

# 1 RECOMMENDED ROUTINE WARM UP

## DYNAMIC STRETCHES (5-10 reps each)

### Wall Extensions

- Back flat against surface (can start back on floor with legs bent up at 90 degrees, then progress to sitting against a wall with legs out, then progress to regular standing)
- Keep forearms parallel to body (move arms in arches to make this possible)
- Keep arms and hands flat against surface

### Band (Shoulder) Dislocates

- Better to use a stick than a band (to track progress and get extra stretching in forearms and wrists)
- Start wide, keep a full grip, keep arms straight, ribcage down, squeeze glutes (hollow body), elevate shoulders when going overhead
- Go slowly - a rep forward and back should take 5 seconds

### Cat-Camels

- All fours
- Lift head and chest up while letting stomach sink
- Then round back, bring head and hips toward each other
- Avoid bending elbows and moving body forward and back

### Scapular Shrugs

- On all fours
- Keep arms straight
- Don't move lower back or hips
- To increase intensity, use plank (push up) position or use a band for resistance

### Full Body Circles

- Roll from hips, fluid motion all around, doesn't matter so much what you do with arms
- Do both directions

### Front/Back Leg Swings

- Brace 1 hand against wall for support
- Swing extended opposite arm front/back along with leg
- Stay tight through core, keep foot flexed

### Side/Side Leg Swings

- Brace hands against wall for support
- Pivot on standing foot as you swing, keep other foot flexed
- Stay tight through core

### Wrist Mobility Exercises

- Fingers Pulsing
- Palms Pulsing
- Side-to-Side Palm Rotations
- Front Facing Elbow Rotations
- Side-to-Side Wrist Stretch
- Rear Facing Wrist Stretch - Palms Down
- Rear Facing Wrist Stretch - Palms Up
- Rear Facing Elbow Rotations
- Forward Facing Wrist Stretch

## BODYLINE WORK (10-60s hold each)

### Plank

- Top of pushup position: shoulders over wrists, head and neck in neutral position, butt in a solid rigid line, squeeze glutes and abs to keep back in position

### Side Plank

- Hand pointing parallel outward
- Hips and feet stacked, keep hips from sagging
- Can put bottom knee down if needed
- Raise top arm up, look up at hand when comfortable
- Use plank to transition to other side

### Reverse Plank

- Fingers can face forward, sideways, or backward
- Raise hips up, extend one leg out at a time, retract (squeeze) shoulders together, open chest, relax head, don't let chest and hips collapse
- Bring feet back to make more difficult

### Hollow Hold

- Glue lower back against floor
- Knees up, tuck chin, extend arms to start
- Progress to straight legs (shoulders away from ears) – point toes, flex quads, squeeze inner thighs together
- Lower legs = more difficult (brace abs even more)
- Raised arms = more difficult

### Arch Hold

- Arms by side, lifted chest (neutral neck), feet together, raise legs
- Arms overhead = more difficult
- Breathe!
- Bring everything higher for last few seconds

## 2 RECOMMENDED ROUTINE SKILL WORK

### HANDSTAND (5-10 min, rest as necessary)

#### General Form Cues

- Lock your elbows and knees
- Glue your legs together and point the toes
- Hollow body - don't let an arch come into your back!
- Elevate the shoulders - try to cover your ears with your shoulder

#### I: Wall Plank

- Feet against wall
- Don't let hips sag
- Feet higher and higher until II

#### II: Wall Handstand

- Stomach towards wall
- 30s hold: start taking one foot off wall at a time

#### III: Handstand

- See General Form Cues

### SUPPORT (2-3 min, rest as necessary)

#### General Form Cues

- Arms straight, toes and butt flexed
- Body straight or slightly hollow
- Depress the shoulderblades
- Use 2 chairs in place of bars (use folded towels for padding)

#### I: Parallel Bar

- Press shoulders down
- Elbow pits face forward
- Feet and thighs together

#### II: Rings

- Keep rings parallel to body
- Don't sag shoulders

#### III: Rings Turned Out

- Palms facing out
- Don't lean with forearms

## 3 RECOMMENDED ROUTINE STRENGTH WORK

### FIRST PAIR (alternate sets, with 90s-3min rest between)

\* skip until you can do diamond pushups and horizontal rows

#### Pullup Progression 3 x 5-8

- Body slightly hollow with straight legs throughout the whole exercise
- If you cannot get straight legs, it's preferable to keep the feet in front of the body rather than behind
- Arms straight at the bottom, the rest will happen automatically
- Strive for chest to bar at the top (for this, the forearms have to deviate from vertical, which may be a bit hard on the elbows, so build up to it slowly)
- Keep the neck in a neutral position, avoid craning it to get your chin over the bar
- It's natural for your legs to come forward, this keeps your center of mass under the bar (but don't swing them)

