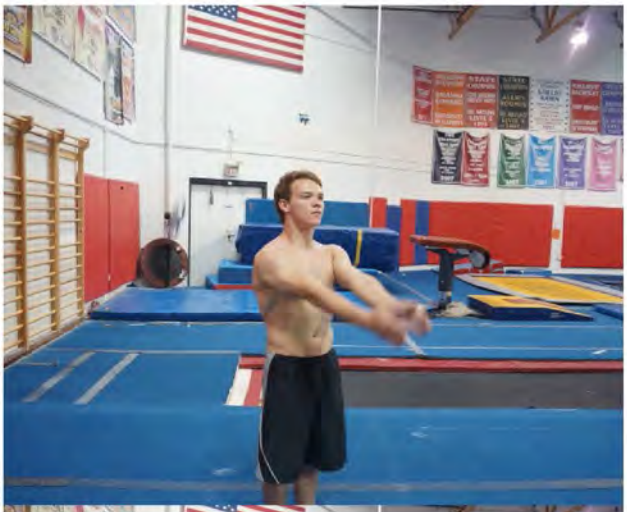
HBP/PE5

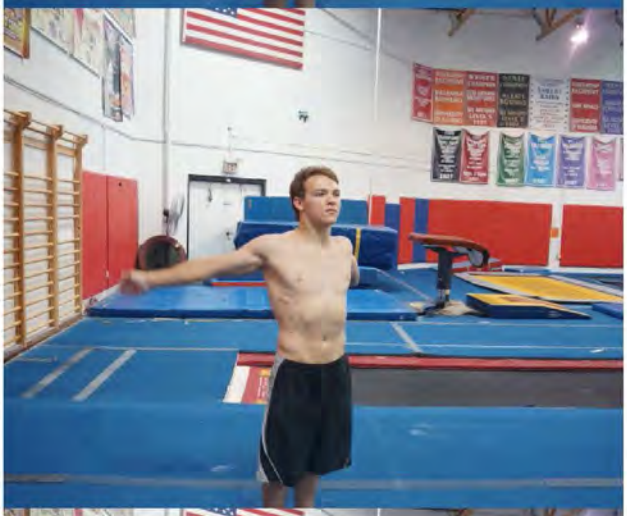
Negative
Parallel Bar Dip
HBP/PE5
Mastery =
5x5rx10s

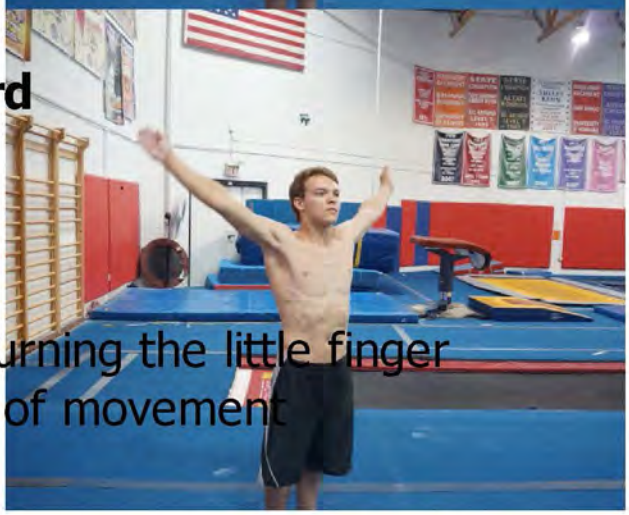
Focus Point:

1) A single repetition is comprised of a 10 second descent,
thus each set contains 50 seconds total time under tension

HBP/PE5>iM



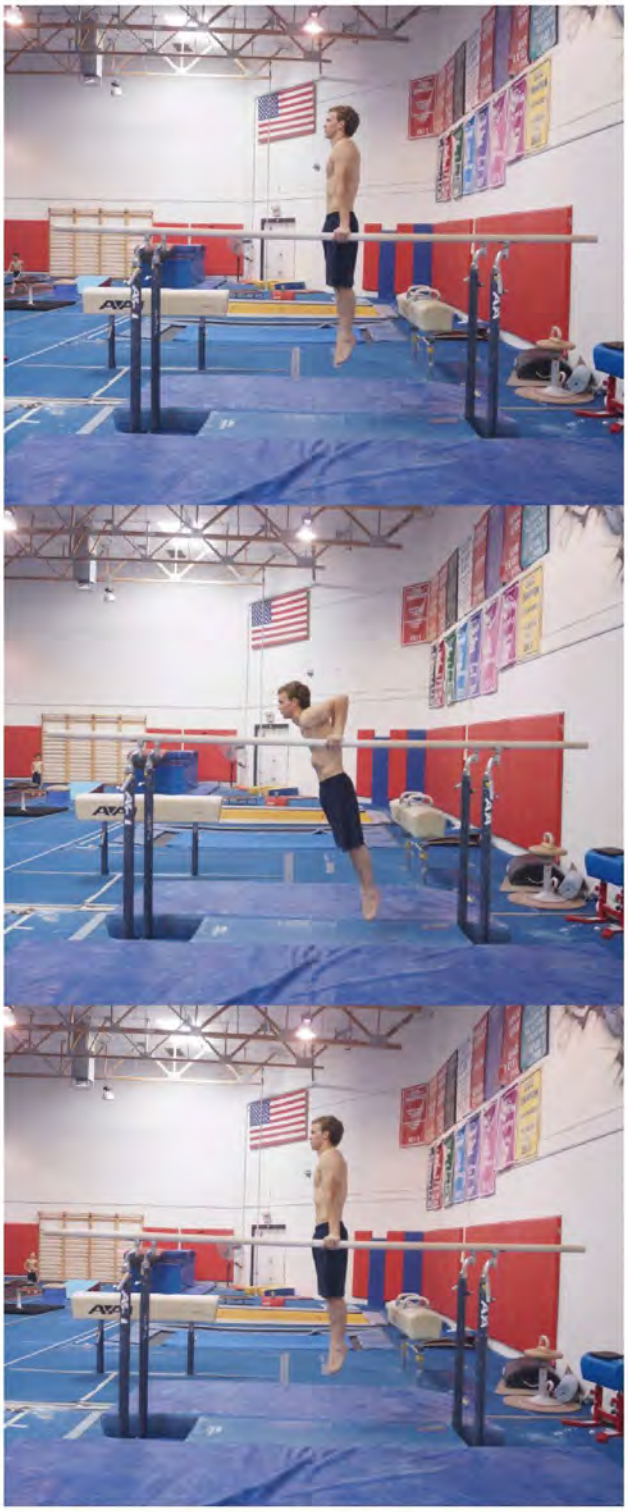




Double Arm Circle Forward
HBP/PE5>iM
10r after each work set

Focus Point:

1) Beginning the arm circle by initially turning the little finger upward will greatly smooth out the arc of movement

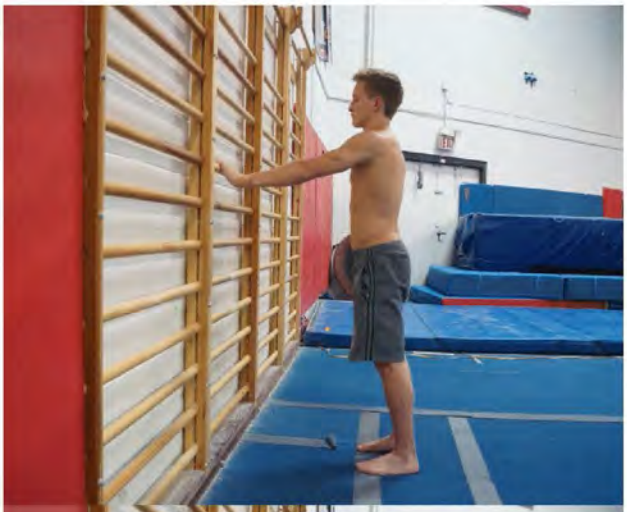


HBP/PE6

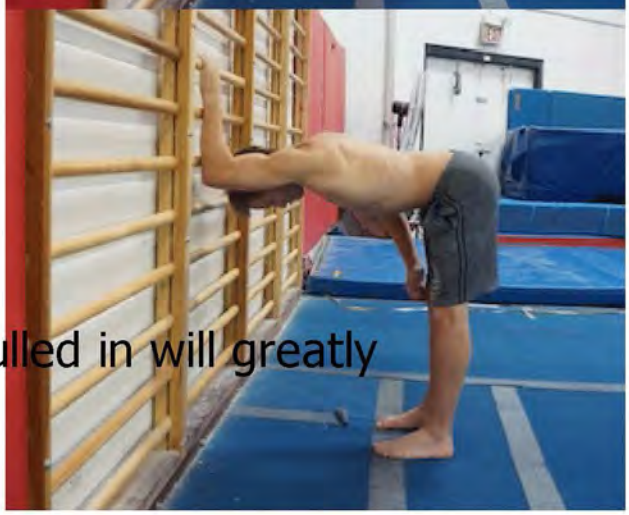
Parallel Bar Dip
HBP/PE6
Mastery = 5x5r

Focus Point:
1) The shoulders should be reasonably close to the hands at the bottom of each repetition

HBP/PE6>iM







Single Arm Bent Cat
HBP/PE6>iM
30s after each work set

Focus Point:

1) Keeping the back flat and the ribs pulled in will greatly increase the efficacy of this stretch







Rope Climb 1







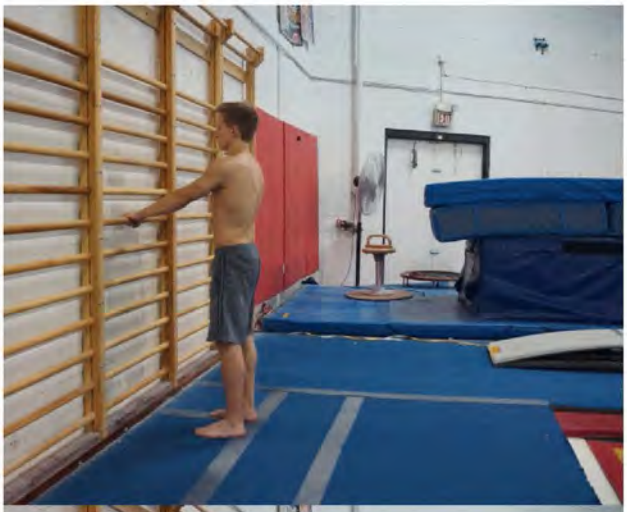
RC/PE1

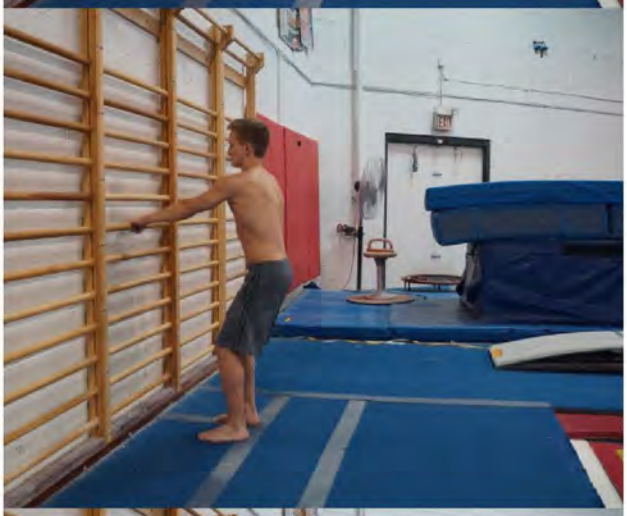
Hinge Row
RC/PE1
Mastery = 5x15r

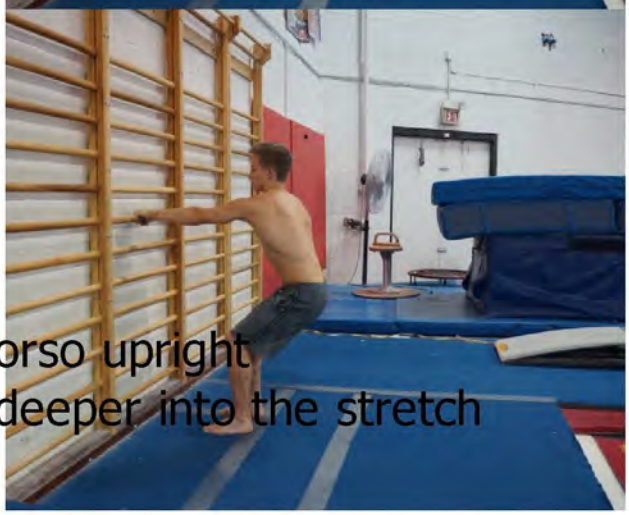
Focus Points:

1) Begin with the glutes and shoulders just off the ground
2) Allow the hips to hinge as you pull hands to shoulders

RC/PE1>iM







Upright Lat Lean
RC/PE1>iM
30s after each work set

Focus Points:

1) Sit back strongly while keeping the torso upright
2) Attempt to feel the lat relax and go deeper into the stretch







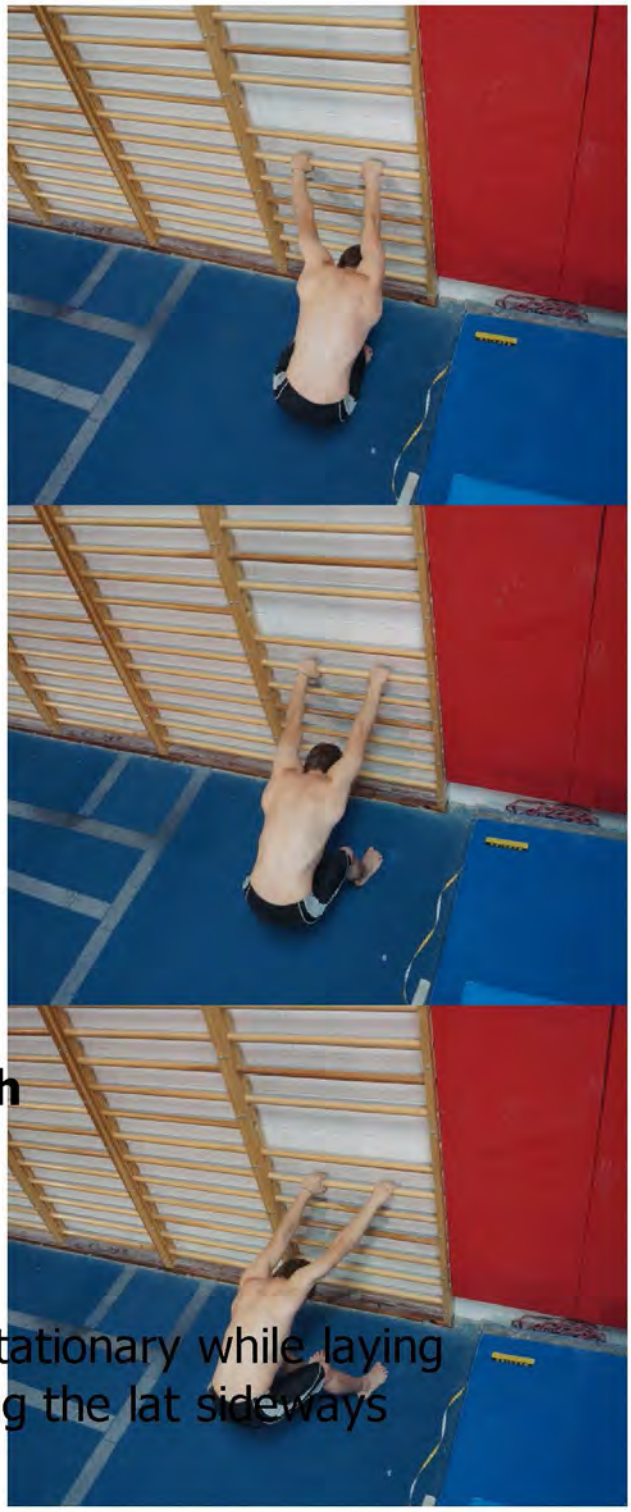
RC/PE2

Incline Row
RC/PE2
Mastery = 5x15r

Focus Points:

1) Do not allow the body to sag during the row
2) Lower down, do not bounce down, at the end of each rep

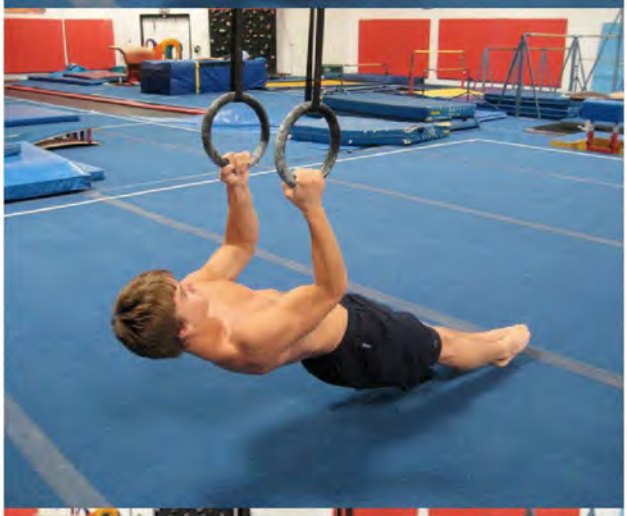
RC/PE2>iM



Bent Sideways Lat Stretch
RC/PE2>iM
30s after each work set

Focus Point:
1) Keep the hands and hips relatively stationary while laying the upper arm on the ear and stretching the lat sideways







RC/PE3

Ground Rows
RC/PE3
Mastery = 5x10r

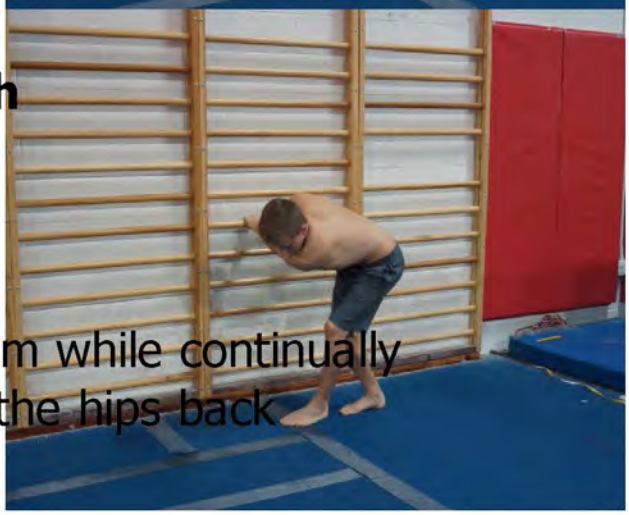
Focus Point:

1) At full extension of the arms, the shoulders should be just off the ground

RC/PE3>iM



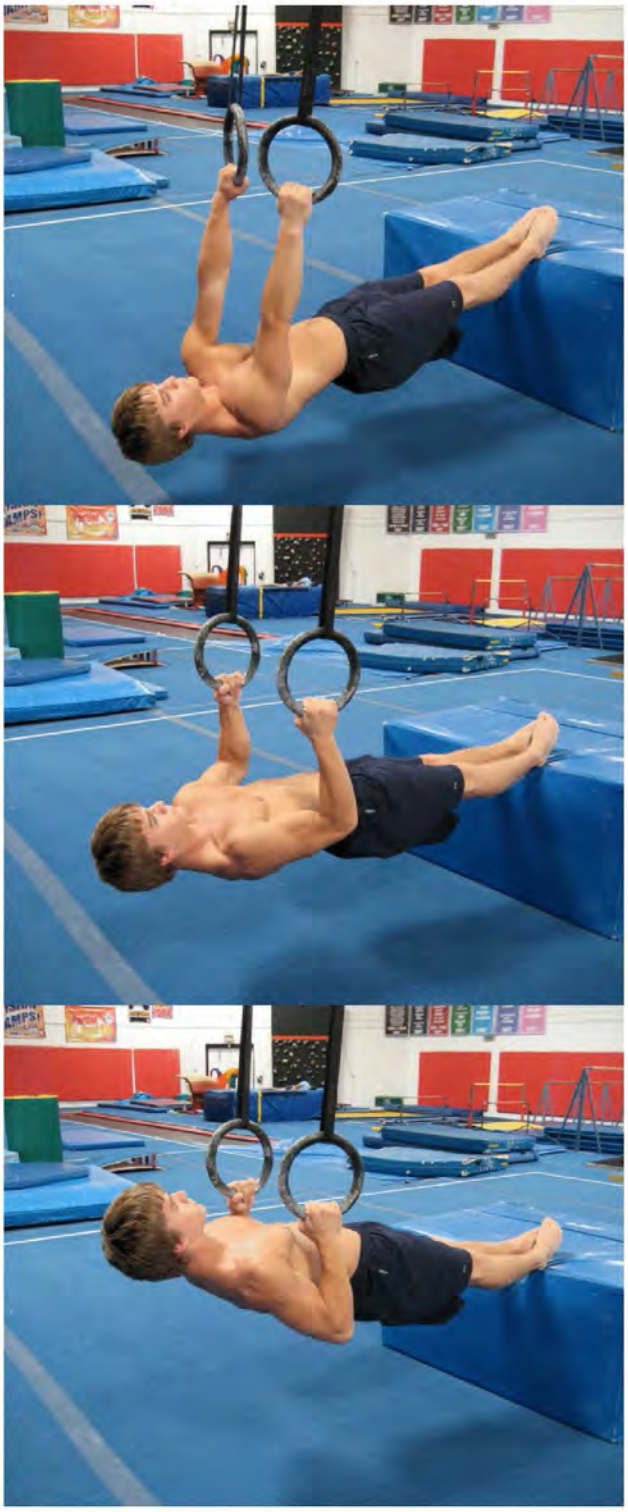




Bent Sideways Lat Stretch
RC/PE3>iM
30s after each work set

Focus Point:

1) Twist the torso sideways over the arm while continually pulling against the hands and pressing the hips back



RC/PE4

Elevated Row
RC/PE4
Mastery = 5x10r

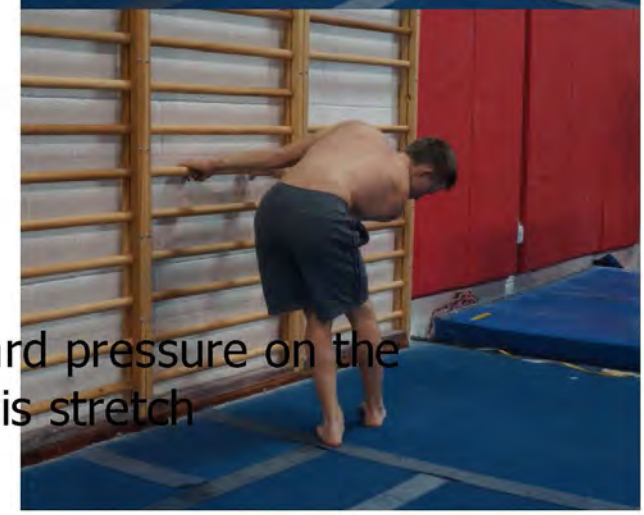
Focus Points:

