



GOLD MEDAL BODIES

FLOOR ONE

GMB Floor One Training Manual
©2011 Gold Medal Bodies, Super 301, Inc
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THE GMB CURRICULUM

Welcome to the Floor One course. This program is part of the Gold Medal Bodies (GMB) curriculum, where our goal is to provide accessible gymnastic style training to everyone from the person just starting to work out, to the seasoned athlete who wants to get that extra edge in performance.

We've found that gymnastic movements not only develop the attributes most athletes want (power, mobility, control) but are also great at teaching a very important skill: the skill of learning new movements. The movements chosen to be part of this course were selected because they form the basis of athletic movement across most sports and activities. They're also great for non-athletes just looking to have a good time with recreational training.

For those who have purchased the Rings One and Parallettes One courses, this might seem a little familiar. If not, you're still in the right place. All of our ONE-level programs are designed to provide the total GMB experience of full body training for practical strength.

What makes our system unique compared to the various other programs out there? First is the background of the authors. With a diverse and detailed laundry list of gymnastic, martial-art, rehabilitative, performance-enhancement,

and health qualifications, our experience lends itself to a different approach to training from your average program.

As such, we have different goals and expectations for results when we develop our curriculum.

FIVE TRAINING TRUTHS:

- ★ Fitness is a skill.
- ★ Size without strength is a shame.
- ★ Strength without skill is a waste.
- ★ Being "tough" isn't always enough.
- ★ Training is goal-specific.

GMB programs are organized around progressively challenging techniques and routines. These training sessions were designed to help you develop high levels of practical strength. By "practical," we mean the full body strength we can use in everyday and recreational activities, not just in lifting a heavy weight up and down several times, or repeating the same movement over and over again.

Our definition of fitness is the capability to perform well in your chosen activities.

What do you like to do? Shoot hoops a couple times a week? Get outside and go hiking on the weekends? Or simply play with your kids without tiring out or pulling something?

Whatever way you choose to spend your free time, you want your body to be able to keep up with you. You've heard the line that "the spirit is willing, but the flesh is weak"? Well, we're here to get your body moving to wherever your spirit wants to go. Why? Because that is exactly what we want for ourselves and what we like to train for – and we believe that is what you want, too.

In our GMB Manifesto (included in your download), we presented our overriding philosophy of training, and we also made a few promises.

Two of those promises are directly applicable here:

PROMISE NUMBER ONE:

- ★ You will improve your fitness level for doing the things you love to do. You'll develop skills and strength that seemed nearly impossible when you first started. You'll develop control and precision. You'll develop a greater sense of your body and what it's capable of and apply these skills in everything you do.

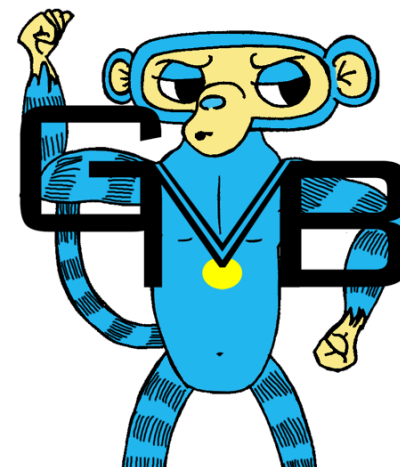
PROMISE NUMBER TWO:

- ★ You will love your body. Whether or not you ever actually win a gold medal in anything, you'll know that your body is worthy of the distinction. You may never have a six pack or bulging pecs, but you'll most definitely have the confidence that comes from knowing your abilities and your limits. Limits are okay when you know you're expanding them. They're okay when you know that your body is working for – and not against – you.

When your skills improve with every workout, how much you can lift will become irrelevant. You'll soon stop comparing your "scores" and "numbers" with others; instead, you will truly be proud of what you can do with your body.

We are so happy you've chosen to accompany us on this journey, and we believe you will gain so much from it because we've found so much benefit from this type of training ourselves. We are excited to share our concepts with as many people as possible.

Thanks for joining our Posse!



INTRODUCTION

Congratulations and welcome to

Gold Medal Bodies Floor One!