#### I: Negative Pullup

- Jump to top of position, then slowly lower yourself until arms are straight
- Built up to 10s

#### II: Pullup

- See General Form Cues

#### III: L-sit Pullup

- Pullup with legs in L-sit position

#### IV: Pullover

- Up: Pullup and bring legs up, spin around bar
- Down: Roll forward, then lower legs while negative pullup

#### Dipping Progression 3 x 5-8

- Straight or slightly hollow body. No bending at the hips!
- Lock out the arms and depress the shoulderblades at the top
- Go as far down as you can
- Elbows in

#### I: Parallel Bar Dips

- See General Form Cues

#### II: Ring Dips

- Start from a support position with the rings turned out

#### III: Ring L-sit Dips

- Start with tucked legs if too difficult

# 3 RECOMMENDED ROUTINE STRENGTH WORK [cont.]

## SECOND PAIR (alternate sets, with 90s-3min rest between)

### Squat Progression 3 x 5-8

- Stand up straight at the top
- Sit back down rather than bending through the knees, think about keeping your shin vertical (it doesn't have to be vertical)
- Go as low as you can, preferably until the hips are below the knees
- Don't let the knees come inward on either the descend or the ascend, think about pushing the knees out

#### I: Assisted Squat

- Grab something in front of you and use your hands to assist
- Reduce assistance over time

#### II: Squat

- See General Form Cues
- Use doorframe to assist at first

#### III: Step-ups

- Putting one leg up on a high object in front of you, put all of your weight on the front leg and step up to the object. Aim to minimize pushing off with the back leg.

#### IV: Deep Step-ups

- Back foot does not touch ground
- Use back leg as little as possible

### L-sit Progression 3 x 10-30s

- The preferable way to do these is on the floor - makes cheating impossible
- Depress the shoulderblades, don't let the shoulders shrug up!
- No bending of the legs
- Straight arms

#### I: Foot Supported

- Legs straight in front, hands next to thighs
- Push yourself up (straight arms!), leaving your feet on the ground
- Hold position

#### III: Tuck L-sit

- Legs bent (about 90° at the knee, 45° at the hip)
- Put your hands slightly in front of your butt and push yourself up (straight arms!)

#### V: L-sit

- See General Form Cues

#### II: OneLeg Ft. Supp.

- Foot supported L-sit, but raise one of your legs up from the ground

#### IV: Adv. Tuck/OneLeg

- Either tuck less than before by extending legs outwards or stay tucked and extend only one leg straight

## THIRD PAIR (alternate sets, with 90s-3min rest between)

### Pushup Progression 3 x 5-8

- Hands turned out slightly
- Elbows stay close
- Hands slightly in front of shoulders
- Keep butt in
- Send shoulders forward, forearm stays vertical

#### I: Vertical Pushup

- Use a wall and proper form

#### II: Incline Pushup

- As you can do 3x8 sets (rest 2-3 min in between), move to lower angle

#### III: Full Pushup

- See General Form Cues

#### IV: Diamond Pushup

- Put your hands close together so the thumbs and index fingers touch
- If this is too difficult, put your hands a bit further apart

#### V: Rings Wide Pushup

- Start from plank on the rings
- Down (allow elbows to come out to the side, rings can turn in) until arm at 90°
- Up (turn out the rings again at the top)

#### VI: Rings Pushup

- Turn out the rings at the top

#### VII: RTO Pushup

- Starting from plank with rings turned out, pushup with rings turned out
- This will feel a lot like a pseudo planche pushup

#### VIII: RTO PPPU

- RTO plank, lean forward until shoulders are in front of hands
- Maintain forward lean throughout, protract/depress shoulderblades at top
- Increased forward lean = more difficult

### Row Progression 3 x 5-8

- With your arms straight, before you initiate the actual row, pinch your shoulder blades back together (retract) and if your shoulders are hiking up, bring them down, away from the ears (depress)
- Straight body
- Elbows in
- Arms straight at the bottom
- Rings/bar to chest at the top
- Don't let your shoulders shrug up

#### I: Vertical Row

- Use proper form
- Can use a towel wrapped around doorknobs (bend legs)

#### II: Incline Rows

- Lean back, closer to horizontal = harder

#### III: Horizontal rows

- Can use a table

#### IV: Wide Rows

- Take a wider grip (1.5 times shoulder width)

#### V: Tuck Front Lever

- Actively depress and retract scapulae (strong activation of lats)
- Keep elbows completely straight

#### VI: TuckIceCreamMkr

- From top of pullup position, tuck legs
- Lean back, bring body horizontal
- Lock arms (important!) and pause for 1s
- Pull body back to vertical

#### VII: TFL Row

- From tuck front lever position pull up as far as you can while body remains horizontal

#### VIII: Adv. TFL Row

- Same as TFL Row, but with body less tightly tucked