1) Elevate the feet to approximately ring height
2) Do not allow the body to sag at any time

RC/PE4>iM







Bent Twisting Lat Reps
RC/PE4>iM
10r after each work set

Focus Point:

1) Failure to maintain constant backward pressure on the hands and hips will greatly minimize this stretch







RC/PE5

Bulgarian Row
RC/PE5
Mastery = 5x5r

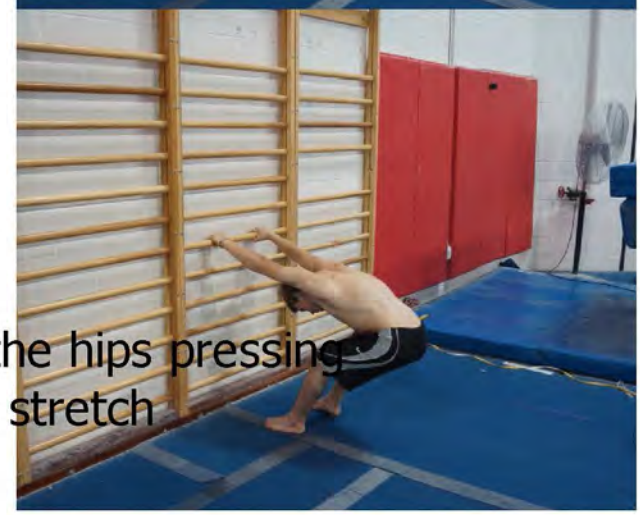
Focus Points:

1) Do not allow the elbows to drift forward of the shoulders
2) Pull to an approximately 90 degree elbow bend

RC/PE5>iM







Overgrip Bent Lean
RC/PE5>iM
30s after each work set

Focus Point:

1) Keeping the arms by the ears, use the hips pressing backward to lengthen the lats into this stretch



RC/PE6

Bent Arm Chin Hang

RC/PE6

Mastery = 5x60s

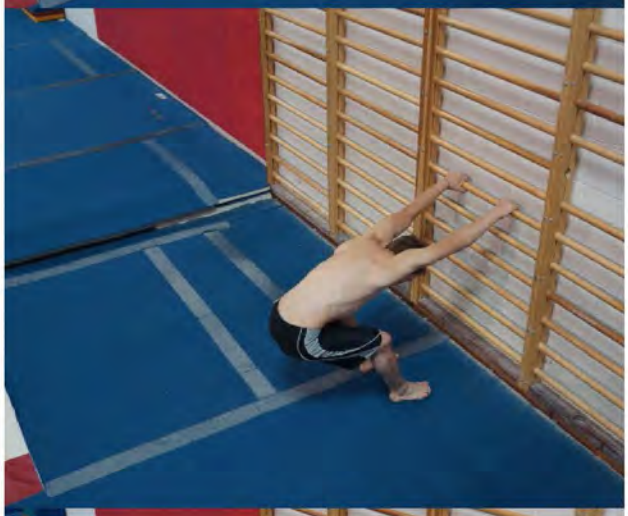
Focus Points:

1) Chin over the bar is the minimum acceptable height

2) Do not allow the neck or chin to touch the bar

RC/PE6>iM







Overgrip Bent Pull
RC/PE6>iM
5r after each work set

Focus Points:

1) Come to a stand by pulling down strongly on the bar
2) Sink deeply into the stretch at the bottom of each rep



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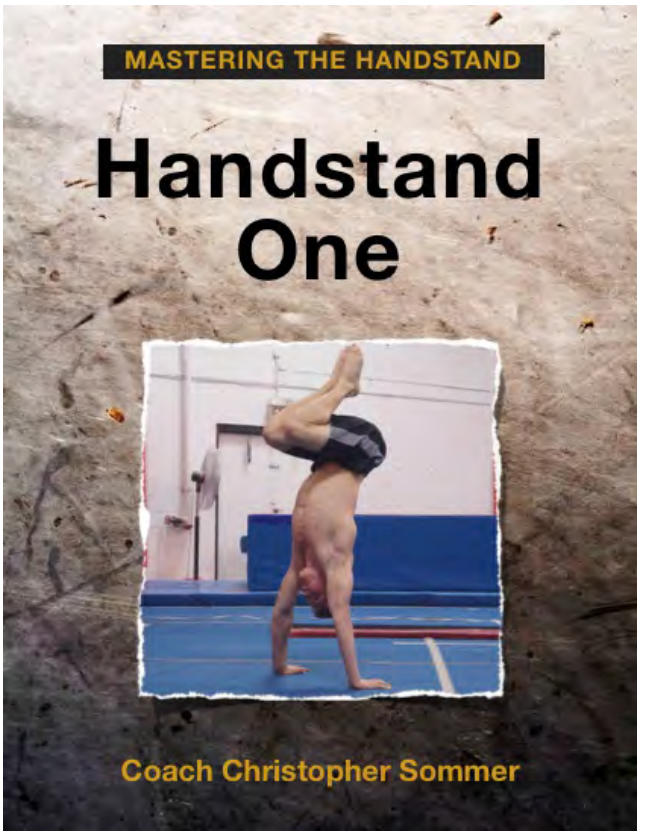

Handstand One

by Christopher Sommer

GymnasticBodies.com

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GB Course Structures

All Gymnastic Bodies Courses follow the same highly successful instructional method and course structure. If you are already familiar with another GB Course, then simply glance over the following 'Intro' and 'Details' sections to refresh your memory and become familiar with the course specifics as they apply to handstand training.

If however this is your first GB Course, then please read the following two sections slowly and thoroughly as the care with which you follow and implement the course instructions will have a great impact on your ultimate degree of handstand training success.

Simplicity. Clarity. Ease of Use.

The primary purpose of the GB Handstand One Course (H1) is to simplify, clarify and quantify the complexities of Handstand (HS) training while simultaneously providing a clear blueprint for mastering the Handstand.

Literally all that is needed to achieve success with H1 is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.

No Brain No Gain

Gymnastics Strength Training (GST), of which Handstand training is an integral part, is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. And nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.

Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly under-estimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as “training”.

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or ‘preparatory’ steps are essential for adult fitness enthusiasts to successfully progress thru and master the more demanding exercise ‘specific’ steps that come later.

For example, there are now 12 preparatory elements that must be mastered prior to beginning the specific element work relevant to Handstand! What impact will these preparatory steps have on your own training? The impact, as well as the results, is going to be dramatic indeed.

Exercise Notation

As you work your way thru this GB Handstand One Course you will notice that each and every exercise has its own individual notation (e.g. HS/PE1). These notations are very important as they instantly inform you where in the handstand development progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation ‘HS/PE1’ means that this is preparatory element 1 of the handstand preparatory element series, while ‘HS/PE1>iM’ means that this is the integrated mobility exercise that is to be performed in between the working sets of HS/PE1.

Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This means that both programming and progression-wise you will start with Day 1 of Week 1 for all of the wrist exercises, handstand preparatory elements and integrated mobilities.

If however you already somewhat proficient with handstands, you may use a more accelerated method for your GB Handstand training. Now don't get overly excited as you will still need to perform AND demonstrate mastery of each and every exercise in the handstand progression. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week 11 programming of HS/PE1 and HS/PE1>iM which in this instance happens to be 10s after each work set. If you are successful, using correct form and tempo, the next workout day you may proceed on to attempting the Week 11 programming of HS/PE2 and HS/PE2>iM etc etc. You may continue on in this fashion demonstrating MASTERY of a new HS/PE and HS/PE>iM per workout day, until you reach a HS/PE ***OR*** HS/PE>iM where you fail to complete the week 11 programming with correct form and tempo.

Once you reach this point,depending on how difficult the next element is for you, you will begin the next week at either week 1,week 5 or week 9 of the 12 week cycle for the HS/PE and HS/PE>iM which you now need to master.

No Skipping

DO NOT SKIP exercises or the assigned integrated mobility!!! DO NOT ASSUME that you are capable of correctly performing the week 11 programming for the handstand elements in question unless you actually do so; completing all of the reps and all of the sets with all of the associated iM as assigned.

Once you graduate to a more difficult HS/PE or HS/SE, you will no longer need to actively focus on the previously 'mastered' handstand elements other than for the purpose of warming up.

Individual Recovery Varies

When beginning Gymnastics Strength Training (GST) the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the two or even one day/week schedule) or more work (the six day/week schedule).

Which of these schedules will be the most the effective for you will depend entirely your own personal recovery ability; which in turn is something which you will only discover thru experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.

The following are the weekly schedules for 1 day, 2 day, 3 day and 4 day handstand training. The 1 and 2 day schedules are for low recovery people, the 3 day for those with medium recovery and the four day for those with high recovery.

Weekly Workout Schedules

Training schedules are provided for either training the handstand separately or in combination with the GB Foundation Course.

1 Day HS Only: Tue-HS OR Thu-HS OR Sat-HS
1 Day HS Integrated: Mon-F7, Wed-HS, Fri-F7

2 Day HS Only: Tue-HS & Thu-HS OR Wed-HS & Sat-HS
2 Day HS Integrated: Mon-F7,Tue-HS, Thu-F7, Fri-HS

3 Day HS Only: Tue-HS, Thu-HS, Sat-HS
3 Day HS Integrated: Mon-F7, Tue-HS, Wed-F7, Thu-HS, Fri-F7, Sat-HS

4 Day HS Only: Mon-HS, Tue-HS, Thu-HS, Fri-HS
4 Day HS Integrated: Mon-HS, Tue-HS, Wed-F7, Thu-HS, Fri-HS, Sa-F7

*Key: HS = Handstand Training; F7 = train all seven of the Foundation GST fundamentals in a single day.
** You also have the option of simply inserting the 1 Day and 2 Day HS Only days directly into your previously established Foundation weekly training schedule.

Mastery

Each exercise page throughout this course is comprised of three action photos down one side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise's name, under that is that exercise's own particular notation and under that is the standard of 'mastery', as calculated in sets and repetitions or in sets and hold times, that must be met prior to moving on to the next exercise in the series.

The standard of mastery also informs you as to which of the 7 mastery templates will be employed when training this exercise.

---

5 Repetition Mastery Template			
Week 1 = 3x1r	Week 2 = 5x1r	Week 3 = 3x2r	Week 4 = 3x1r (deload)
Week 5 = 4x2r	Week 6 = 4x3r	Week 7 = 5x3r	Week 8 = 5x2r (deload)
Week 9 = 4x4r	Week 10 = 4x5r	Week 11 = 5x5r	Week 12 = 5x3r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in repetitions

Examples of H1 elements which use this template = WP/PE1, HS/SE2

10 Repetition Mastery Template			
Week 1 = 3x2r	Week 2 = 5x2r	Week 3 = 3x4r	Week 4 = 3x2r (deload)
Week 5 = 4x4r	Week 6 = 4x6r	Week 7 = 5x6r	Week 8 = 5x3r (deload)
Week 9 = 4x8r	Week 10 = 4x10r	Week 11 = 5x10r	Week 12 = 5x5r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in repetitions

Example of an H1 element which uses this template = HS/SE11

30 Repetition Mastery Template			
Week 1 = 3x6r	Week 2 = 5x6r	Week 3 = 3x12r	Week 4 = 3x6r (deload)
Week 5 = 4x12r	Week 6 = 4x18r	Week 7 = 5x18r	Week 8 = 5x9r (deload)
Week 9 = 4x24r	Week 10 = 4x30r	Week 11 = 5x30r	Week 12 = 5x15r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE8

60 Repetition Mastery Template			
Week 1 = 3x12r	Week 2 = 5x12r	Week 3 = 3x24r	Week 4 = 3x12r (deload)
Week 5 = 4x24r	Week 6 = 4x36r	Week 7 = 5x36r	Week 8 = 5x18r (deload)
Week 9 = 4x48r	Week 10 = 4x60r	Week 11 = 5x60r	Week 12 = 5x30r (deload)

r = repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F1 elements which use this template = FL/PE2, SL/PE2

10 Second Mastery Template			
Week 1 = 3x2s	Week 2 = 5x2s	Week 3 = 3x4s	Week 4 = 3x2s (deload)
Week 5 = 4x4s	Week 6 = 4x6s	Week 7 = 5x6s	Week 8 = 5x3s (deload)
Week 9 = 4x8s	Week 10 = 4x10s	Week 11 = 5x10s	Week 12 = 5x5s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE1>iM, HS/SE3

30 Second Mastery Template			
Week 1 = 3x6s	Week 2 = 5x6s	Week 3 = 3x12s	Week 4 = 3x6s (deload)
Week 5 = 4x12s	Week 6 = 4x18s	Week 7 = 5x18s	Week 8 = 5x9s (deload)
Week 9 = 4x24s	Week 10 = 4x30s	Week 11 = 5x30s	Week 12 = 5x15s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE4, HS/SE6>iM

60 Second Mastery Template			
Week 1 = 3x12s	Week 2 = 5x12s	Week 3 = 3x24s	Week 4 = 3x12s (deload)
Week 5 = 4x24s	Week 6 = 4x36s	Week 7 = 5x36s	Week 8 = 5x18s (deload)
Week 9 = 4x48s	Week 10 = 4x60s	Week 11 = 5x60s	Week 12 = 5x30s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of H1 elements which use this template = HS/PE1, HS/PE9

90 Second Mastery Template			
Week 1 = 3x18s	Week 2 = 5x18s	Week 3 = 3x36s	Week 4 = 3x18s (deload)
Week 5 = 4x36s	Week 6 = 4x54s	Week 7 = 5x54s	Week 8 = 5x27s (deload)
Week 9 = 4x72s	Week 10 = 4x90s	Week 11 = 5x90s	Week 12 = 5x45s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Example of an H1 element which uses this template = HS/SE12

120 Second Mastery Template			
Week 1 = 3x24s	Week 2 = 5x24s	Week 3 = 3x48s	Week 4 = 3x24s (deload)
Week 5 = 4x48s	Week 6 = 4x72s	Week 7 = 5x72s	Week 8 = 5x36s (deload)
Week 9 = 4x96s	Week 10 = 4x120s	Week 11 = 5x120s	Week 12 = 5x60s (deload)

s = seconds

deload = every fourth week is a recovery week utilizing 50% drop in volume

Example of an H1 element which uses this template = HS/SE14

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Handstand One

Cycle Examples
One Day per Week
Two Days per Week
Three Days per Week
Four Days per Week

Other Courses





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Training Cycles

Using the GB Handstand One Course to set up a 12 week training cycle is literally as easy as plug and play.

First determine where in the handstand progression you begin your training (don't forget to evaluate your mastery of the assigned integrated mobility exercises also!).

Next determine if your recovery ability is low, medium or high.

Once you have these two pieces of information you simply plug your mastery template set and repetition ranges for your prescribed exercises into the 12 week training template for your chosen weekly workout schedule.

Next are examples of the eight different weekly training schedules when applied to the 12 week programming templates for a new student beginning with HS/PE1 and HS/PE1>iM. If you have successfully tested out of one or more preparatory elements, simply substitute that exercise and its accompanying mastery requirements into the training cycle where appropriate.

1 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)			
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)			
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)			
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)			

(continue)

1 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)			
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)			
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)			
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)			

(continue)

1 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)			
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)			
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)			
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)			

1Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 2	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 3	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC

(continue)

1 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 6	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 7	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		FL, sPL, SL, MN, SLS, HBP, RC

(continue)

1 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 10	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 11	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		FL, sPL, SL, MN, SLS, HBP, RC
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		FL, sPL, SL, MN, SLS, HBP, RC

2 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	

(continue)

2 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	

(continue)

2 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	

2 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

(continue)

2 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

(continue)

2 Day HS Integrated/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

3 Day HS Only/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 1		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

(continue)

3 Day HS Only/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 5		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

(continue)

3 Day HS Only/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 9		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

(continue)

3 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 1	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

(continue)

3 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 5	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

(continue)

3 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 9	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

(continue)

4 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)
Week 2	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)		WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)
Week 3	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)		WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)
Week 4 (deload)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)		WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)

(continue)

4 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)		WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)
Week 6	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)		WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)
Week 7	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)
Week 8 (deload)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)		WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)

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4 Day HS Only/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)		WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)
Week 10	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)		WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)
Week 11	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)		WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)
Week 12 (deload)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)		WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)

4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 1	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 2	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	WP/PE1 (5x1r) FKP/PE1 (5x1r) WR/PE1 (5x1r) FTP/PE1 (5x1r) HS/PE1 (5x12s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 3	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	WP/PE1 (3x2r) FKP/PE1 (3x2r) WR/PE1 (3x2r) FTP/PE1 (3x2r) HS/PE1 (3x24s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 4 (deload)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	WP/PE1 (3x1r) FKP/PE1 (3x1r) WR/PE1 (3x1r) FTP/PE1 (3x1r) HS/PE1 (3x12s)	FL, sPL, SL, MN, SLS, HBP, RC

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4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 5	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	WP/PE1 (4x2r) FKP/PE1 (4x2r) WR/PE1 (4x2r) FTP/PE1 (4x2r) HS/PE1 (4x24s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 6	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	WP/PE1 (4x3r) FKP/PE1 (4x3r) WR/PE1 (4x3r) FTP/PE1 (4x3r) HS/PE1 (4x36s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 7	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x36s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 8 (deload)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	WP/PE1 (5x2r) FKP/PE1 (5x2r) WR/PE1 (5x2r) FTP/PE1 (5x2r) HS/PE1 (5x18s)	FL, sPL, SL, MN, SLS, HBP, RC

(continue)

4 Day HS Integrated/12 Week Cycle Example

	Mon	Tues	Wed	Thu	Fri	Sat
Week 9	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	WP/PE1 (4x4r) FKP/PE1 (4x4r) WR/PE1 (4x4r) FTP/PE1 (4x4r) HS/PE1 (4x48s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 10	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	WP/PE1 (4x5r) FKP/PE1 (4x5r) WR/PE1 (4x5r) FTP/PE1 (4x5r) HS/PE1 (4x60s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 11	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	WP/PE1 (5x5r) FKP/PE1 (5x5r) WR/PE1 (5x5r) FTP/PE1 (5x5r) HS/PE1 (5x60s)	FL, sPL, SL, MN, SLS, HBP, RC
Week 12 (deload)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	WP/PE1 (5x3r) FKP/PE1 (5x3r) WR/PE1 (5x3r) FTP/PE1 (5x3r) HS/PE1 (5x30s)	FL, sPL, SL, MN, SLS, HBP, RC

(continue)

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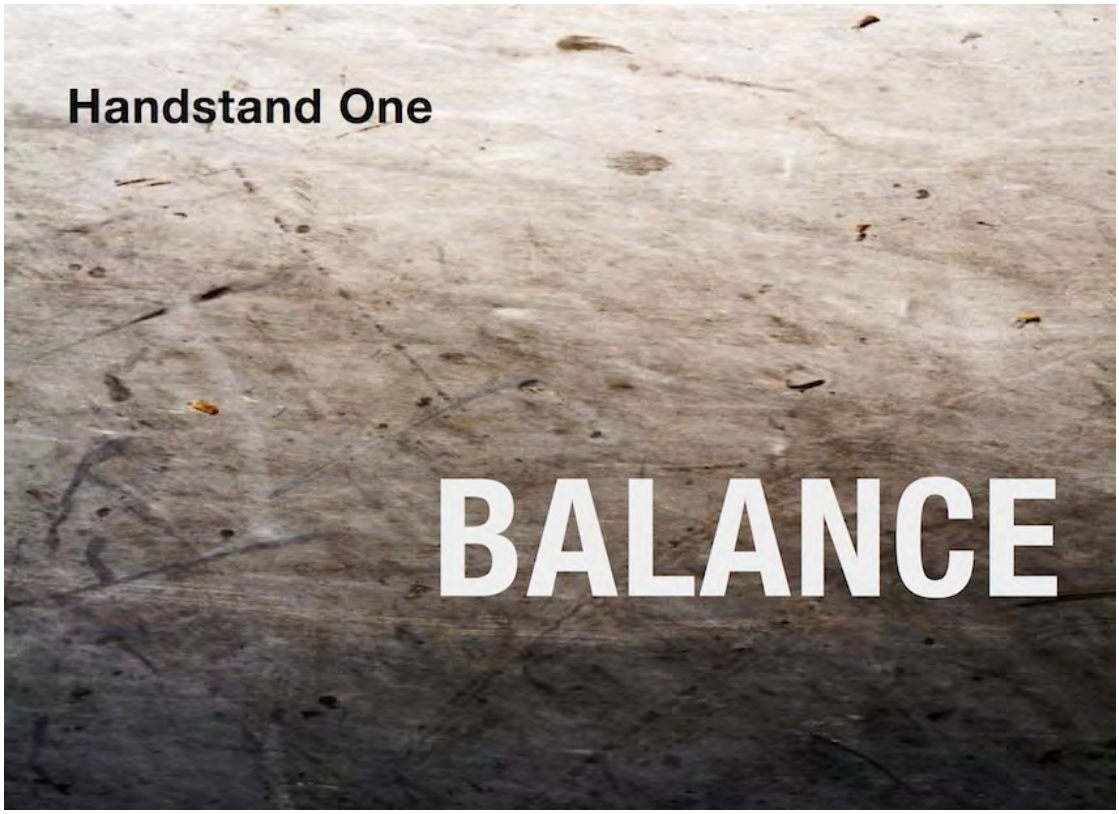
Handstand Levels

	L.5	L1	L1.5	L2	L2.5	L3	L3.5	L4
HS	HS/PE3 fHeS 5x60s	HS/PE6 sup pulses 5x10r	HS/PE9 60s wHS 5x60s	HS/PE12 fHS 5x60s	HS/SE3 pwHS 5x10s	HS/SE6 10s PB HS 5x10s	HS/SE10 60s HS 5x60s	HS/SE14 120s HS 5x120s



Path of Progress

Your success in Handstand One will be achieved by following an explicit and concise developmental series that is in turn divided into preparatory elements (PE) and specific elements (SE) unique to mastering the handstand.

In the Handstand Preparatory Elements, you are going to learn basic headstand variations, then build shoulder flexion strength and ROM, master basic posterior pelvic tilt and body alignment before progressing on to assisted handstand work and partially assisted handstand work.

In the Handstand Specific Elements, you will begin to apply the basics of alignment and balance that you have learned to Free Handstand work; beginning with Chinese Handstands and (for a very few, hard working, dedicated students) culminating in a 120s Free Handstand.

Refinement

Handstand development will seldom be as straight forward and direct a process as strength development. Handstands are a skill and as such your handstand development will proceed forward in peaks and valleys. Sometimes your training will be effortless and filled with success after success. And other times, despite your best efforts, you will have

nothing to show but failure, failure and more failure.

Do not become overly stressed out when encountering failure during your handstand training. This is a natural part of the learning process and will occur on a frequent basis. These 'failures' will generally occur in one of two forms; either in failed work sets or failure to complete that week's overall assignment.