Floor One (**F1**) is a program designed to improve your total Body Control. Specific exercises in a progressive plan will increase your strength, balance, coordination, and flexibility. All leading to the goal of performing a routine that demonstrates your newfound skills and abilities. This bodyweight-only training program provides step-by-step daily instruction in everything you need to perform impressive skills such as handstands, rolls, jumping, and arm balancing stunts

In this course, we will lead you gradually from your current level and abilities and show you a strenuous, but fun, method of learning some serious gymnastic skills. With correct practice and due diligence, you will move your body through a variety of calculated motions, and in the process develop high levels of strength, grace, and poise.

These detailed programs were designed to take you from the most basic starting point to impressive skills that you will hardly believe you can do in just a few short months. From warm-up, to the main program exercises, to the cool-down, you will be engaging in serious training for serious results.

COURSE EXPECTATIONS

In all of our GMB courses, we emphasize the development of particular gymnastic skills. You will start with fundamental exercises that build a base level of strength, then move on to component level movements that incorporate a variety of angles and torques to use those new base strengths in different movement patterns, then finally on to the chosen gymnastic skill routines themselves.

This is most likely very different from your current training regimen, whether it be primarily for cardiovascular or muscle endurance (running, rowing, circuit type work, etc.), or strength training with different tools (barbells, dumbbells, kettlebells, clubbells, etc.). With these methods, you generally work a few movements and progress via weight, volume (reps, sets), or density (amount of work in a given time), and these are all very valid methods of training. However, our methods have been proven to work for us and our clients as well, so we ask that you give our training protocols a fair trial and follow the programs in the course for their duration. We promise you'll be glad you did!

As with any new exercise movement, you'll most likely feel a period of awkwardness when you first start, and that's okay. It just means that your body is experiencing a very new

stimulus, and that is just what you need to invigorate your mind, body, and spirit. This will take you forward to remarkable gains in strength and athletic performance.

USING THE MANUAL AND VIDEOS

This manual outlines the course programming with all of the details for implementing a training schedule, how to progress through the exercises, and key points in performance. We also outline the general theory behind the course and how it all fits together to meet your goals of practical strength and mobility.

We've designed the manual to anticipate as many of your questions as possible with as straightforward instruction and detail as possible. We hope that you will be able to turn to the manual throughout your training and obtain key points about the workout structure and progression. We advise reading through the entire manual first to get an good overview of the program. However, if you'd just like to skim through it first and get to the good stuff, you'll find that its laid out in order to get you moving as soon as possible.

The videos provide detailed instruction for every exercise and movement sequence in the program and provide the visual benchmark for proper technique and execution of the exercises. The voiceover instruction along with onscreen

text will provide the best instruction outside of having us right beside you. Please review the video instructions for the exercises a few times before you attempt them in your workout. You'll also find it useful to review them after your training session to compare your form to the correct performance we demonstrate in the videos.

And speaking of that guy...



AFTER SCHOOL SPECIAL: THE RYAN HURST STORY

By Ryan Hurst

**A LONG, LONG TIME AGO, ON A
PLANET FAR, FAR AWAY...**

When I was in the fourth grade, I met a man who would change my life. Mark Folger was a physical education teacher who was employed temporarily at my elementary school. During our P.E. class, Mark would always include rope climbing, Chin-Ups, Pull-Ups, tumbling, and balance work. I didn't realize it at the time, but he was scouting our school to create a boys' gymnastics team. Mark was a former Olympic athlete, representing the United States as an alternate for the 1984 Los Angeles Olympic Men's Gymnastics team. At Oklahoma University, he roomed with Bart Conner and was very well known for his high level of skill on the parallel bars.

Mark had recently moved back to Wichita, KS, with his wife Penny and was training out of a gymnastics center in downtown Wichita. He must have thought I had something in me, because he convinced my parents to sign me up! I started training with him while in elementary school and continued all the way into my high school years. By that time Mark had his own successful gymnastics gym, Folger's Gymnastics. I was a member of the boys' team and competing under his

guidance at the state and national level. Our team did very well at all the meets and we racked up on the medals. During our off season, I also competed in high school gymnastics. Since my high school team was also made up of Folger's team, we won state and regionals every year. Mark attended all of our high school meets and I remember him always being nervous about us getting injured and not being able to return to the "real" competition.