If it is the week's overall assignment that you are presently unable to complete, simply continue running the same 4 week cycle (e.g. weeks 1-4), or even the same one week, for multiple micro-cycles until you feel that that particular skill is completely stabilized; as long as you continue to observe your deload weeks as scheduled.

If you are performing integrated training with the Foundation Series be sure to keep all of your deload weeks in alignment. Hence if H1 is in a deload week, so is F1.

Failed Sets Do Not Count

As previously mentioned, not all of your attempted work sets will be successful work sets. Intially you are going to fail far more than you are going to succeed. Learning to set your ego aside and accept, embrace and ultimately move past failure is an integral part of handstand training. It doesn't mean that you are doing poorly, it is simply a reflection of the fact that learning a good quality handstand is hard work!

Do not however count a failed set (e.g. poor form, short hold etc) as one of your assigned work sets for that day. Only high quality, correctly performed sets count for that day's total of assigned work sets. You may find that this requires you to attempt many more sets than scheduled in order to finally successfully accumulate the required number of work sets for that day.

For example, let's say you are working HS/PE1 and are working on your week 11 assignment (5x60s) and fall on the fourth set. Take a short break and then attempt to repeat the set successfully. Continue this process of repetition until you either succeed and then begin working on the fifth set or you run out of time for the day's workout.

Integrated Mobility

There can be no balancing without strength. However in terms of a handstand, your strength is unable to be effectively applied unless you possess the requisite wrist, shoulder and hip mobility to place your body into a proper handstand position. Thus to develop the necessary mobility, throughout Handstand One each handstand element is paired with an integrated mobility element.

The iM must be mastered simultaneously with the HS elements. Note again what was stated, unless a particular iM is mastered do not move on to the next HS element; regardless of how proficient you may be at a particular handstand element.

The HS>iM will progress from developing full shoulder flexion to strengthening posterior pelvic tilt to then maintaining both of these while in a full body extended position. All of these iM components working together in harmony is what is referred to as Body Alignment. It is the mastery of this Body Alignment which makes proficient handstand work possible.

Alignment

For a clean effortless handstand all of the major joints of the body must be "stacked". Stacked simply means that each major joint is stacked immediately above the other. Thus the feet are placed directly above the knees, which are directly above the hips, which are directly above the shoulders, which are directly above the elbows, which are directly above the wrists.

In addition to being stacked, the body must also be as straight as possible or 'aligned'. This means shoulders open and extended toward the ears, ribs pulled down, back flat with the hips maintaining a posterior pelvic tilt at all times. The head should be between the arms with the neck pulled somewhat into the chest and the thumbs just visible when peered at through the eyebrows.

Obviously obtaining good handstand alignment is an involved process and will require a substantial amount of time. Do not not worry however; Handstand One is filled with specialized handstand mobility exercises to make learning proper alignment as easy and straight forward as possible.

Once you have achieved correct alignment, it is necessary to learn how to maintain that alignment or to stay "tight".

Tightness

Within handbalancing and gymnastics circles, there is some difference of opinion regarding how "tight" or how hard the muscles should be squeezed during a handstand. Equilibrists (handstand balancers) maintain that the gymnastics' style handstand is always tight and rigid while the equilibrist style handstand is soft and relaxed.

This is both right and wrong. When transitioning from swinging skill to swinging skill at speeds of up to 70 mph and g-forces of up to 14 times bodyweight, the gymnastics HS is of necessity very tight; but when simply performing a HS by itself, the gymnastics HS is quite relaxed. In fact, a proficient gymnastics HS is relatively effortless.

However it is important to understand that that perceived level of 'relaxation' only comes with a great deal of experience coupled with solid HS proficiency. As a beginner you will not be able to differentiate between what muscles should be tight and which may be relaxed; so initially you will need to be tight in all parts of your body at all times.

Rebalancing

Once your mobility is advanced enough to allow the body to be correctly aligned and you are able to maintain that alignment through staying tight, we will begin working on how to maintain balance while in the handstand position.

It is important to understand that despite outward appearances a handstand is not a static position, but a constant fluctuation between under and over balancing. As you become

more advanced the fluctuations between these two states will become smaller and more subtle. Rebalancing is the term used to describe these fluctuations.

Using the Hands

As your rebalancing becomes more subtle and effective, the more stable and effortless your handstands will become. Initially you will naturally (and incorrectly!) seek to save your balance by bending and straightening the elbows, back and hips, however your control will eventually improve to the point where you need only to make small minute movements with the hands, wrists and shoulders to maintain your balance.

When balanced; the weight of your body should press down onto the palm approx one inch in from the edge of the wrist. The body will be perfectly aligned and the handstand will be relatively effortless.

When attempting to recover from overbalancing (beginning to fall over onto the back), press the fingers strongly into the floor to attempt to return the body back to an upright vertical position.

When attempting to recover from underbalancing (beginning to fall over onto the stomach), press the heel of the palm strongly into the floor in an attempt to return the body once more to an upright vertical position.

Wrists

Without strong flexible wrists which are capable of handling the rigors of handstand training; you will make little to no progress with handstand training. This is an absolute from which there is no escape. As a direct consequence of this reality there are four wrist stretches and four wrist exercises that will be performed each and every handstand training day prior to the beginning of the main body of your handstand workout.

- My own athletes alternate days of performing the wrist stretches with pulses and simple static holds. The embedded videos demonstrate the pulses, by you may also simply hold the stretch for time.

While rep progressions for the various wrist exercises have been provided, these should be considered advisory. For most adult students building wrist mobility and wrist strength is a long term process. When in doubt; do less, rather than more.

Your wrist work should take place at a relatively light, comfortable intensity. If you are struggling you are working too hard and should either reduce your training volume or continue dropping back to an easier variation until you find a more appropriate level of intensity.







Handstand One

Wrist Stretch #1
Wrist Stretch #2
Wrist Stretch #3
Wrist Stretch #4

Other Courses











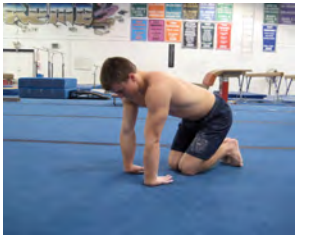


Wrist Stretch One
WRS/1
10r before each workout

Focus Point:
1) Press the heel of the palm strongly into the floor before leaning back into the stretch







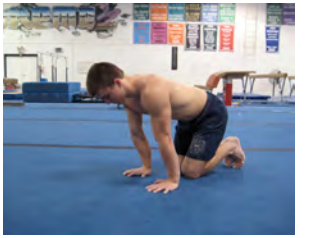


Wrist Stretch Two
WRS/2
10r before each workout

Focus Point:
1) Do not allow the back of the wrist to come off the floor while leaning backward into the stretch









Wrist Stretch Three
WRS/3
10r before each workout

Focus Points:
1) Keep the heel of the palm on the floor at all times
2) The fingers should be pointing directly forward



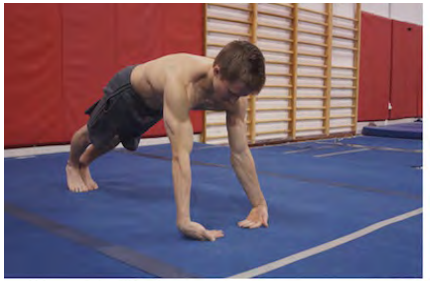


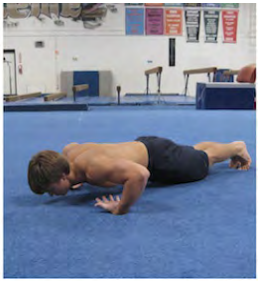




Wrist Stretch Four
WRS/4
10r before each workout

Focus Points:
1) Turn the little fingers inward as much as possible
2) Lean backward to intensify the stretch







Handstand One

Wrist Pushup PE1
Wrist Pushup PE2
Wrist Pushup PE3
Wrist Pushup PE4

Wrist Pushup SE1
Wrist Pushup SE2
Wrist Pushup SE3
Wrist Pushup SE4

Other Courses













Wall Wrist Walk
WP/PE1
Mastery = 5x5r

Focus Point:
1) Bend the wrists one at a time so that the back of the hand and wrist are flush with the wall









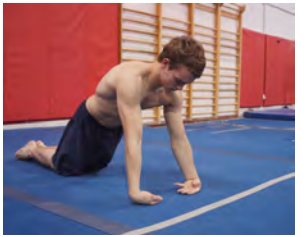
Long Hollow Wrist Walk
WP/PE2
Mastery = 5x5r

Focus Point:
1) The slower the tempo the more productive this exercise is









Kneeling Wrist Walk
WP/PE3
Mastery = 5x5r

Focus Point:
1) If necessary, at first you may decrease the intensity of this exercise by piking the hips









Wrist Walk
WP/PE4
Mastery = 5x5r

Focus Point:
1) Do not allow the elbows to bend, concentrate solely on full extension through each wrist









Wall Wrist Pushup
WP/SE1
Mastery = 5x5r

Focus Point:
1) This is my favorite all wrist variations; it allows for a very slow intense movement which you will feel deep in the joint









Long Hollow Wrist Pushup
WP/SE2
Mastery = 5x5r

Focus Point:
1) Note that it is necessary to flare the elbows to the side in order to keep the hands parallel.









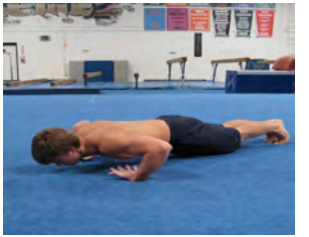
Kneeling Wrist Pushup
WP/SE3
Mastery = 5x5r

Focus Point:
1) The thumbs are elevated during the ascent and descent to keep the stress fully on the wrists



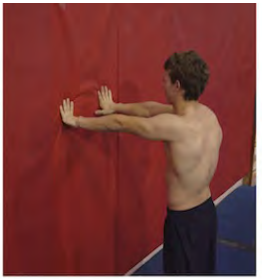






Wrist Pushup
WP/SE4
Mastery = 5x5r

Focus Point:
1) Do not allow the wrist to simply flop down; rather lower the back of the wrist with strength and control.




Handstand One

First Knuckle Pushup PE1
First Knuckle Pushup PE2
First Knuckle Pushup PE3
First Knuckle Pushup PE4

First Knuckle Pushup SE1
First Knuckle Pushup SE2
First Knuckle Pushup SE3
First Knuckle Pushup SE4

Other Courses







Wall First Knuckle Walk

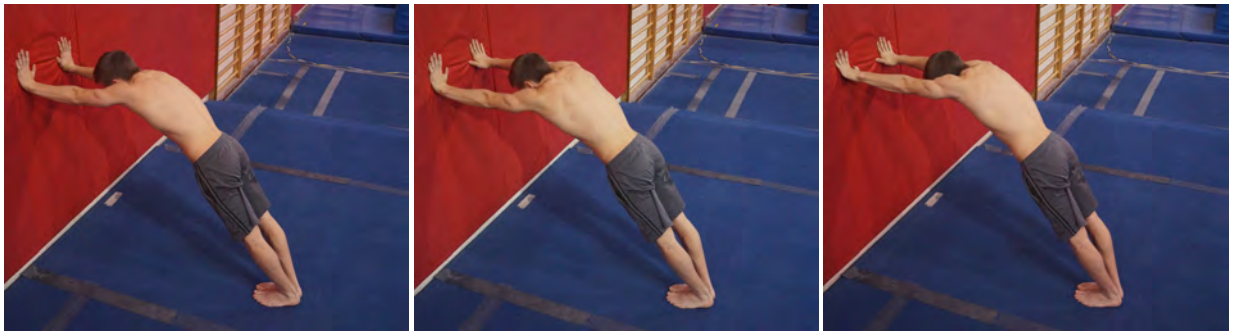
FKP/PE1

Mastery = 5x5r



Focus Point:

1) The goal is to bend the first knuckles a full 90 degrees



Long Hollow First Knuckle Walk

FKP/PE2

Mastery = 5x5r



Focus Point:

1) Often times due to too much desk work, the fingers and hence the wrists get too tight without our even noticing



Kneeling First Knuckle Walk

FKP/PE3

Mastery = 5x5r



Focus Point:

1) Take advantage of the extra support provided by going one hand at a time to really focus on stretching the fingers



First Knuckle Walk

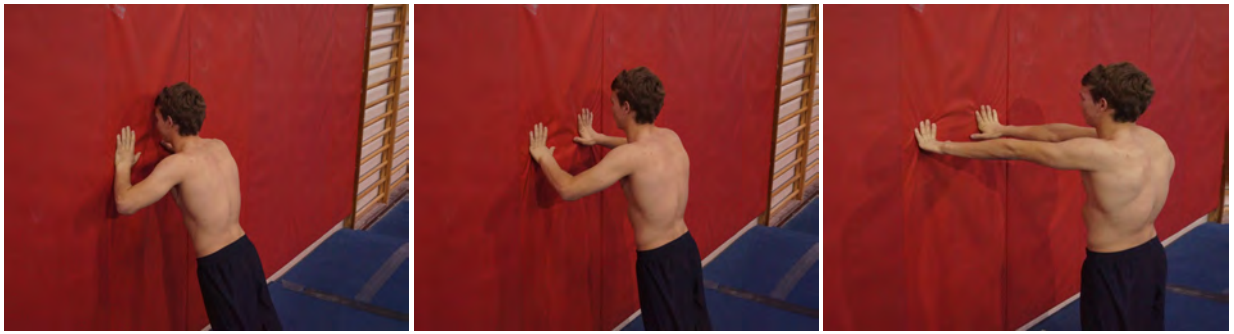
FKP/PE4

Mastery = 5x5r



Focus Point:

1) Keep the fingers flat on the floor as the knuckles are bending



Wall First Knuckle Pushup

FKP/SE1

Mastery = 5x5r



Focus Point:

1) Let the palms go flat at the bottom of each repetition



Long Hollow First Knuckle Pushups

FKP/SE2

Mastery = 5x5r



Focus Point:

1) Strive to keep the shoulders open in full flexion during this variation



Kneeling First Knuckle Pushup

FKP/SE3

Mastery = 5x5r



Focus Point:

1) Even under this greater load, remember to continue bending the knuckles a full 90 degrees



First Knuckle Pushup

FKP/SE4

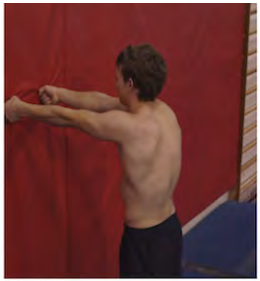
Mastery = 5x5r



Focus Point:

1) Continue to move with as slow a speed as you can manage; remember that the fingers must remain flat









Handstand One

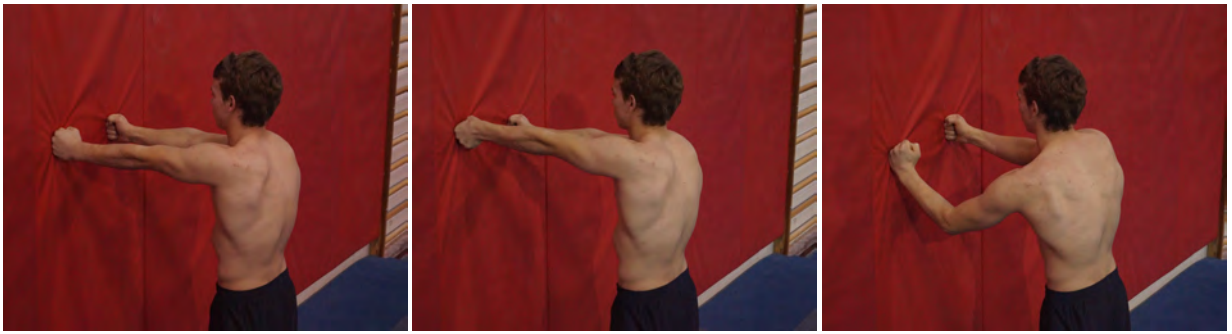
Wrist Rock PE1
Wrist Rock PE2
Wrist Rock PE3
Wrist Rock PE4

Wrist Rock SE1
Wrist Rock SE2
Wrist Rock SE3
Wrist Rock SE4

Other Courses







Wall Wrist Rock Walk

WR/PE1

Mastery = 5x5r



Focus Point:

1) Although the ROM is relatively limited, these are a potent exercise as this area of the wrist receives little conditioning



Long Hollow Wrist Rock Walk

WR/PE2

Mastery = 5x5r



Focus Points:

1) The wrist bending to the front while turned sideways is called ‘ulnar deviation’



Kneeling Wrist Rock Walk

WR/PE3

Mastery = 5x5r



Focus Points:

1) The wrist bending to the rear while turned sideways is called ‘radial deviation’



Wrist Rock Walk

WR/PE4

Mastery = 5x5r



Focus Points:

1) Performing these from a plank can be rather intense; leaning to one side will help you to scale these if needed



Wall Wrist Rock

WR/SE1

Mastery = 5x5r



Focus Points:

1) Build the ROM on these gradually; the intensity of working both wrists at the same time can sneak up on you



Long Hollow Wrist Rock

WR/SE2

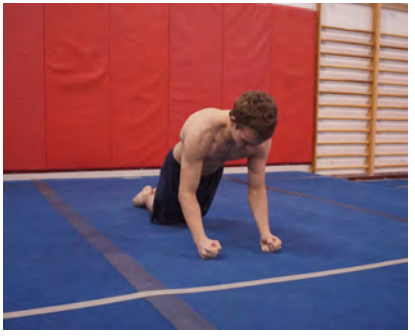
Mastery = 5x5r



Focus Points:

1) Be sure that the primary focus during the radial deviation is on the wrist bending and not on the elbow bending





Kneeling Wrist Rock

WR/SE3

Mastery = 5x5r



Focus Points:

1) Focus on making the transition between ulnar and radial deviation smooth



Wrist Rock

WR/SE4

Mastery = 5x5r



Focus Point:

1) Keep the elbows completely locked during the ulnar deviation of the wrist (sideways forward bend)







Handstand One

Finger Tip Pushup PE1
Finger Tip Pushup PE2
Finger Tip Pushup PE3
Finger Tip Pushup PE4

Finger Tip Pushup SE1
Finger Tip Pushup SE2
Finger Tip Pushup SE3
Finger Tip Pushup SE4

Other Courses







Wall Fingertip Walk

FTP/PE1

Mastery = 5x5r



Focus Point:

1) Your fingers may be bending in all directions on your first attempt at these; they will straighten as strength improves



Long Hollow Fingertip Walk

FTP/PE2

Mastery = 5x5r



Focus Point:

1) Smoothly transition from one hand to the other; extending and flexing the fingers strongly



Kneeling Fingertip Walk

FTP/PE3

Mastery = 5x5r



Focus Point:

1) Leaning to one side will reduce the intensity of this exercise, but do not lean more than needed



Fingertip Walk

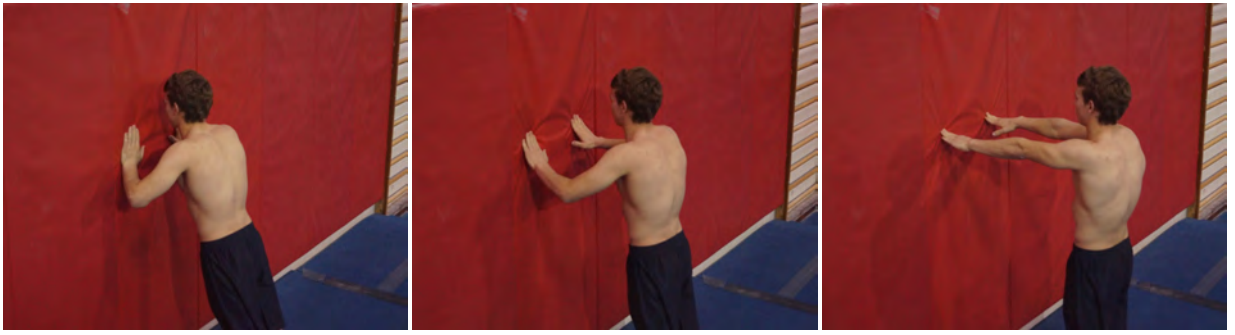
FTP/PE4

Mastery = 5x5r



Focus Point:

1) Completely extend the knuckles at the top of each repetition; there should be no bend in the fingers



Wall Fingertip Pushup

FTP/SE1

Mastery = 5x5r



Focus Point:

1) The fingers should be neither arched nor piked; but rather perfectly straight



Long Hollow Fingertip Pushup

FTP/SE2

Mastery = 5x5r



Focus Point:

1) The intensity of these can be either increased or decreased according to the depth of the long hollow hold



Kneeling Fingertip Pushup

FTP/SE3

Mastery = 5x5r



Focus Point:

1) Due to the support of the knees it is natural for these to lean back slightly during the ascent



Fingertip Pushup

FTP/SE4

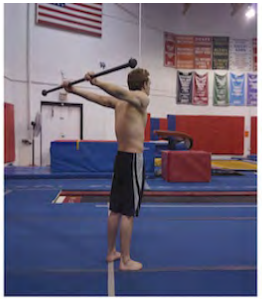
Mastery = 5x5r



Focus Point:

1) Attempt to pause for a second or two at the top of each repetition









Handstand One Preparatory Elements 1-6

Strength

PE1: Tripod

PE2: Headstand

PE3: Forearm Headstand

PE4: Supine Floor Handstand Flexion with Weighted Bar

PE5: Prone Floor Handstand Flexion with Weighted Bar

PE6: Prone Floor Handstand Flexion Pulses with Weighted Bar

Mobility

PE1>im: Static Seated Shoulder Flexion with Weighted Bar

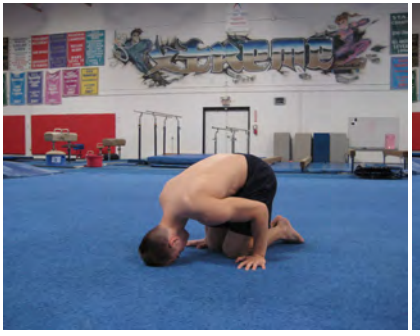
PE2>im: Static Standing Shoulder Extension with Weighted Bar

PE3>im: Seated Shoulder Flexion Reps with Weighted Bar

PE4>im: Standing Shoulder Extension with Weighted Bar

PE5>im: Standing Overgrip Dislocate with Weighted Bar

PE6>im: Standing Undergrip Dislocate with Weighted Bar


Tripod

HS/PE1

Mastery = 5x60s



Focus Point:

1) Think of creating a triangle of support; with the head at the top and the hands as the two lower corners.





Headstand (HeS)

HS/PE2

Mastery = 5x60s



Focus Point:

1) If your hands are properly placed, the fingers should be just barely visible from the corner of the eyes





Forearm Headstand (fHeS)

HS/PE3

Mastery = 5x60s

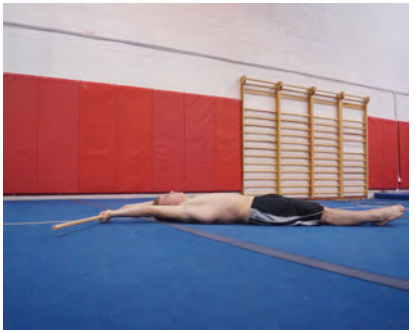


Focus Points:

1) Cup the back of the head with the hands

2) The entire forearm should be used to balance





Supine Floor Handstand Flexion with Weighted Bar

HS/PE4

Mastery = 5x30s



Focus Points:

1) Keep the ribs pulled down and the upper back flat

2) Do not allow the lower back to arch or come off the floor



Prone Floor Handstand Flexion with Weighted Bar

HS/PE5

Mastery = 5x30s



Focus Points:

1) Keep the chin and upper chest in contact with the floor

2) Experiencing dramatic cramps in the traps is common



Prone Floor Handstand Flexion Pulses with Weighted Bar

HS/PE6

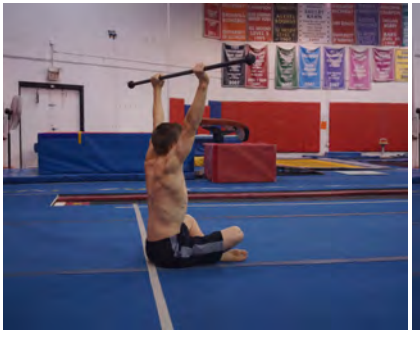
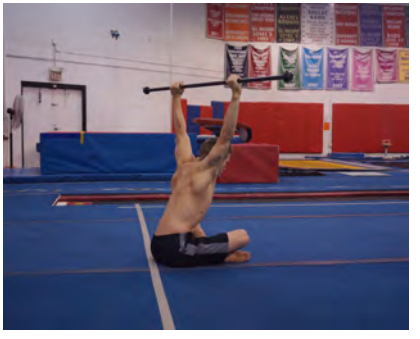
Mastery = 5x10r



Focus Points:

1) The bar does not touch the ground during the pulses

2) Do not lift either the chin or the chest off the floor

Static Seated Shoulder Flexion with Weighted Bar

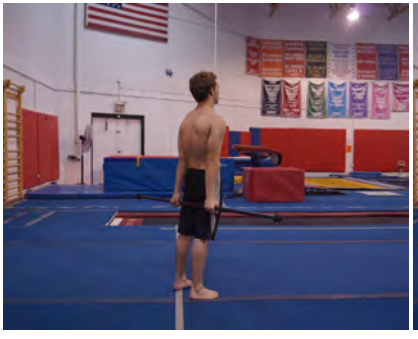
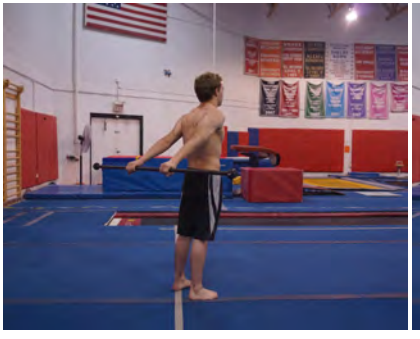
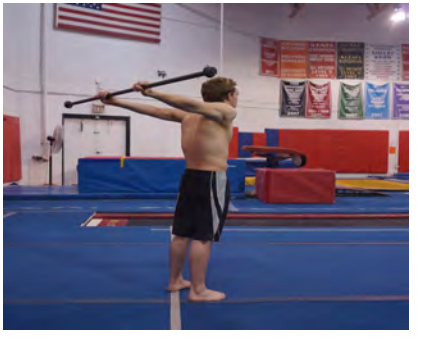
HS/PE1>iM

10s after each work set



Focus Point:

1) Using a weighted bar (5lb minimum) tilt forward and ‘pull’ the hands behind the head

Static Standing Shoulder Extension with Weighted Bar

HS/PE2>iM

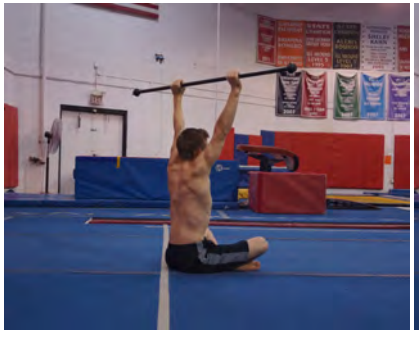
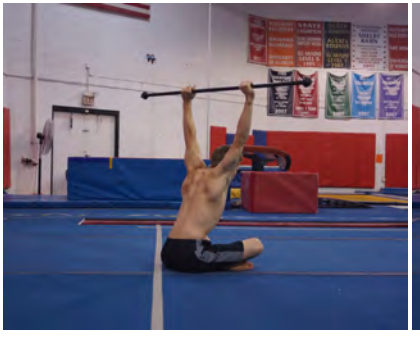
10s after each work set



Focus Points:

1) Strive to elevate the bar until it is level with the shoulders

2) Remain upright with a flat back as the bar is raised


Seated Shoulder Flexion Reps with Weighted Bar

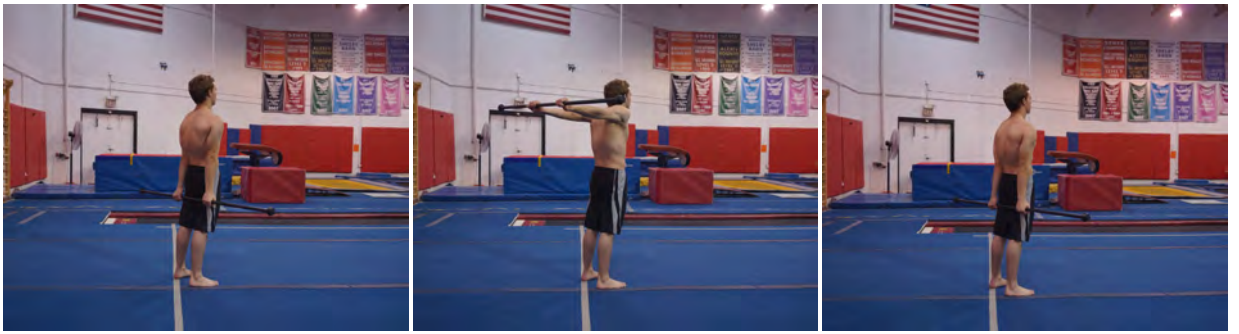
HS/PE3>iM

5r after each work set



Focus Points:

1) Do not rush through these reps
2) Maximize the R.O.M. during each of the leans forward



Standing Shoulder Extension with Weighted Bar

HS/PE4>iM

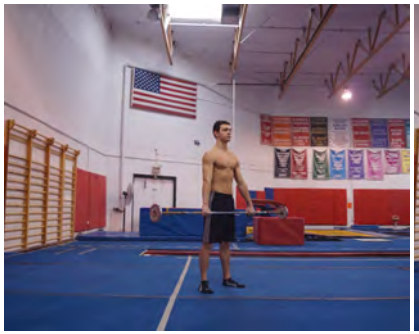
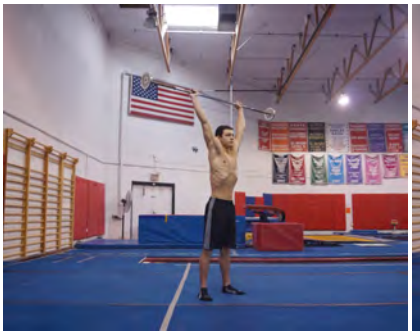
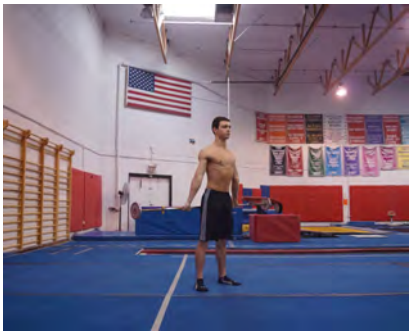
5r after each work set



Focus Points:

1) A shoulder width grip is your ultimate goal

2) Feel the chest open and the shoulders pull back

Standing Overgrip Dislocate with Weighted Bar

HS/PE5>iM

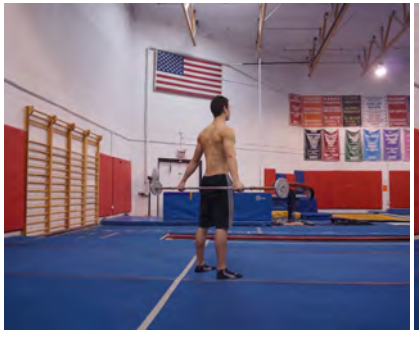
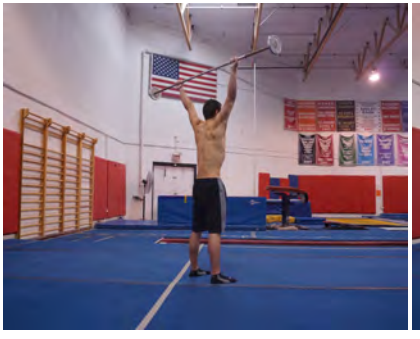
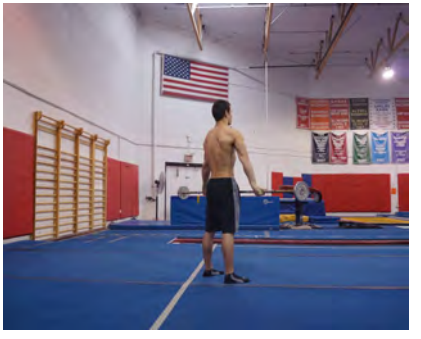
5r after each work set



Focus Points:

1) Begin wide and over time make your grip narrower

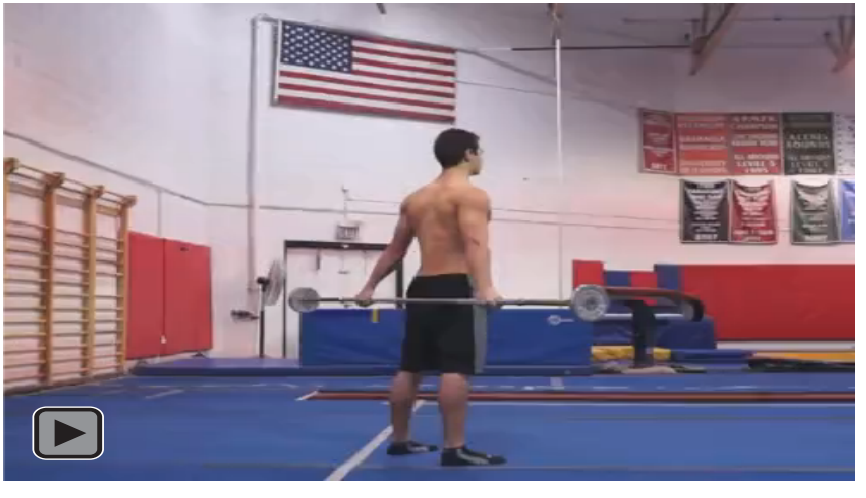
2) Once weight increases, widen the grip and begin again

Standing Undergrip Dislocate with Weighted Bar

HS/PE6>iM

5r after each work set

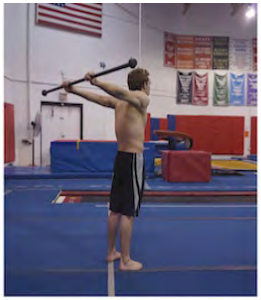


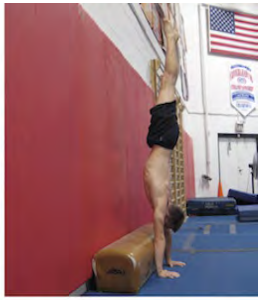
Focus Points:

1) The athlete above is using a 20lb bar

2) As a point of reference he is capable of using a 45lb bar









Handstand Preparatory Elements 7-12

Strength

PE7: 30 Second Wall Handstand

PE8: 30 Rep Handstand Wall Run

PE9: 60 Second Wall Handstand

PE10: 60 Rep Handstand Wall Run

PE11: Wrist Wall Handstand

PE12: Forearm Supported Handstand

Mobility

PE7>im: Prone Overgrip Dislocate with Weighted Bar

PE8>im: Prone Undergrip Dislocate with Weighted Bar

PE9>im: Standing Posterior Pelvic Tilt

PE10>im: Prone Posterior Pelvic Tilt

PE11>im: Bent Supine Posterior Pelvic Tilt

PE12>im: Supine Posterior Pelvic Tilt





30 Second Wall Handstand

HS/PE7

Mastery = 5x30s



Focus Points:

1) The wrists should be within 6-12” of the wall

2) The body should be tight and extended the entire time



30 Rep Handstand Wall Run

HS/PE8

Mastery = 5x30r



Focus Points:

1) The fingers must touch the shoulder for the rep to count

2) Feel the supporting arm extend upward





60 Second Wall Handstand

HS/PE9

Mastery = 5x60s



Focus Points:

1) Feel the chest and upper thighs in contact with the wall
2) Do not allow the lower back to arch



60 Rep Handstand Wall Run

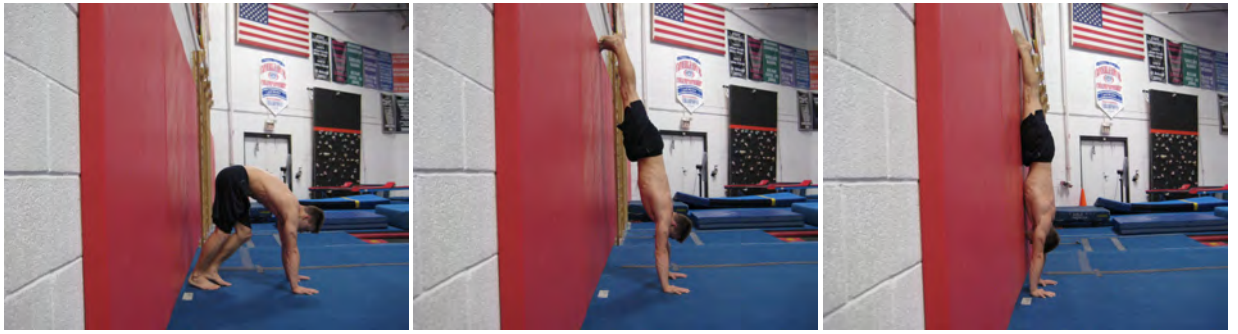
HS/PE10

Mastery = 5x60r



Focus Point:

1) Do not allow the lower back or the shoulders to sag or loose tension at any time during the set



Wrist Wall Handstand

HS/PE11

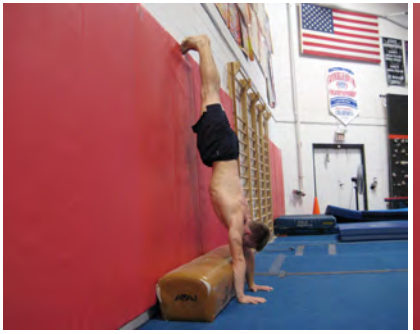
Mastery = 5x60s



Focus Points:

1) The hands will now be within 1-3” of the wall

2) Note that his hips are not in contact with the wall


Forearm Supported Handstand

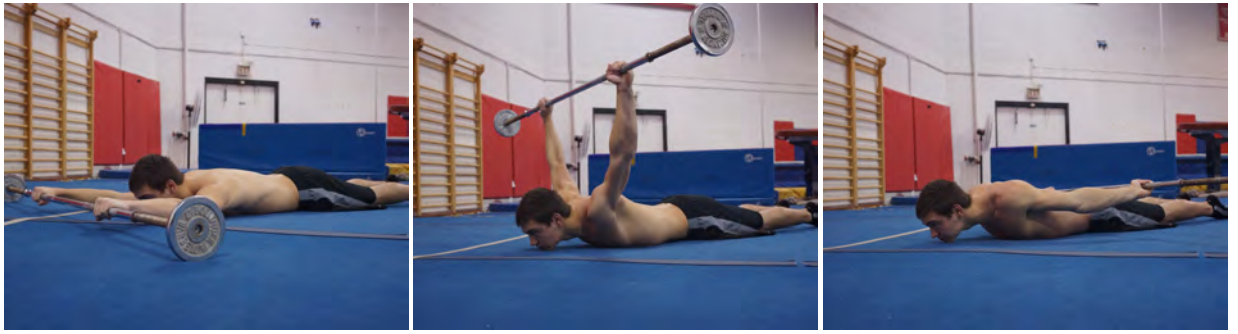
HS/PE12

Mastery = 5x60s



Focus Points:

1) Brace somewhere between the mid and upper forearms
2) Don't be afraid to lean on the forearms during the HS



Prone Overgrip Dislocate with Weighted Bar

HS/PE7>iM

5r after each work set



Focus Points:

1) This should be a smooth, rolling movement

2) If not, your grip is too narrow for your current mobility



Prone Undergrip Dislocate with Weighted Bar

HS/PE8>iM

5r after each work set



Focus Points:

1) Do not jerk the weight, pull it smoothly from the floor

2) Slowly lower the weight behind, do not allow it to drop!



Standing Posterior Pelvic Tilt (PPT)

HS/PE9>iM

5r after each work set



Focus Points:

1) Mastering PPT is essential for good body alignment

2) Glutes and upper back remain in contact with the wall



Prone Posterior Pelvic Tilt (PPT)

HS/PE10>iM

5r after each work set



Focus Point:

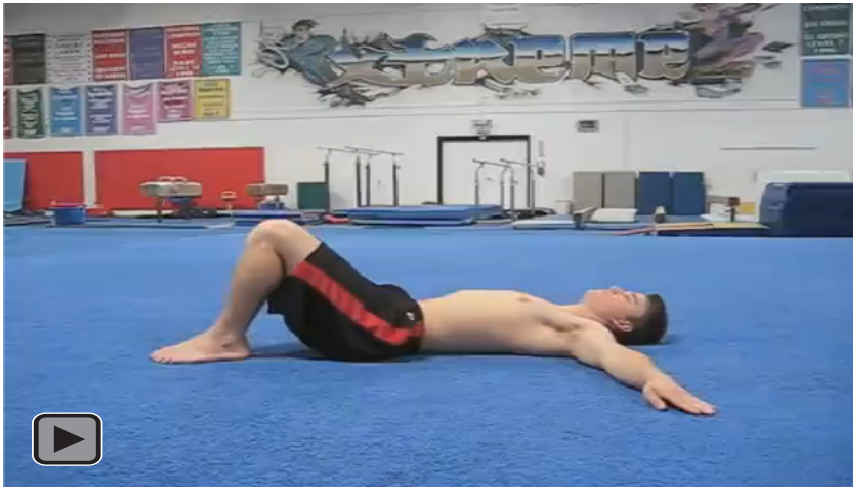
1) Beginning with the arch first helps you to better feel the opposite or correct position when trying to achieve PPT



Bent Supine Posterior Pelvic Tilt (PPT)

HS/PE11>iM

5r after each work set



Focus Point:

1) If you are successful with the PPT, all of the arch will be taken out of your lower back



Supine Posterior Pelvic Tilt (PPT)

HS/PE12>iM

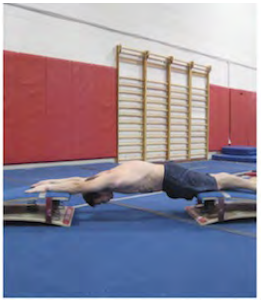
5r after each work set



Focus Point:

1) Do not allow the legs to lift off the ground during the PPT
2) Keep the upper and lower back, glutes and legs flat









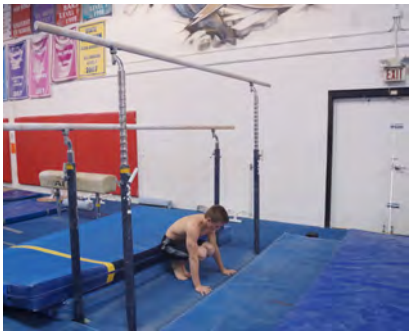
Handstand Specific Elements 1-7

Strength

SE1: Chinese Handstand
SE2: Partial Wall Handstand Rep
SE3: Partial Wall Handstand
SE4: 10 Second Free Handstand
SE5: Free Handstand Straddle
SE6: 10 Second Parallette Handstand
SE7: 30 Second Free Handstand

Mobility

SE1>im: Forearm Plank Posterior Pelvic Tilt
SE2>im: Plank Posterior Pelvic Tilt
SE3>im: Elevated Supine Posterior Pelvic Tilt
SE4>im: Supine PPT Lower
SE5>im: Suspended Arch/Hollow Pull
SE6>im: Suspended Hollow Body Hold
SE7>im: 45 Degree Long Hollow Hold with Hands





Chinese Handstand

HS/SE1

Mastery = 5x60s



Focus Points:

1) Use an overhead support that your toes can barely reach

2) Reaching the bar should require complete extension





Partial Wall Handstand Rep

HS/SE2

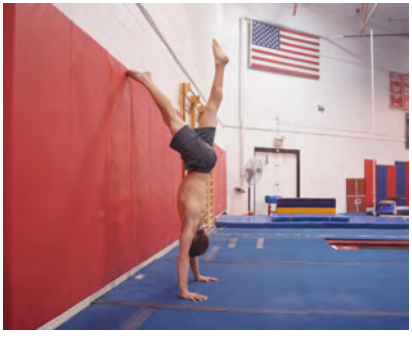
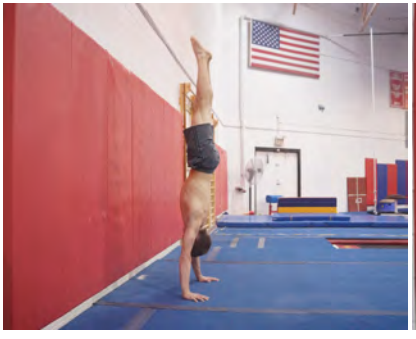
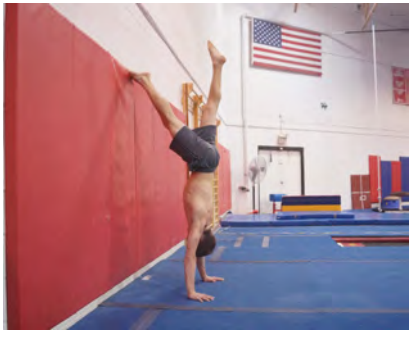
Mastery = 5x5r



Focus Points:

1) Note that only the leg on the wall breaks body alignment

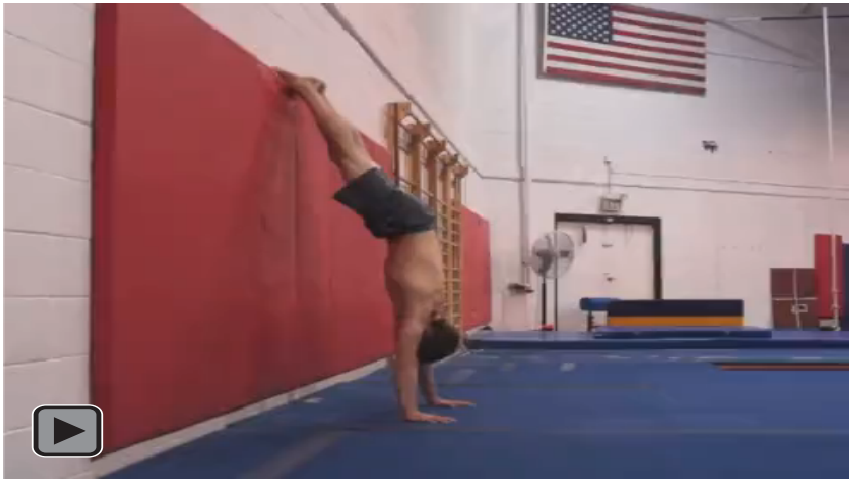
2) The pull off the wall should be very slow and deliberate

Partial Wall Handstand

HS/SE3

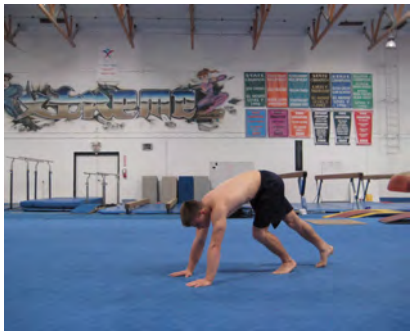
Mastery = 5x10s



Focus Points:

1) Feel a flat back, ribs down and PPT before beginning

2) Control the handstand with the hands and wrists





10 Second Free Handstand

HS/SE4

Mastery = 5x10s



Focus Points:

1) Feel the majority of your weight 1” in from the wrist

2) The only movement should be in the wrists and shoulders





Free Handstand Straddle

HS/SE5

Mastery = 5x5r



Focus Points:

1) Pull the legs out sideward, do not allow them to drop fwd

2) Move slowly and deliberately, no jerking or rushing





10 Second Parallette Handstand

HS/SE6

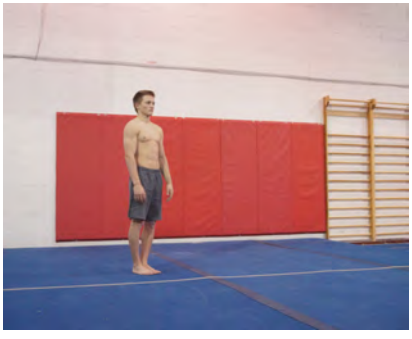
Mastery = 5x10s



Focus Points:

1) Use the hands pressing fwd & bwd to control the HS

2) A HS on the paralletes will be needed for press HS later

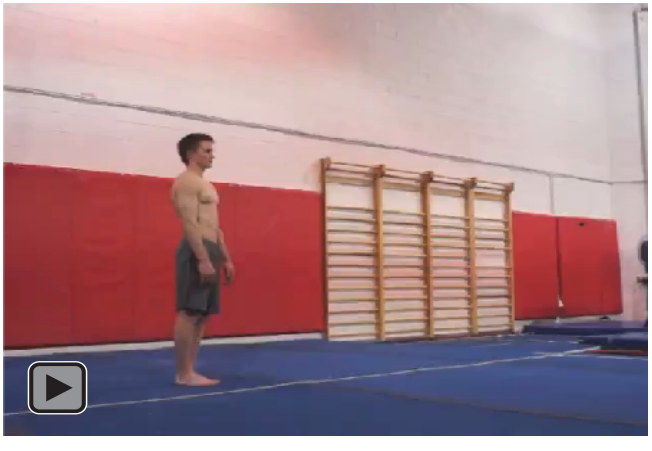




30 Second Free Handstand

HS/SE7

Mastery = 5x30s



Focus Points:

1) For longer HS good alignment becomes critical

2) Keeping the shoulders extended will help to avoid arching



Forearm Plank Posterior Pelvic Tilt (PPT)

HS/SE1>iM

5r after each work set



Focus Points:

1) It is normal to feel somewhat unstable at first

2) Focus on a smooth transition between the PPT and arch





Plank Posterior Pelvic Tilt (PPT)

HS/SE2>iM

5r after each work set



Focus Points:

1) PPT becomes more difficult when the core is loaded

2) Focus on moving the hips only; not the entire back



Elevated Supine Posterior Pelvic Tilt (PPT)

HS/SE3>iM

5r after each work set



Focus Points:

1) To achieve proper PPT the hips should have no change in elevation, but rather a change in rotation





Supine PPT Lower

HS/SE4>iM

5r after each work set



Focus Point:

1. 1) If you can slide your hand under your lower back, you are arched; stop the rep and try again
2.





Suspended Arch/Hollow Pull

HS/SE5>iM

5r after each work set

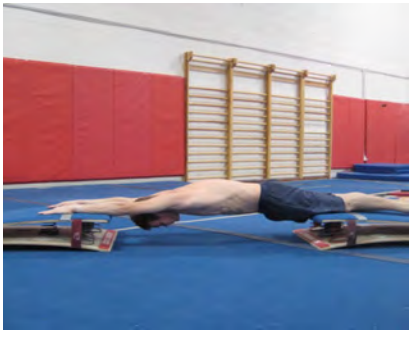


Focus Points:

1) Any two solid objects of approximately 8-12” high will do

2) Note that he is braced on the forearms and mid thighs

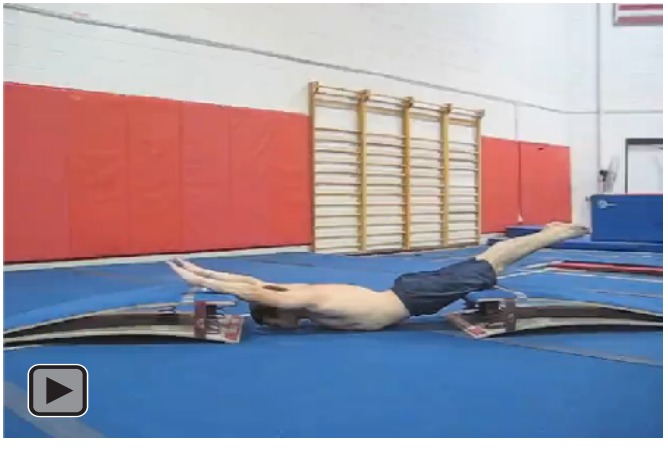




Suspended Hollow Body Hold

HS/SE6>iM

30s after each work set



Focus Points:

1) It is not necessary for the beginning arch to be extreme

2) Keep the body tight and extended for the duration

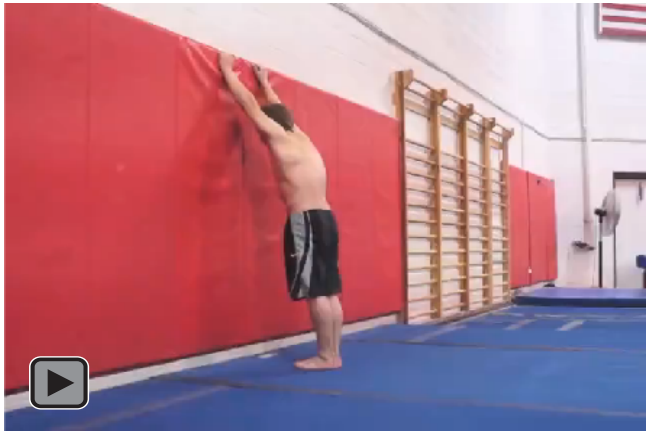




45 Degree Long Hollow Hold with Hands

HS/SE7>iM

30s after each work set

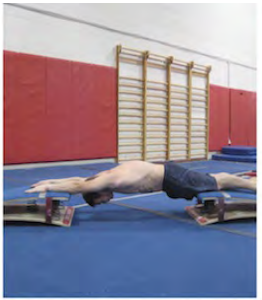


Focus Points:

1) The shoulders must be completely open in full flexion

2) Do not allow yourself to pike, this defeats the movement









Handstand Specific Elements 8-14

Strength

SE8: Free Handstand Shrug

SE9: 30 Second Parallette Handstand

SE10: 60 Second Free Handstand

SE11: Free Handstand Single Leg Tuck

SE12: 90 Second Free Handstand

SE13: Free Handstand Double Leg Tuck/a>

SE14: 120 Second Free Handstand

Mobility

SE8>im: 45 Degree Long Hollow Hold with Feet

SE9>im: Long Hollow Wall Walk

SE10>im: Long Hollow Rep

SE11>im: Long Hollow Hold

SE12>im: Arch/Hollow Lift

SE13>im: 10 Second Long Hollow Rear Support

SE14>im: 30 Second Long Hollow Rear Support





Free Handstand Shrug

HS/SE8

Mastery = 5x5r



Focus Points:

1) Only the shoulders should move during this element

2) Do not allow the head to move; stay steady



30 Second Parallette Handstand

HS/SE9

Mastery = 5x30s



Focus Points:

1) Note that the hips get over the shoulders very quickly

2) Full shoulder flexion will often have a ‘pulling under’ feel



60 Second Free Handstand

HS/SE10

Mastery = 5x60s



Focus Points:

1) Working on too soft a surface will cause wrist fatigue

2) Calm shallow breathing is necessary during a long HS



Free Handstand Single Leg Tuck

HS/SE11

Mastery = 5x10r



Focus Points:

1) Keep the descending foot next to the other leg

2) Feel the traps working hard to maintain shoulder flexion



90 Second Free Handstand

HS/SE12

Mastery = 5x90s



Focus Point:

1) Lifting the fingers very slightly will help to keep the weight better centered on the wrist





Free Handstand Double Leg Tuck

HS/SE13

Mastery = 5x5r



Focus Point:

1) As the knees descend forward, keep the feet centered over the top of the glutes at all times





120 Second Free Handstand

HS/SE14

Mastery = 5x120s



Focus Points:

1) Finally the top of the free HS mountain

2) Note how the body automatically went to alignment



45 Degree Long Hollow Hold with Feet

HS/SE8>iM

30s after each work set



Focus Points:

1) Begin from a normal wall handstand

2) Do not allow any change in alignment during the walk out



Long Hollow Wall Walk

HS/SE9>iM

5r after each work set



Focus Points:

1) Do not allow the legs to bend during the descent

2) Lowering all the way down and back up is one rep



Long Hollow Rep

HS/SE10>iM

5r after each work set



Focus Points:

1) Begin from PPT and full scapular protraction (see F1)

2) Attempt to lower completely to the floor and return



Long Hollow Hold

HS/SE11>iM

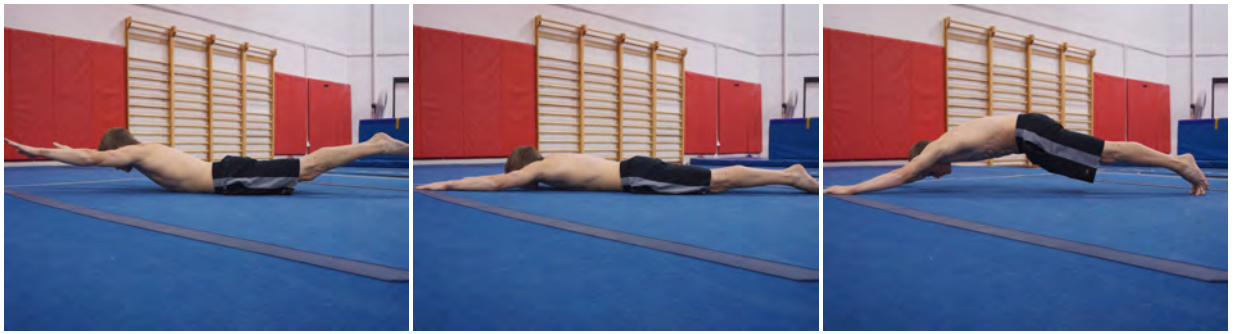
30s after each work set



Focus Points:

1) A common error is allowing the shoulders to pike

2) Maintaining full shoulder flexion is much more productive



Arch/Hollow Lift

HS/SE12>iM

5r after each work set



Focus Point:

1) The shoulders and lower back round and lift at the same time; do not allow the shoulders to rise first



10 Second Long Hollow Rear Support

HS/SE13>iM

10s after each work set



Focus Point:

1) It requires extreme trap strength to maintain full shoulder flexion during this position



30 Second Long Hollow Rear Support

HS/SE14>iM

30s after each work set



Focus Points:

1) This will be the longest 30s of this entire course

2) Achieving PPT here will feel as though you are piked

Your First Workout

Success with the GymnasticBodies courses means doing workouts as they are meant to be performed. Often, individuals struggle on elements because they simply did not follow a key point or two. Below you will find instructions for correctly performing your first workout.

Your first workout will always be PE1 and PE1>iM Mastery Standards for every element. You can find this on the exercise page itself (e.g. HS/PE1 page lists 5 sets 60 seconds). I can't emphasize enough that you test these. Students will often try to skip elements based on what their eyes think they can do, rather than what their body can actually perform. GST is about becoming stronger and more mobile than 99% of the world's population and you cannot get there by the force of your ego alone.

Your workout structure will be as follows:

1) Wrist Stretches #1-4, which are always 10 reps

2) One exercise from each of the other wrist categories. You will choose either PE1, PE2, PE3, PE4, SE1, SE2, SE3, or SE4 depending upon which progression matches your current level. Each wrist exercise will correspond to the 5reps mastery chart. Once you can do 5x5 of that progression, start a new cycle with the next progression in difficulty.

3) For the Handstand portion, do the appropriate PE or SE (not both) strength element and the mobility element as a superset.

We would write out the handstand portion like this for Week 1 of PE1:

A1) PE1 Tripod 3x12s

A2) PE1 Static Seated Shoulder Flexion with Weighted Bar 10s

You would perform it in the gym as below since there are three sets assigned of Tripod:

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

A1) Tripod 12s

A2) Static Seated Shoulder Flexion with Weighted Bar 10s

To find the amount of sets and repeitions for A1, I looked up the PE/SE element I needed to find which mastery template to use. In the case of PE1, it is 60seconds. I then used the 60s mastery chart to find the workout for the week I am on. In this example, Week 1 of HSPE1 is 3 sets of 12 seconds.

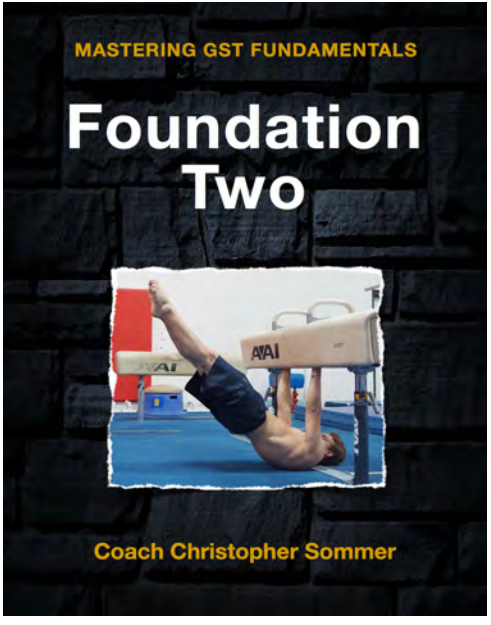
To build A2 I looked at the PE/SE mobility portion and just plugged in the time/reps number into A2. Since we know A1/A2 is a superset, the number of mobility sets will be the same as the strength ones.

Do this each week until you have reached Week 12 and mastered the PE and its mobility. The strength and mobility portion are a pair, so do not bump on until both have been mastered.

Tip:

You can start at either Week 1, Week 5, or Week 9 in the schedule according to how tough the Handstand PE and mobility is for you.

If you master all the elements in PE1 in the first workout, you may then test PE2 for your next workout. Continue until you have reached sticking points for each element. Do not attempt to perform multiple progressions in a single workout.



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GB Course Structures

All Gymnastic Bodies Courses follow the same highly successful instructional method and course structure. If you are already familiar with another GB Course, then simply glance over the following 'Intro' and 'Details' sections to refresh your memory and become familiar with the course specifics as they apply to Foundation training.

If however this is your first GB Course, then please read the following two sections slowly and thoroughly as the care with which you follow and implement the course instructions will have a great impact on your ultimate degree of Foundation training success.



Simplicity. Clarity. Ease of use.

The primary purpose of the GB Foundation Level 1-4 Courses is to simplify, clarify and quantify the complexities of fundamental gymnastics strength training (GST) while simultaneously providing a clear blueprint for mastering the seven basic exercises of fundamental GST:

Front Lever (FL)
Straddle Planche (sPL)
Side Lever (SL)
Manna (MN)
Single Leg Squat (SLS)
Hollowback Press (HBP)
Rope Climb (RC)

Literally all that is needed to achieve success with Foundation One is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.





No Brain No Gain

Gymnastics Strength Training (GST) is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. And nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.





Why These Exercises in This Order?

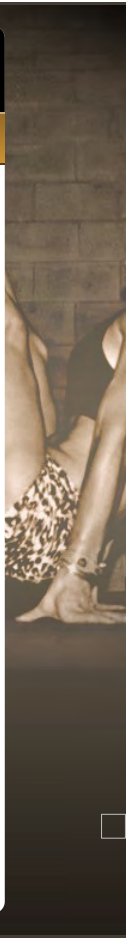
In order to enjoy long term success with GST, increasing strength alone is not enough; you must also strive to increase your bodies' ability to handle ever more neuromuscularly complex movements.

To this end, one of the primary focuses of the GB Foundation Courses is to engage in a constant evolution regarding your current exercise's degree of neuromuscular activation or the constant evolution of your strength levels in terms of neuromuscular coordination. It is important to remember that during these fundamental GST progressions we will always be moving forward to ever more neurologically complex exercises. For example note that the progression of pushup variations to dip variations to HSPU variations to MPPr variations not only represents increases in strength but also increases in the degree of neuromuscular activation needed to correctly execute these exercises.

A long time GB student perhaps best described GB GST training as "... a method of progressing from simple to complex exercises with ever increasing degrees of neuromuscular activation ..."







FSAS, FBAS and FLS

Fundamental GST is divided into three categories; fundamental straight arm strength (FSAS), fundamental bent arm strength (FBAS) and fundamental leg strength (FLS).

In the GB Foundation Courses, you are going to focus your FSAS efforts exclusively on the mastery of four FSAS elements; front lever (FL), straddle planche (sPL), side lever (SL) and manna (MN). Note that I said mastery; not introduced, not merely acquainted with, but completely and totally mastered as measured by my requiring you to perform each targeted exercise for a specific required number sets and reps or sets of holds for time.

During the GB Foundation Courses your FBAS work will focus on mastering rope climb (RC) and hollow back press handstand (HBP) and your FLS will focus on the acquisition of the single leg squat (SLS). Once again, mastery is the only acceptable standard prior to moving on to the next exercise in each progression.

Each of these 7 fundamental exercises will be achieved by following an explicit and concise developmental series that is in turn divided into preparatory elements (PE) and specific elements (SE) unique to that particular exercise.

Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly under-estimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as “training”.

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or ‘preparatory’ steps are essential for adult fitness enthusiasts to successfully progress thru and master the more demanding exercise ‘specific’ steps that come later.

For example, there are now 17 preparatory elements that must be mastered prior to beginning the specific element work relevant to FL! What impact will these preparatory steps have on your own training? The impact, as well as the results, is going to be dramatic indeed.





Exercise Notation

As you work your way thru this GB Foundation One Course you will notice that each and every exercise has its own individual notation (e.g. FL/PE1). These notations are very important as they instantly inform you which of the seven primary fundamental GST and where in that progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation 'FL/PE1' means that this is preparatory element 1 of the front lever series, while 'FL/PE1>iM' means that this is the integrated mobility exercise that is to be performed in between the working sets of FL/PE1.





Integrated Mobility

The most prevalent issue that I have discovered in teaching GST to the adult fitness population these last 6 years has been an extreme deficit of physical mobility; especially in those individuals who work requires a lot of time spent at a desk. In some cases this lack of mobility has been so extreme that it bordered on the pathological.

To combat this tendency of trying to avoid mobility work at all cost amongst the adult GB GST students, an Integrated Mobility exercise has now been paired with each and every one of the preparatory and specific element exercises throughout the Foundation Courses:

- FL Integrated Mobility focuses on the development of the gymnastic bridge.

- sPL Integrated Mobility focuses on the development of medial glute and hip strength.

- SL Integrated Mobility focuses on the development of oblique flexibility.

-MN Integrated Mobility focuses on the development of the gymnastics pike position

-SLS Integrated Mobility focuses on knee mobility and hamstring strength.

- HBP Integrated Mobility focuses on basic mobility of the shoulder girdle

- RC Integrated Mobility focuses on basic mobility of the lats.

Do not follow a programming template for integrated mobility. As integrated mobility is to be performed as recovery in between working sets, simply perform the same number of mobility sets as you performed for the working sets.





Continuing Education

GymnasticBodies.com Forum
The largest free forum in the world dedicated to GST
Great moderators and members waiting to answer your GST questions

Graduate Studies
"Foundation Two" is a private section of the GB Forum that is only open to F2 students.
Access to this private forum is included free with your purchase of F2.

GB Seminars
1/2 day, 2 day and 3 day GB Workshops and Seminars are available all around the world.
Learn in a hands-on environment with GB's top team of instructors.
GB Certification Examinations available (additional testing fee will apply).

Gymnastic Bodies
Everyday Champions
Foundational Strength Levels

	L.5	L1	L1.5	L2	L2.5	L3	L3.5	L4
FL			FL/PE10 BdyL 5x5r	FL/PE14 KE 5x5r				
sPL			sPL/SE1 FrS 5x30s	sPL/SE3 tPL 5x30s				
SL			SL/PE9 hWSW 5x10r	SL/PE12 sABR 5x30r				
MN			MN/PE9 uHLL 5x5r	MN/SE3 hL dbl 5x5r				
SLS			SLS/SE3 nSLS 5x5rx10s	SLS/SE5 SLS 5x5r				
HBP			HBP/PE10 U Korean 5x5r	HBP/PE14 Bulg Dips 5x5r				
RC			RC/PE10 L Pullup 5x5r	RC/PE14 Wide Behind 5x5r				

Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This means that both programming and progression-wise you will start with Day 1 of Week 1 for all of the PE1 exercises and integrated mobilities.

If however you have some fitness training under your belt, you may use a more accelerated method for your GB Foundation training. Now don't get overly excited as you will still need to perform AND demonstrate mastery of each and every exercise in the progressions. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week **11** programming of HBP/PE1 and HBP/PE1>iM which in this instance happens to be 5x15r. If you are successful, using correct form and tempo, the next workout day you may proceed on to attempting the Week **11** programming of HBP/PE2 and HBP/PE2>iM etc etc. You may continue on in this fashion demonstrating MASTERY of a new HBP/PE and HBP/PE>iM per workout day, until you reach a HBP/PE ***OR*** HBP/PE>iM where you fail to complete the week **11** programming with correct form and tempo.

Once you reach this point, **depending on how difficult the next element is for you**, you will begin the next week at either week 1, **week 5 or week 9** of the 12 week cycle for the HBP/PE which you now need to master.





No Giant Sets

Train only one exercise at a time; do not utilize giant sets. When recovering in between sets, rest only long enough to perform the integrated mobility assigned for that specific exercise. Continue in this fashion until you have completed all of the that day's assigned sets/reps before moving on to the next exercise for the day.

DO NOT SKIP exercises or the assigned integrated mobility!!! DO NOT ASSUME that you are capable of correctly performing the week 12 programming for the exercises in question unless you actually do so.

Once you graduate to a more difficult FBAS or FSAS, you will no longer need to actively focus on the easier 'mastered' FBASs other than for the purpose of warming up.





WARMING UP

Warmup with two to three sets of higher reps of exercises which you have already mastered. Choose from among the following rep schemes; 21/15/9 or 21/15 or 15/9.

For example if you were working Parallel Bar Dips (HBP/PE6), you might choose to warm up with HBP/PE1 for 15 reps, before completing a set of Bench Dips (HBP/PE4) for 9 reps. Note that your ability with the particular HBP/PE which you select should match the prescribed warmup repetition range you have chosen. Note also that the rate of perceived exertion (RPE) on these warmup sets should only be moderate at best. If you are working hard, you have selected preparatory elements which are too challenging to be used for warmup sets.

Do not spend exorbitant amounts of time and effort warming up for your day's workout; 5-10 minutes is plenty.





Individual Recovery Varies

When beginning GST the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the three day/week schedule) or more work (the five day/week schedule).

Which of these three schedules will be the most the effective for you will depend entirely your own personal recovery ability; which in turn is something which you will only discover thru experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day) and high recovery people (5 day).





Weekly Workout Schedules

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day) and high recovery people (5 day).

3 Day Schedule

WK 1 - Mon/Fri: FL/sPL/HBP/RC
Wed: MN/SL/SLS
WK 2 - Mon/Fri: MN/SL/SLS
Wed: FL/sPL/HBP/RC

4 Day Schedule

Mon/Thu: FL/sPL/HBP/RC
Tue/Fri: MN/SL/SLS

5 Day Schedule

Mon/Wed/Fri: FL/sPL/HBP/RC
Tue/Thu: MN/SL/SLS

*Key: FL = Front Lever; sPL = **S**traddle Planche; HBP = Hollow Back Press; RC = Rope Climb; Mn = Manna; SL = Side Lever; SLS = Single Leg Squat





Mastery

Each exercise page throughout this course is comprised of three action photos down one side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise's name, under that is that exercise's own particular notation and under that is the standard of 'mastery', as calculated in sets and repetitions or in sets and hold times, that must be met prior to moving on to the next exercise in the series.

The standard of mastery also informs you as to which of the 6 mastery templates will be employed when training this exercise.

THE MASTERY TEMPLATES

Which of the provided programming templates is used to develop mastery will depend upon the neurological complexity (i.e. difficulty) of that particular exercise. In a nutshell; the more basic an exercise is the higher the reps or the longer the required static hold, the more advanced an exercise is the lower the reps or the shorter the required static hold.

For example a Hollow Body Hold (HBH) is a 60 second hold, while an Lsit is a 30 second hold and a straddle planche is only a 10 second hold.

Each of the exercises though out this entire GB Foundation Course will show what the standard for mastery is and you should then choose your mastery template accordingly. These mastery templates are provided in complete detail next.





60 Second Mastery Template

Week 1 = 3x12s	Week 2 = 5x12s	Week 3 = 3x24s	Week 4 = 3x12s **(deload)**
Week 5 = 4x24s	Week 6 = 4x36s	Week 7 = 5x36s	Week 8 = 5x18s **(deload)**
Week 9 = 4x48s	Week 10 = 4x60s	Week 11 = 5x60s	Week 12 = 5x30s **(deload)**

30 Second Mastery Template

Week 1 = 3x6s	Week 2 = 5x6s	Week 3 = 3x12s	Week 4 = 3x6s **(deload)**
Week 5 = 4x12s	Week 6 = 4x18s	Week 7 = 5x18s	Week 8 = 5x9s **(deload)**
Week 9 = 4x24s	Week 10 = 4x30s	Week 11 = 5x30s	Week 12 = 5x15s **(deload)**

10 Second Mastery Template

Week 1 = 3x2s	Week 2 = 5x2s	Week 3 = 3x4s	Week 4 = 3x2s **(deload)**
Week 5 = 4x4s	Week 6 = 4x6s	Week 7 = 5x6s	Week 8 = 5x3s **(deload)**
Week 9 = 4x8s	Week 10 = 4x10s	Week 11 = 5x10s	Week 12 = 5x5s **(deload)**

60 Repetition Mastery Template

Week 1 = 3x12r	Week 2 = 5x12r	Week 3 = 3x24r	Week 4 = 3x12r **(deload)**
Week 5 = 4x24r	Week 6 = 4x36r	Week 7 = 5x36r	Week 8 = 5x18r **(deload)**
Week 9 = 4x48r	Week 10 = 4x60r	Week 11 = 5x60r	Week 12 = 5x30r **(deload)**

15 Repetition Mastery Template

Week 1 = 3x3r	Week 2 = 5x3r	Week 3 = 3x6r	Week 4 = 3x3r **(deload)**
Week 5 = 4x6r	Week 6 = 4x9r	Week 7 = 5x9r	Week 8 = 5x5r **(deload)**
Week 9 = 4x12r	Week 10 = 4x15r	Week 11 = 5x15r	Week 12 = 5x8r **(deload)**

10 Repetition Mastery Template

Week 1 = 3x2r	Week 2 = 5x2r	Week 3 = 3x4r	Week 4 = 3x2r **(deload)**
Week 5 = 4x4r	Week 6 = 4x6r	Week 7 = 5x6r	Week 8 = 5x3r **(deload)**
Week 9 = 4x8r	Week 10 = 4x10r	Week 11 = 5x10r	Week 12 = 5x5r **(deload)**

5 Repetition Mastery Template

Week 1 = 3x1r	Week 2 = 5x1r	Week 3 = 3x2r	Week 4 = 3x1r **(deload)**

Week 5 = 4x2r	Week 6 = 4x3r	Week 7 = 5x3r	Week 8 = 5x2r **(deload)**
Week 9 = 4x4r	Week 10 = 4x5r	Week 11 = 5x5r	Week 12 = 5x3r **(deload)**

s = seconds r=repetitions
deload = every fourth week is a recovery week utilizing 50% drop in volume
Examples of F2 elements which use this template = FL/PE7, SL/PE7

Training Cycles

Using the GB Foundation One Course to set up a 12 week training cycle is literally as easy as plug and play.

First determine which exercises you will be training for each of the seven fundamental GST elements (don't forget to evaluate your mastery of the assigned integrated mobility exercises also!).

Next determine if your recovery ability is low, medium or high.

Once you have these two pieces of information you simply plug your mastery template set and repetition ranges for your prescribed exercises into the 12 week training template for your chosen weekly workout schedule.

Next are examples of the three different weekly training schedules when applied to the 12 week programming templates for a new student beginning with all seven of the PE1 and PE1>iM exercises. If you have successfully tested out of one or more preparatory elements, simply substitute that exercise and its accompanying mastery requirements into the training cycle where appropriate.





3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)		MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)
Week 2	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)		FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)		MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)
Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)		MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)		FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)
Week 4 (deload)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)		MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)

3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)		MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)		FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)
Week 6	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)		FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)		MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)		MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)		FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)
Week 8 (deload)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)		FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)		MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)

3 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)		MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)		FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)
Week 10	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)		FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)		MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)		MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)		FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)
Week 12 (deload)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)		FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)		MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)
Week 2	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)		FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)
Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)		FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)
Week 4 (deload)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)		FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
	FL/PE1 (4x24s)			FL/PE1 (4x24s)	

Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)		FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)
Week 6	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)		FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)		FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)
Week 8 (deload)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)		FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)

4 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)		FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)
Week 10	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)		FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)		FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)
Week 12 (deload)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)		FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r)

5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)
Week 2	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)	MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r)	FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r)

Week 3	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)	MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r)	FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r)
Week 4 (deload)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)	MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r)	FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r)

5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)	MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r)	FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r)
Week 6	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)	MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r)	FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r)
Week 7	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)	MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r)	FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r)
Week 8 (deload)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)	MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r)	FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r)

5 Day Training/12 Week Cycle Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)	MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r)	FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r)
Week 10	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)	MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r)	FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r)
Week 11	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)	MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r)	FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r)
Week 12 (deload)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r)	MN/PE1 (5x8r) SL/PE1 (5x30s)	FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r)

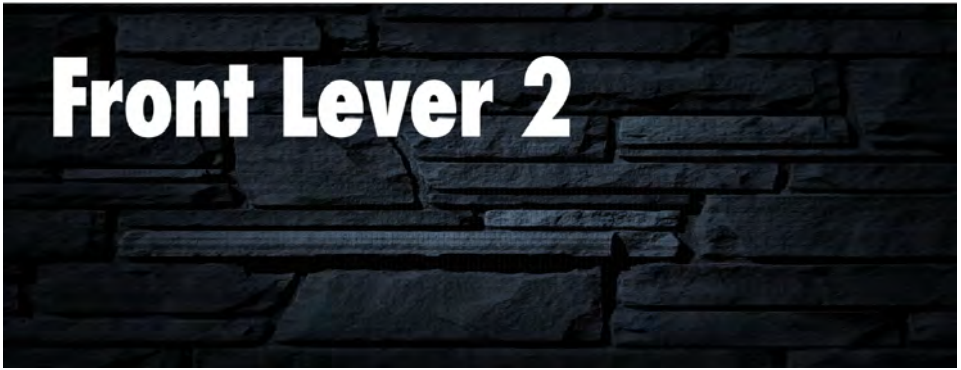
(deload)	HBP/PE1 (5x8r) RC/PE1 (5x8r)	SLS/PE1 (5x8r)	HBP/PE1 (5x8r) RC/PE1 (5x8r)	SLS/PE1 (5x8r)	HBP/PE1 (5x8r) RC/PE1 (5x8r)











Front Lever 2 Progressions

Strength

FL/PE7: Negative Body Lever Straddle
FL/PE8: Negative Body Lever Single Leg
FL/PE9: Negative Body Lever
FL/PE10: Body Lever
FL/PE11: Negative Vertical Body Lever
FL/PE12: Vertical Body Lever
FL/PE13: Single Bar Inverted Hang
FL/PE14: Kip Extension

Mobility

FL/PE7>iM: Seal Rock
FL/PE8>iM: Suspended Seal
FL/PE9>iM: Seal Pushup
FL/PE10>iM: Elbow Bridge
FL/PE11>iM: Elbow Bridge Single Leg
FL/PE12>iM: Elbow Bridge Rock
FL/PE13>iM: Low Bridge
FL/PE14>iM: Low Bridge Single Leg

Other Courses











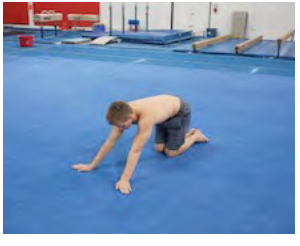


Negative Body Lever Straddle (n/sBdyL)
FL/PE7
Mastery = 5x5rx10s

1) Do not allow the lower back to arch during the descent
2) The arms should be comfortably bent



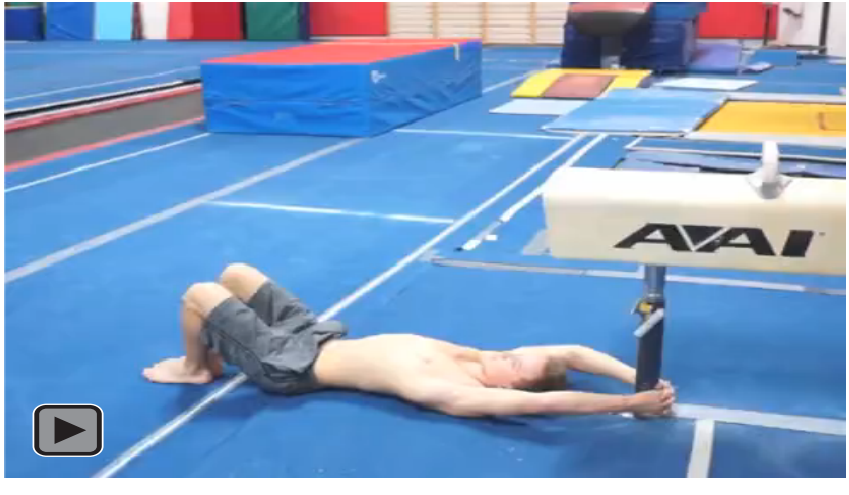






Seal Rocks
FL/PE7>iM
5r after each work set

Focus Points:
1) Allow the lower back to arch fully in the front
2) Place the chest completely flat on the thighs in the rear





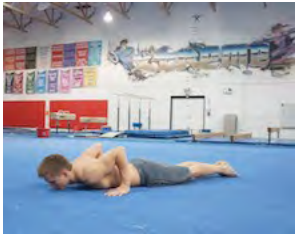


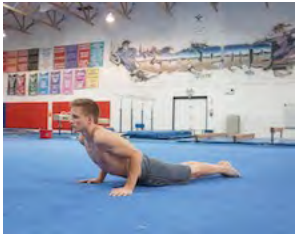


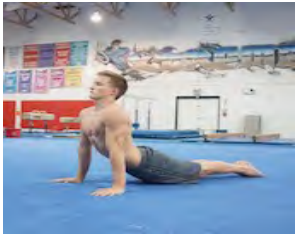
Negative Body Lever Single Leg (nBdyL sgl)
FL/PE8
Mastery = 5x5rx10s

Focus Point:
1) Do not allow the hip of the extended leg to pike during the descent









Suspended Seal
FL/PE8>iM
30s after each work set

Focus Points:
1) This is one of my favorite Seal stretch variations
2) Only the feet and hands may be in contact with the floor





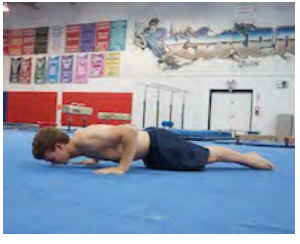




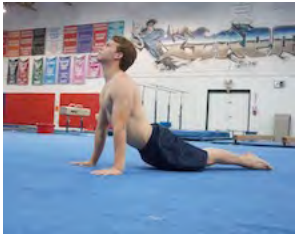
Negative Body Lever (nBdyL)
FL/PE9
Mastery = 5x5rx10s

Focus Point:
1) Use full ROM; be sure that you are all the way up on the shoulder girdle before you begin the descent









Seal Pushup
FL/PE9>iM
5r after each work set

Focus Points:
1) Only the hands and feet provide support on the floor
2) The rest of the body should not touch at any time



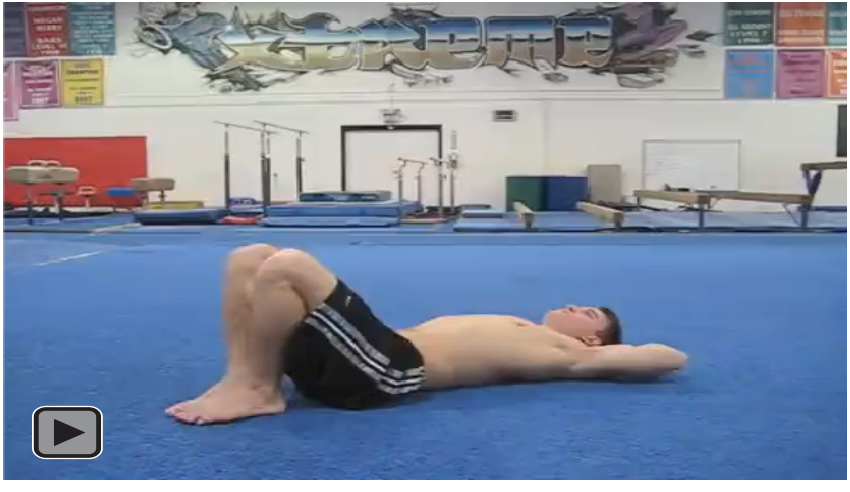






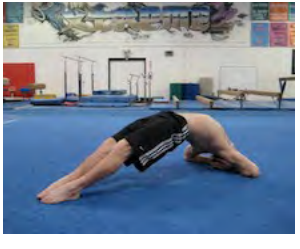
Body Lever (BdyL)
FL/PE10
Mastery = 5x5r

Focus Point:
1) Elevating the shoulders, while not mandatory,
dramatically increases the ROM and intensity of this element









Elbow Bridge
FL/PE10>iM
10s after each work set

Focus Points:
1) The elbows and forearms bear the brunt of the weight
2) Do not allow the feet to slide during the ascent









Negative Vertical Body Lever (n/v BdyL)
FL/PE11
Mastery = 5x5rx10s

Focus Points:
1) This may also be performed in a Smith Machine etc
2) Note that the shoulders are directly below the hands









Elbow Bridge Single Leg
FL/PE11>iM
10r after each work set; alternating legs

Focus Point:
1) Strive to complete all 10 repetitions before coming down out of the elbow bridge







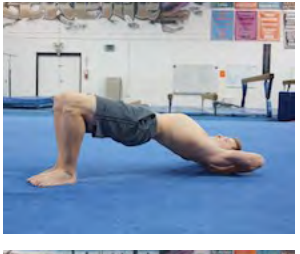


Vertical Body Lever (vBdyL)
FL/PE12
Mastery = 5x5r

Focus Points:
1) Pull strongly with the lats to elevate the body
2) At no time should the elbows be allowed to bend









Elbow Bridge Rock
FL/PE12>iM 5r after each work set

Focus Point:
1) Lower down fully in between each repetition so that your back is flat on the floor







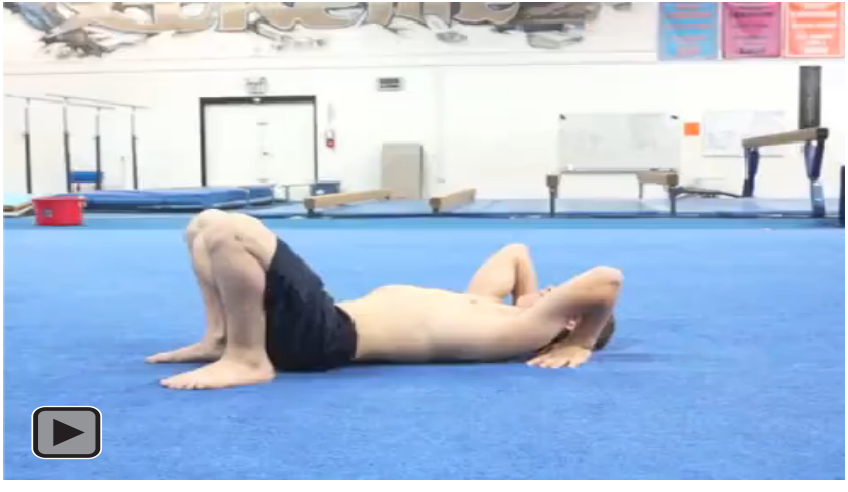


Single Bar Inverted Hang (SBIH)
FL/PE13
Mastery = 5x30s

Focus Point:
1) Note that while inverted the body is tilted forward with protracted shoulders and is NOT completely vertical

GYMNASTICBODIES

Foundation Two ▾ | Print This Week's Workout ▾ | Support & Feedback









Low Bridge
FL/PE13>iM
10s after each work set

Focus Point:
1) To achieve the low bridge position lift yourself up until the head is an inch or two off of the ground



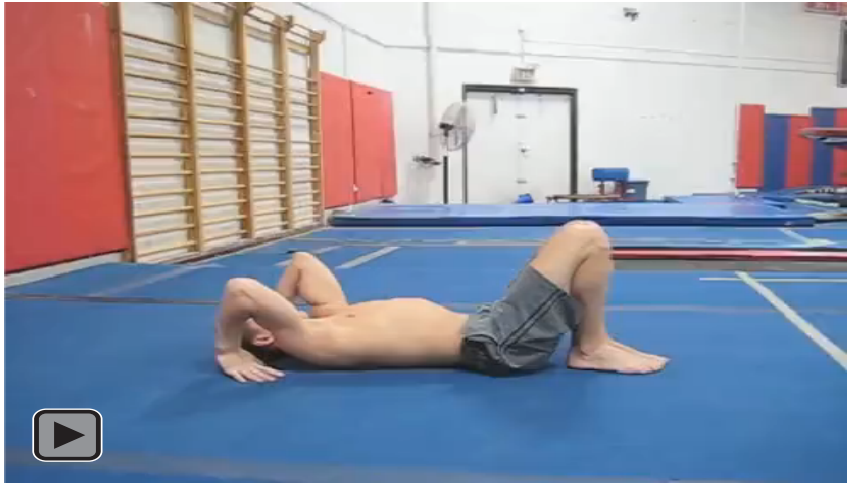






Kip Extension (KE)
FL/PE14
Mastery = 5x5r

Focus Point:
1) Beginning from SBIH, pike the body down until only the tip toes are touching the bar then extend back up to SBIH









Low Bridge Single Leg
FL/PE14>iM
10r after each work set; alternating legs

Focus Point:
1) Do not allow the head to touch the ground while lifting the legs







Straddle Planche 2 Progressions

Strength

sPL/PE7: Elevated Planche Bounce

sPL/SE1: Frog Stand

sPL/SE2: Advanced Frog Stand

sPL/SE3: Tuck Planche

Mobility

sPL/PE7>iM: Prone 1/2 Straddle Planche Double Leg Extension

sPL/SE1>iM: Bent Arm 1/2 Straddle Planche Hold

sPL/SE2>iM: Bent Arm 1/2 Straddle Planche Single Leg Extension

sPL/SE3>iM: Bent Arm 1/2 Straddle Planche Double Leg Extension

Other Courses







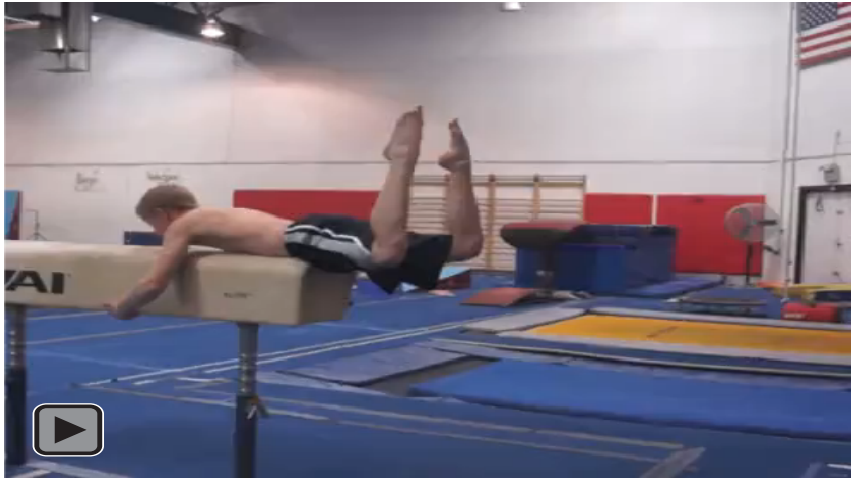




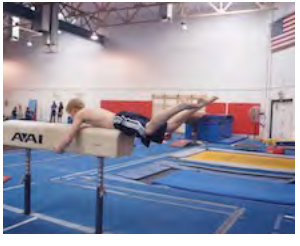


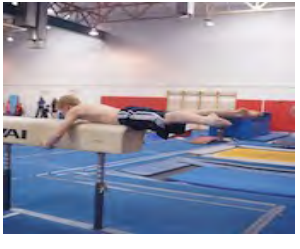
Elevated Planche Bounce
sPL/PE7
Mastery = 5x15r

Focus Points:
1) As much as possible, initiate the lift from the upper back
2) Minimize the piking of hips during the bounces









Prone Half Straddle Planche Double Leg Extension
sPL/PE7>iM
5r after each work set

Focus Points:
1) Do not allow the knees to drop below the hips at any time
2) The hips should remain completely open and “flat”









Frog Stand (FrS)
sPL/SE1
Mastery = 5x30s

Focus Point:
1) Place the knees comfortably on the elbows and then continue leaning forward until the feet come off the ground









Bent Arm Half Straddle Planche Hold
sPL/SE1>iM
10s after each work set

Focus Point:
1) As with all planche work, leaning far forward is essential for maintaining balance with this exercise









Advanced Frog Stand (aFrS)
sPL/SE2
Mastery = 5x30s

Focus Point:
1) With aFrS a much larger percentage of the bodyweight must now be born directly by the upper back









Bent Arm Half Straddle Planche Single Leg Extension
sPL/SE2>iM
10r after each work set; alternating legs

Focus Points:
1) Keep the hips flat and open during the entirety of this iM
2) The chest should be just above the ground; not touching









Tuck Planche (tPL)
sPL/SE3
Mastery = 5x30s

Focus Point:
1) With locked elbows and strongly protracted shoulders, lean forward until the hips come up to shoulder height









Bent Arm Half Straddle Planche Double Leg Extension
sPL/SE3>iM
5r after each work set

Focus Point:
1) Note that except for the movement of the lower legs, the entire body remains flat, horizontal and stable







Side Lever 2 Progressions

Strength
SL/PE7: Stall Bar Reverse Leg Lift
SL/PE8: Supine Windshield Wiper
SL/PE9: 1/2 Windshield Wiper
SL/PE10: Windshield Wipers
SL/PE11: Side Arch Body Hold
SL/PE12: Side Arch Body Rock

Mobility
SL/PE7>iM: Around the World
SL/PE8>iM: Horizontal Windmill
SL/PE9>iM: 2 Forward 2 Twist
SL/PE10>iM: Bent Reverse Hurdler Hold
SL/PE11>iM: Bent Reverse Hurdler Rep
SL/PE12>iM: Bent Hurdler Twist

Other Courses







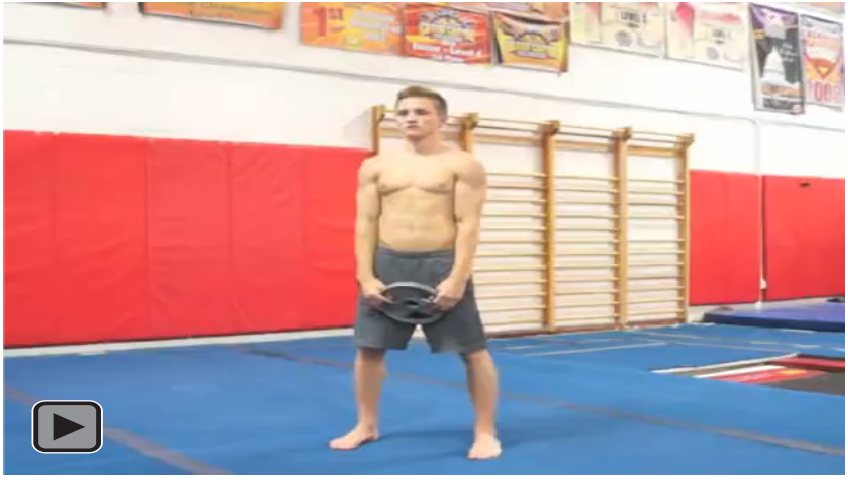






Stall Bar Reverse Leg Lift (RLL)
SL/PE7
Mastery = 5x5r

Focus Point:
1) If you lack stall bars, a good substitution is to perform this movement while in a headstand against the wall





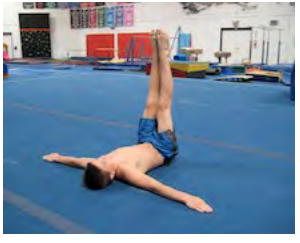


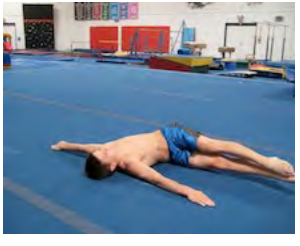


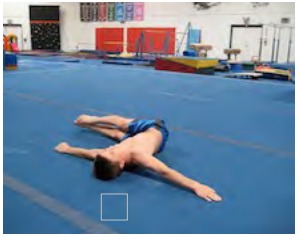
Around the World
SL/PE7>iM
10r after each work set; alternating direction

Focus Points:
1) Using a 5-10lb plate should be sufficient for most people
2) Focus on a complete full movement with straight knees



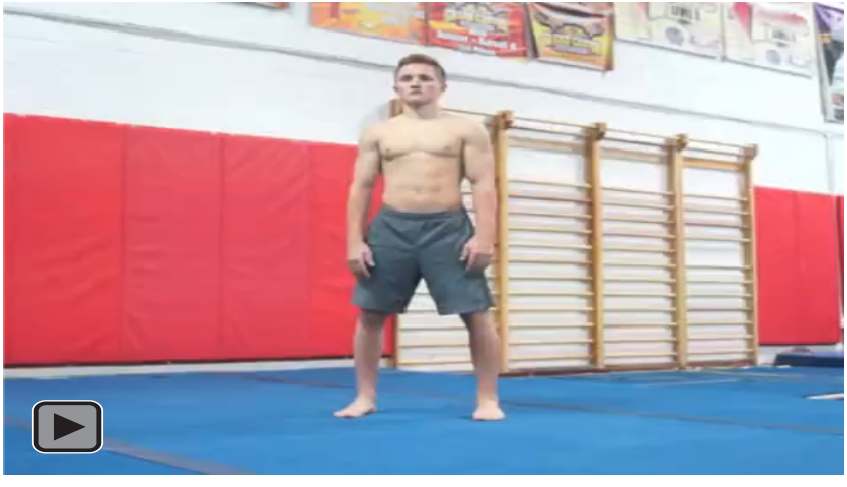






Supine Windshield Wiper (sWSW)
SL/PE8
Mastery = 5x10r; alternate direction

Focus Points:
1) Be meticulous in maintaining a 90 degree angle at the hip
2) Keep the upper and middle back flat on the ground









Horizontal Windmill
SL/PE8>iM
10r after each work set

Focus Point:
1) Note the complete sideways twist of the torso and how far the arm drops to the rear at the top of the movement



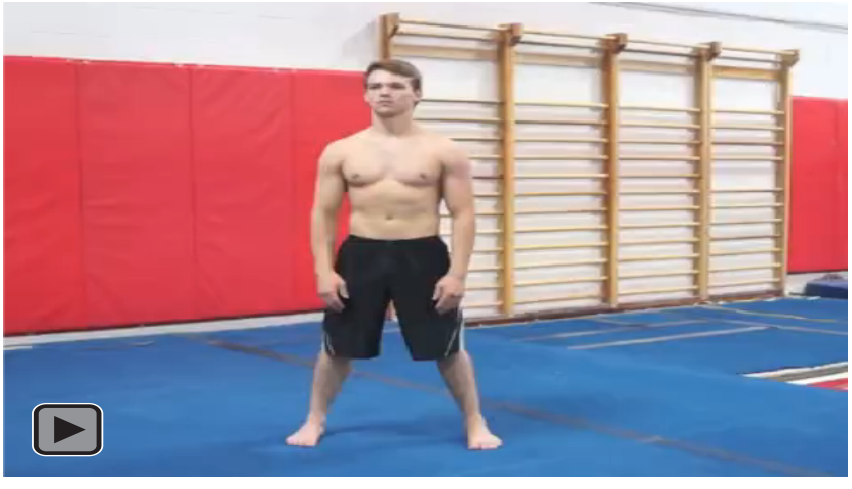






Half Windshield Wiper (hWSW)
SL/PE9
Mastery = 5x10r; alternate direction

Focus Points:
1) Maintain a horizontal L throughout the movement
2) The feet should nearly touch the wall on each rep









2 Forward 2 Twist
SL/PE9>iM
10r after each work set; alternate direction

Focus Points:
1) Press the hips back strongly while leaning the chest fwd
2) The twisting movement should moderately vigorous









Windshield Wipers (WSW)
SL/PE10
Mastery = 5x5r

Focus Point:
1) The feet should remain relatively close to bars and/or wall at all times









Bent Reverse Hurdler Hold
SL/PE10>iM
10s after each work set

Focus Point:
1) Bend the knee of the extended leg enough so that the stretch is primarily on the obliques and not the hamstring.



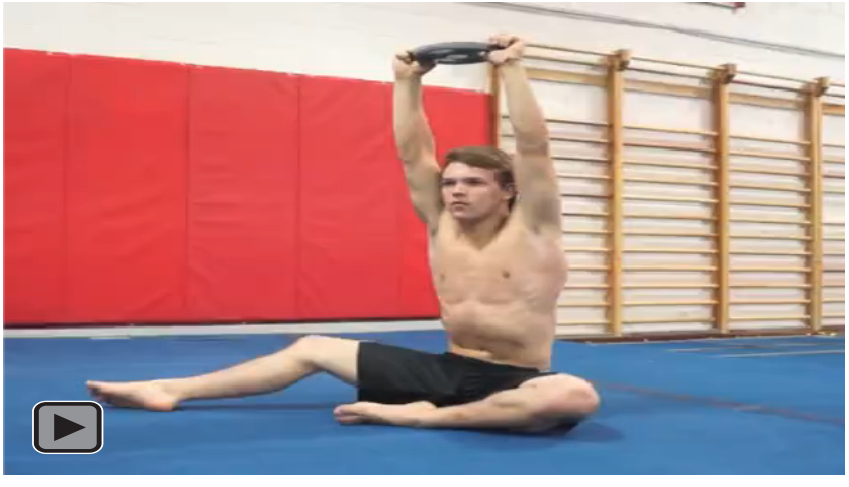






Side Arch Body Hold (sABH)
SL/PE11
Mastery = 5x30s

Focus Points:
1) Lift the head/feet equally while balancing on the hip
2) The hand on the floor is for maintaining balance only







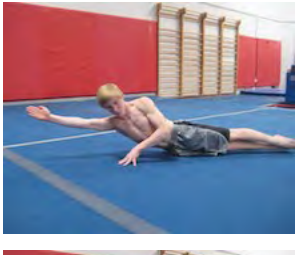


Bent Reverse Hurdler Rep
SL/PE11>iM
5r after each work set; on each side

Focus Point:
1) When bending to the right make sure to keep the left hip pressed firmly into the ground to intensify the stretch



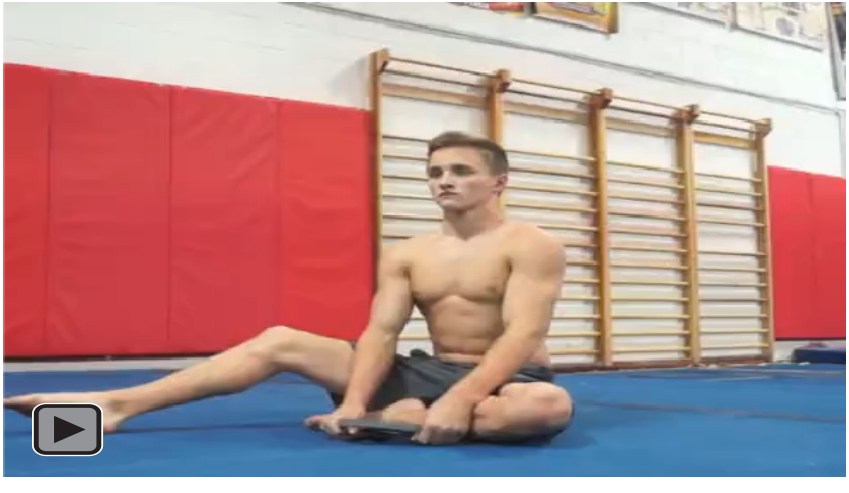




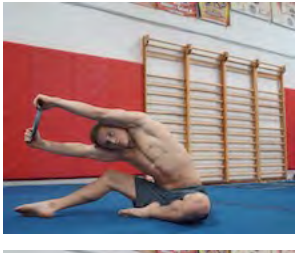


Side Arch Body Rock (sABR)
SL/PE12
Mastery = 5x30r; on each side

Focus Point: 1) The torso and feet should elevate equally on their respective sides during the rocking motion









Bent Hurdler Twist
SL/PE12>iM 5r after each work set; on each side

Focus Points:
1) Stretching the shoulder down, then chest down = 1 rep
2) Do not sit up until all five reps have been completed









Manna 2 Progressions

Strength

MN/PE7: Hanging Leg Lift
MN/PE8: Undergrip Hanging Leg Lift
MN/PE9: V-to-L Hanging Leg Lift
MN/SE1: 1/2 L-sit
MN/SE2: 1/2 L-sit Single Leg Extension
MN/SE3: 1/2 L-sit Double Leg Extension

Mobility

MN/PE7>iM: Vertical Pike Hang
MN/PE8>iM: Bench Pike Hang
MN/PE9>iM: Bench Pike Squat
MN/SE1>iM: Seated Pike Lift
MN/SE2>iM: Seated Pike Pulses
MN/SE3>iM: Straddle Jefferson Curl

Other Courses







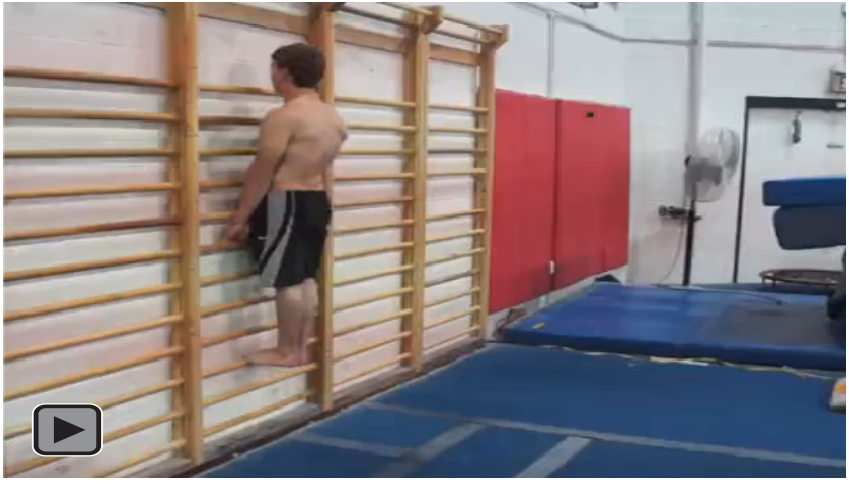






Hanging Leg Lift (HLL)
MN/PE7
Mastery = 5x5r

Focus Point:
1) Do not simply raise your shins to the bar; rather focus on touching the toes to the bar for each rep









Vertical Pike Hang
MN/PE7>iM
30s after each work set

Focus Point: 1) Note that the shoulder girdle as well as the entire back are all in a full, complete stretch from top to bottom









Undergrip Hanging Leg Lift (uHLL)
MN/PE8
Mastery = 5x5r

Focus Point: 1) If you have been using the lats to assist during your HLL work, using the undergrip will quickly reveal this bad habit









Bench Pike Hang
MN/PE8>iM
30s after each work set

Focus Points:
1) The legs must completely straighten in the pike
2) Generally we use 25lbs, 35lbs or 45lbs for these









V-to-L Hanging Leg Lift
MN/PE9
Mastery = 5x5r

Focus Points:
1) Make sure to begin with toes next to the bar
2) The shoulder girdle stays completely open and extended









Bench Pike Squat
MN/PE9>iM
5r after each work set

Focus Points:
1) The knees must completely straighten at the top
2) Nearly straight isn't "almost straight", it's bent



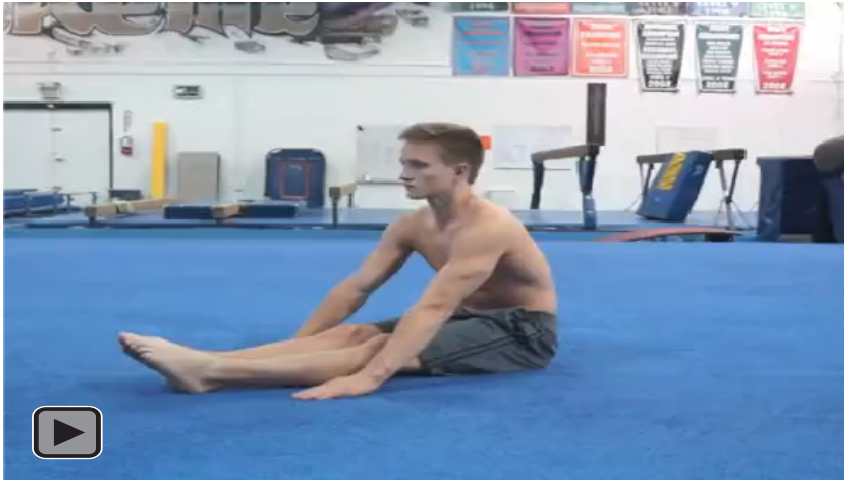




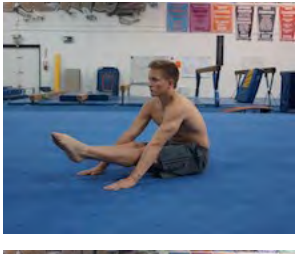


Half L-sit
MN/SE1
Mastery = 5x60s

Focus Point:
1) With an open chest and depressed shoulders, maintain the knees at hip level for the entire duration of each set









Seated Pike Lift
MN/SE1>iM
5r after each work set

Focus Point: 1) Reach your hands as far toward the ankles as you can while still maintaining your ability to lift the heels









Half L-sit Single Leg Extension
MN/SE2
Mastery = 5x10r; alternate legs

Focus Point:
1) Do not allow the quad to drop below the hip during the extension of the knee









Seated Pike Pulses
MN/SE2>iM
10r after each work set

Focus Points:
1) Keep the hands are far towards the ankles as possible
2) Do not allow the torso to sit up during the pulses









Half L-sit Double Leg Extension
MN/SE3
Mastery = 5x5r

Focus Point:
1) Do not allow the glutes to push back behind the arms during the extension of the knees









Straddle Jefferson Curl
MN/SE3>iM
5r after each work set

Focus Points:
1) Use a comfortable 1.5+ shoulder width stance
2) While a plate is demonstrated a bar may also be used









Single Leg Squat 2 Progressions

Strength

SLS/SE2: Static Single Leg Squat
SLS/SE3: Negative Single Leg Squat
SLS/SE4: Rocking Single Leg Squat
SLS/SE5: Single Leg Squat

Mobility

SLS/SE2>iM: Single Leg Bridge Curl
SLS/SE3>iM: Natural Leg Curl
SLS/SE4>iM: Natural Glute Ham Raise
SLS/SE5>iM: Glute Ham Raise

Other Courses











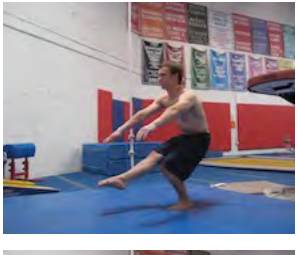


Static Single Leg Squat (SLS)
SLS/SE2
Mastery = 5x30s; each leg

Focus Point:
1) Depending on your individual proportions, you may find that extending a light weight greatly aids in counter balance









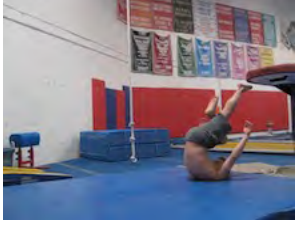
Negative Single Leg Squat (nSLS)
SLS/SE3
Mastery = 5x5rx10s; each leg

Focus Point: 1) Maintain a slow constant tempo throughout the duration of each repetition









Rocking Single Leg Squat (rSLS)
SLS/SE4
Mastery = 5x5r; each leg

Focus Point: 1) Pull the foot in tightly to the glutes before attempting to roll up onto the foot



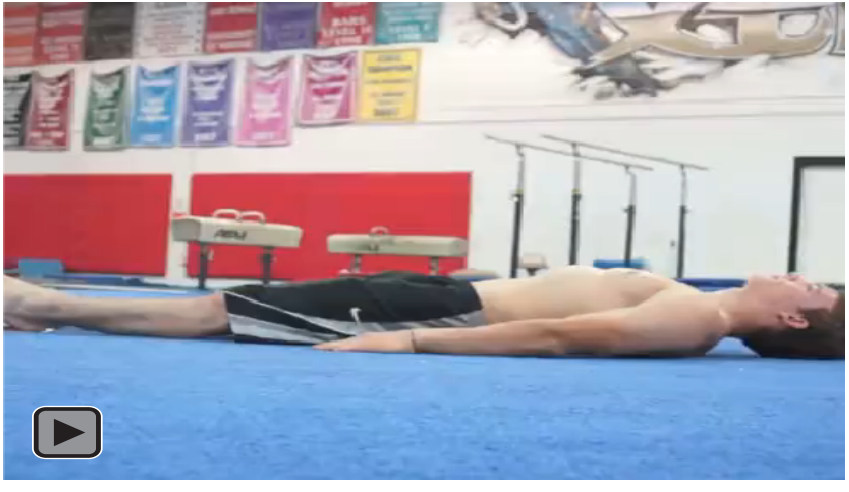


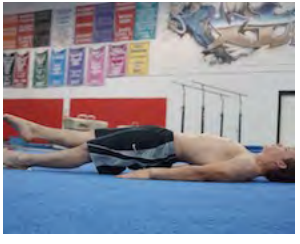


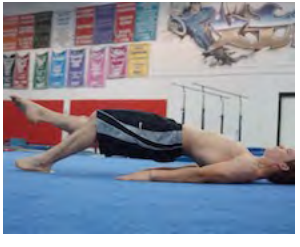


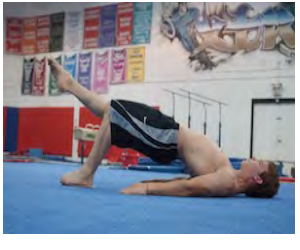
Single Leg Squat (SLS)
SLS/SE5
Mastery = 5x5r; each leg

Focus Points:
1) Press the glutes back strongly while descending
2) Do not allow the chest to drop forward during the ascent







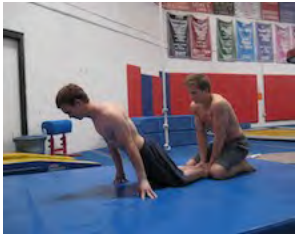


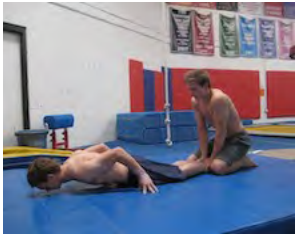
Single Leg Bridge Curl
SLS/SE2>iM
5r after each work set; each leg

Focus Points:
1) A furniture slider is employed to reduce friction
2) Only the foot moves; the rest of the body should be rigid





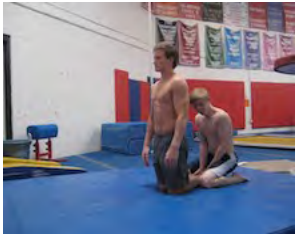




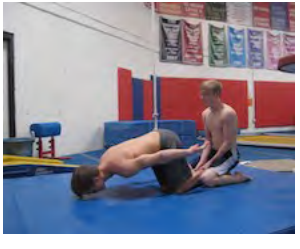
Natural Leg Curl (nLC)
SLS/SE3>iM
5r after each work set

Focus Points:
1) The hands should provide only the lightest assistance
2) Do not allow the hips to pike during the descent









Natural Glute Ham Raise (nGHR)
SLS/SE4>iM
5r after each work set

Focus Points:
1) Maintain the same degree of torso tilt throughout the set
2) The hinging of the hips should be the only movement





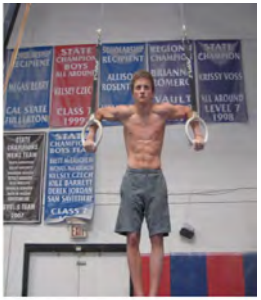




Glute Ham Raise (GHR)
SLS/SE5>iM
5r after each work set

Focus Points:
1) This exercise is a combination of arch-up and leg curl
2) Initially momentum may be used to assist







Hollow Back Press 2 Progressions

Strength

HBP/PE7: Single Bar Dip
HBP/PE8: Undergrip Single Bar Dip
HBP/PE9: Korean Dip
HBP/PE10: Undergrip Korean Dip
HBP/PE11: Russian Dip
HBP/PE12: Russian L Dip
HBP/PE13: Ring Dip
HBP/PE14: Bulgarian Ring Dip

Mobility

HBP/PE7>iM: Static Cat
HBP/PE8>iM: Rocking Cat
HBP/PE9>iM: Reach Underneath Static
HBP/PE10>iM: Reach Underneath Rep
HBP/PE11>iM: Prone Side Chest Static
HBP/PE12>iM: Prone Side Chest Rep
HBP/PE13>iM: Prone Capsule Static
HBP/PE14>iM: Prone Capsule Rep

◀ ▶

Other Courses











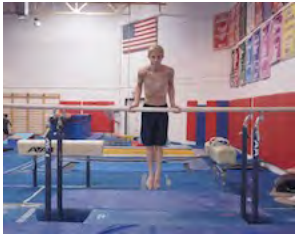


Single Bar Dip
HBP/PE7
Mastery = 5x5r

Focus Points:
1) Lightly slide down along the bar; do not lay on the bar
2) Full ROM is lowering to the bottom of the chest









Undergrip Single Bar Dip
HBP/PE8
Mastery = 5x5r

Focus Point:
1) Many people unconsciously lean forward during their dips, single bar dips automatically correct this









Korean Dip
HBP/PE9
Mastery = 5x5r

Focus Point:
1) Descend until the bottom of the shoulder blades contact the bar









Undergrip Korean Dip
HBP/PE10
Mastery = 5x5r

Focus Point:
1) Pressing the hips forward keeps the glutes clear of the bar during the ascent









Russian Dip
HBP/PE11
Mastery = 5x5r

Focus Point:
1) Descend completely to the bottom of the dip before lowering backward to the upper arm support





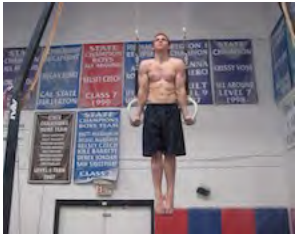


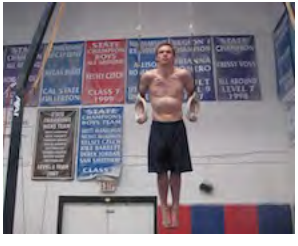


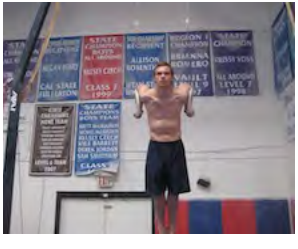
Russian L Dip
HBP/PE12
Mastery = 5x5r

Focus Points:
1) The torso does not tilt forward and backward
2) Rather it stays upright while the arms do the work







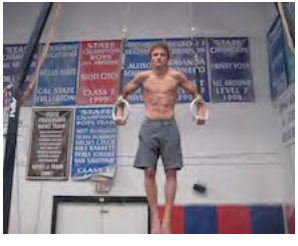


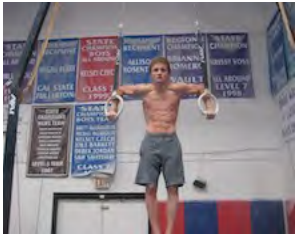
Ring Dip
HBP/PE13
Mastery = 5x5r

Focus Points:
1) Note the smooth stable motion of the demonstration
2) Full depth and complete extension are mandatory



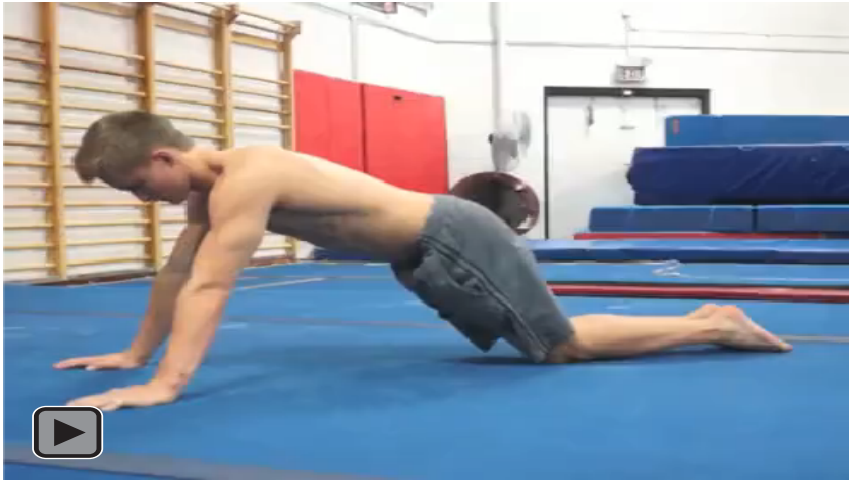






Bulgarian Ring Dip
HBP/PE14
Mastery = 5x5r

Focus Points:
1) The torso, elbows and hands should be in a single plane
2) Do not allow the elbows to drift backward









Static Cat
HBP/PE7>iM
30s after each work set

Focus Point: 1) At the bottom, the glutes should be either on top or just in front of the knees to maintain the intensity of the stretch







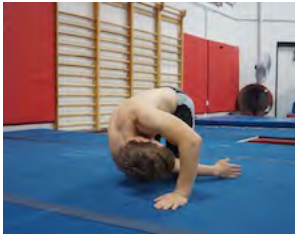


Rocking Cat
HBP/PE8>iM
5r after each work set

Focus Points:
1) Open fully at the bottom of each repetition
2) Gentle to moderate bounces are most effective









Reach Underneath Static
HBP/PE9>iM
30s after each work set; each side

Focus Point:
1) Reach between the hand and knee until the back of the shoulder blade comes firmly into contact with the ground









Reach Underneath Rep
HBP/PE10>iM
10r after each work set; alternate sides each rep

Focus Points:
1) The legs remain stationary while the torso is twisting
2) Attempt to reach under so far that you can see the ceiling



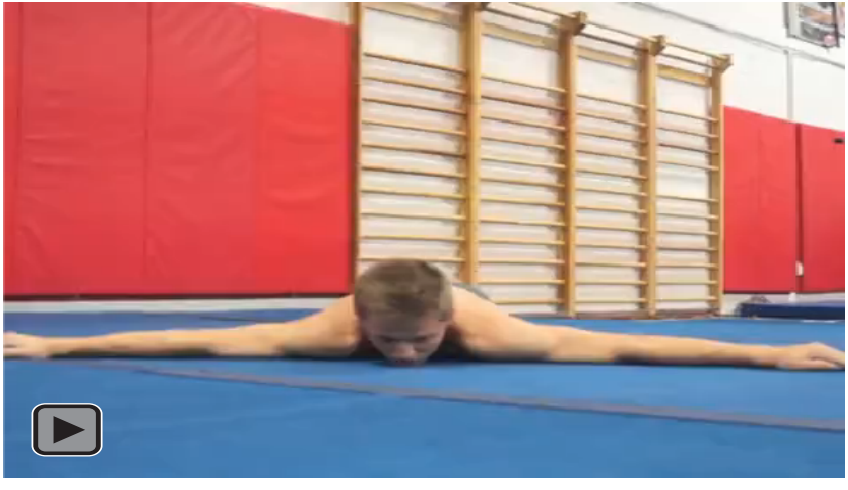


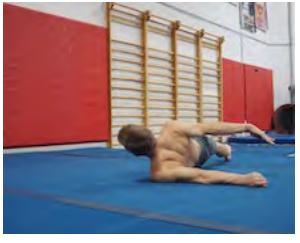


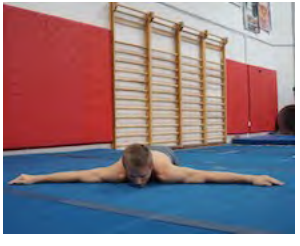


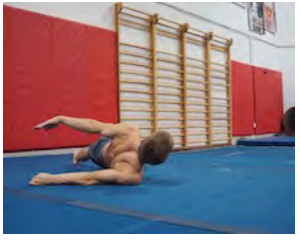
Prone Side Chest Static
HBP/PE11>iM
30s after each work set; each arm

Focus Points:
1) Keep the shoulder pressed firmly into the floor
2) Turn the hips as well as the torso into the stretch



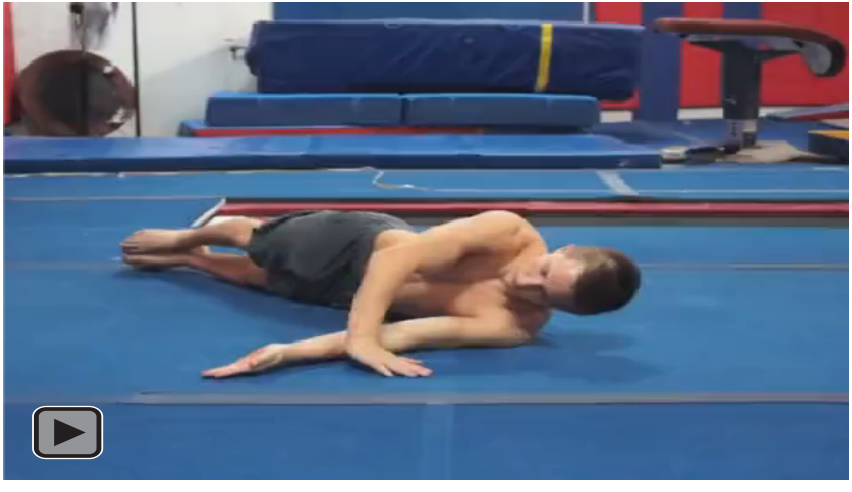


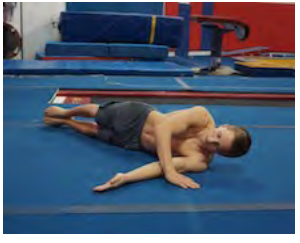




Prone Side Chest Rep
HBP/PE12>iM
10r after each work set; alternate sides each rep

Focus Points:
1) Pause briefly at the deepest point of each repetition
2) Do not allow the bottom shoulder to come off the ground









Prone Capsule Static
HBP/PE13>iM
30s after each work set; each arm

Focus Points:
1) The arm should be directly in front the chest
2) Attempt to lay the chest completely flat on top of the arm







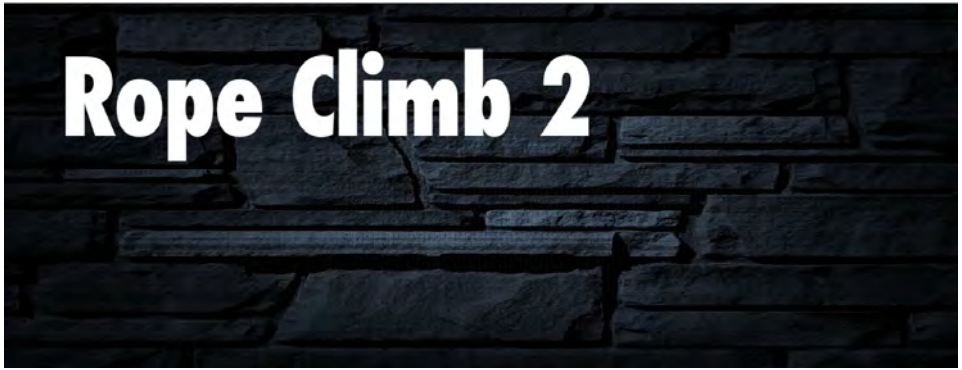


Prone Capsule Rep
HBP/PE14>iM
10r after each work set; each arm

Focus Point:
1) Extend the arm directly forward; perpendicular to the torso and still in line with the shoulder







Rope Climb 2 Progressions

Strength
RC/PE7: Negative Pull-up
RC/PE8: Pull-up
RC/PE9: L Chin-up
RC/PE10: L Pull-up
RC/PE11: Bulgarian Pull-up
RC/PE12: Bulgarian L Pull-up
RC/PE13: Wide Grip Pull-up
RC/PE14: Wide Grip Behind the Neck Pull-up

Mobility
RC/PE7>iM: Undergrip Bent Lean
RC/PE8>iM: Overgrip One Arm Lean
RC/PE9>iM: Undergrip One Arm Lean
RC/PE10>iM: Overgrip One Arm Pull
RC/PE11>iM: Perpendicular Lat Static
RC/PE12>iM: Perpendicular Lat Rep
RC/PE13>iM: Shoulder Distraction One
RC/PE14>iM: Shoulder Distraction Two

Other Courses

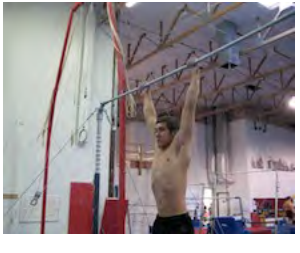












Negative Pull-up
RC/PE7
Mastery = 5x5rx10s

Focus Points:
1) Do not allow the chin to touch the bar at the top
2) Maintain an even tempo during the entire descent









Pull-up
RC/PE8
Mastery = 5x5r

Focus Points:
1) At a minimum the chin must clear the bar; not the nose
2) No kipping, no bouncing, no seizures; use strength only









L Chin-up
RC/PE9
Mastery = 5x5r

Focus Point:
1) While the athlete above demonstrates exceptional ROM by pulling to the chest; only chin high is required







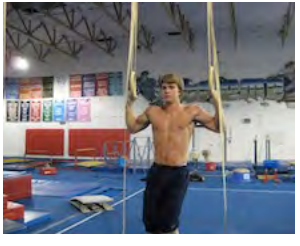


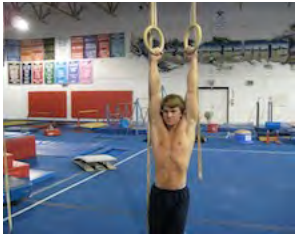
L Pull-up
RC/PE10
Mastery = 5x5r

Focus Point:
1) The L-sit position remains rock steady and perfectly level during the entire pull-up ROM; no bobbing, no dipping







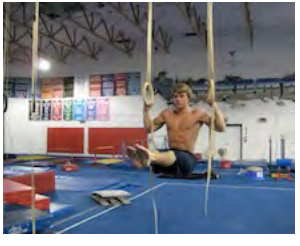


Bulgarian Pull-up
RC/PE11
Mastery = 5x5r

Focus Point:
1) Pull the hands wider than shoulder width apart at the top of each repetition









Bulgarian L Pull-up
RC/PE12
Mastery = 5x5r

Focus Point:
1) The addition of the L-sit precludes the torso from tilting forward during the ascent





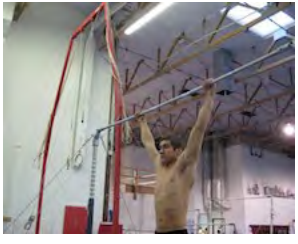




Wide Grip Pull-up
RC/PE13
Mastery = 5x5r

Focus Points:
1) Use a 1.5 shoulder width grip at a minimum
2) Initiate with a smooth pull rather than a jerk









Wide Grip Behind the Neck Pull-up
RC/PE14
Mastery = 5x5r

Focus Points:
1) Pull upward until the bar touches the base of the neck
2) The elbows pull somewhat behind the plane of the body









Undergrip Bent Lean
RC/PE7>iM
30s after each work set

Focus Points:
1) Grasp the rail at approximately hip height
2) Use the hips to pull the torso away from the hands









Overgrip One Arm Lean
RC/PE8>iM
30s after each work set; on each arm

Focus Point:
1) Using a single hand grip allows the lat's ROM to be significantly increased









Undergrip One Arm Lean
RC/PE9>iM
30s after each work set; on each arm

Focus Point:
1) Twisting slightly at the bottom of the iM, as the athlete above demonstrates, takes the stretch deeper into the lat



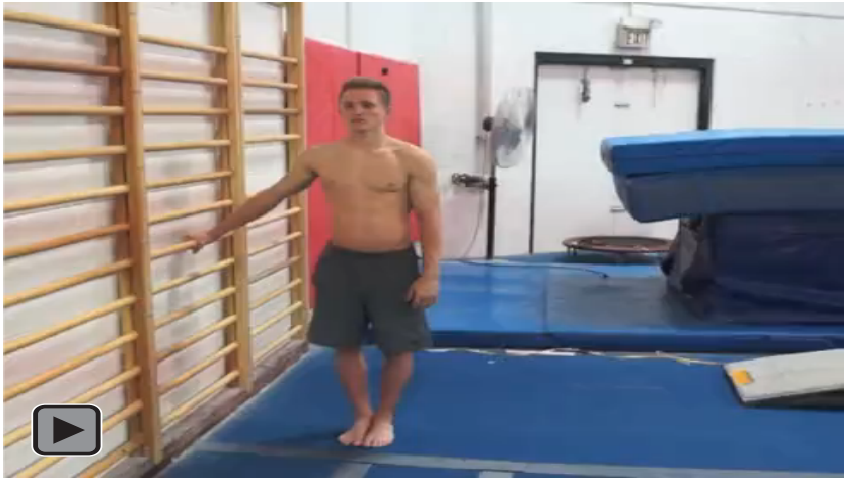






Overgrip One Arm Pull
RC/PE10>iM
5r after each work set; on each arm

Focus Points:
1) To rise pull down on the bar with a locked straight arm
2) The feet are to be used for secondary assistance only









Perpendicular Lat Static
RC/PE11>iM
30s after each work set; each side

Focus Points:
1) The athlete's hands are directly perpendicular to the torso
2) The primary stretch should be felt in the lat to the front









Perpendicular Lat Rep
RC/PE12>iM
5r after each work set; each side

Focus Points:
1) The feet remain perpendicular and stationary at all times
2) The hips are pulling strongly away at full stretch









Shoulder Distraction One (SD1)
RC/PE13>iM
5r after each work set; each arm

Focus Points:
1) A bungee cord allows much better ROM than a theraband
2) The arms do NOT bend during the distraction









Shoulder Distraction Two (SD2)
RC/PE14>iM
5r after each work set; each arm

Focus Point:
1) Shoulder distractions are a subtle movement; do not allow this to turn into a bent arm row

Your First Workout

Success with the GymnasticBodies courses means doing workouts as they are meant to be performed. Often, individuals struggle on elements because they simply did not follow a key point or two. Below you will find instructions for correctly performing your first workout.

Your first workout will always be PE7 and PE7>iM Mastery Standards for every element. You can find this on the exercise page itself (e.g. FL/PE7 page lists 5 sets 60 seconds). I can't emphasize enough that you test these. Students will often try to skip elements based on what their eyes think they can do, rather than what their body can actually perform. GST is about becoming stronger and more mobile than 99% of the world's population and you cannot get there by the force of your ego alone.

As an example, at a recent seminar, a student attempted to test for his level .5 Foundation Certification. This student was strong: he already had both a maltese and handstand on the rings. He could not, however, pass every PE1/2/3 from Foundation One and the associated mobility. Arch Holds in particular were far behind his ability to perform in other areas. So as strong as he was, he failed. Unsurprisingly, this student also had a developing injury preventing him from iron cross work. The lesson for you as a new student is that your weaknesses will always overcome your ego. It may not be today, nor tomorrow, but they will inevitably catch up with you. Better to do it right from the start than to deal with the frustration of an injury later.

Each element is to be paired with its mobility as a superset without rest. If mastery calls for five sets, the superset would be performed as below:

Set 1a FL/PE7

Set 1b Fl/FE7>iM

Set 2a FL/PE7

Set 2b Fl/FE7>iM

Set 3a FL/PE7

Set 3b Fl/FE7>iM

Set 4a FL/PE7

Set 4b Fl/FE7>iM

Set 5a FL/PE7

Set 5b Fl/FE7>iM

You may bump on only after you have done all sets for an element. In the example of Foundation, you would do all the Front Lever sets together, then all the Straddle Planche, then all the Side Lever, etc. Again, you may not rest at any point. What you will find is that you may often be able to perform an element at a "party trick" level, but fail when required to perform it for the full number of mastery sets. To advance in GST it is vital to master elements.

If you master all the elements in PE7, you may then test PE8 for your next workout. Continue until you have reached sticking points for each element. You may find this is mobility in some instances. Even if you can perform the strength element, you may not move on until the mobility deficit has been resolved. It is perfectly normal to be more advanced in some areas than others. Simply build your workout around the point where you fail mastery.

Example Initial Testing Results. Each element is like its own road.

FL/PE9

sPL/PE7

SL/Pe8

MN/PE7

SLS/SE3

HBP/PE9

RC/PE8

Remember: Within each element, both the strength and mobility portion must be mastered before moving on. If you're stronger but less mobile, enjoy the easier strength portion while your mobility catches up. You'll find you will have still maintained most of your strength in the meantime.