I also remember countless early Saturday mornings when my dad would drive me all over Kansas, Oklahoma, Texas, Nebraska, Colorado, and anywhere else we had a competition that weekend. I put in a great many hours of competition along with the daily hours of practice that it took to compete at that level, and I did this all without a single major injury.

While I didn't fully appreciate it at the time, thanks to Coach Folger's incredible coaching, I was able to go into practice and competition with the confidence of being completely prepared and injury free. Mark was, and still remains, amazing at creating incredible gymnasts. He not only values the importance of garnering medals, but also of keeping his athletes healthy. I truly believe that it is because of Coach Folger that I am where I am today in my physical practice. He was the first coach that instilled the concepts and practices that have allowed me to excel at being a movement artist. I

consider myself lucky to have him as a coach, friend, and mentor even to this day.

MOVING ON

The summer after my senior year I had an unfortunate injury to my knee that ended my gymnastics career for good. And it wasn't an injury from gymnastics training or competition. I injured my leg while I was practicing martial arts. Martial arts, along with gymnastics, was an important part of my life. While I didn't neglect school, my priority was definitely to become the best movement artist possible.

Though my knee injury kept me from competing in gymnastics, I did continue my training as much as I could and went even deeper into my martial arts practice. After my knee surgery, I went to college and eventually completed my university studies in Japan. It was through a friend of mine that I met Scott Sonnon, founder of **Circular Strength Training (CST)**.

I slowly incorporated CST into my training and eventually I travelled all the way from Japan to the United States to train with Coach Sonnon, and I worked my way through the years to eventually attain the status of Faculty Head Coach in the system.

As I trained and consulted with Coach Sonnon over the years, I realized that CST had so much in common with the particular training style I had undergone for gymnastics. Though very focused on performance, we also valued health and wellness, as we knew that an injured and overworked gymnast wasn't going to benefit the team!

But I never forgot the foundation of my gymnastic training and I knew that my experiences could help make efficient and result-producing programs for everyone.

GOLD MEDAL BODIES GENESIS

Over the years I continued my own personal practice with a variety of gymnastic movements that I had chosen for their effects and efficiency. You see, as a competitive gymnast you have to practice an incredible variety of moves in order to meet certain qualifications at contests. This is why high level gymnasts spend many hours in the gym, up to six days a week! As I was no longer a competing gymnast, I didn't have to practice so many different moves, so I focused on the exercises that gave me the best results specifically for my training goals. I also came up with various methods to teach people how to perform movements even though they had no prior gymnastics background.

I would often play around with these skills during our free time at various seminars with my colleagues and students,

and they would be amazed at the various “tricks” and moves I could perform on the rings, parallel bars, and floor. They would pester me to teach them how to do, or work up to, the exercises. It was fun to watch them shake and struggle to perform moves that I had been doing nearly my entire life! And it was even better to see them progress quickly through the variations and see their resulting excitement. It was like watching kids getting on a jungle gym for the first time, and I knew this is what training should be about!

Everyone was soon getting on me to teach my methods publicly and not just to those attending our seminars. Thus Gold Medal Bodies was born!

THE INTENTION BEHIND THE GMB CURRICULUM

When I was a competitive gymnast, I would train Monday through Saturday up to four hours a day. There are six events in men’s gymnastics, and we would split our practices to avoid working the same apparatus every day. We would do ring work, pommel horse, and floor on one day, then perform parallel bars, horizontal bar, and vault the next. We would always have full sessions of warmup stretching, warmup turns on the events, conditioning after practice, and then finally a cool down. Thinking back, I am amazed that we engaged in that incredibly high volume of work.

Nowadays, there is no way that I could train on such an intensive schedule. Nor is there any reason to. I am no longer a competitive gymnast, and although I do continue to practice gymnastic skills, I no longer consider myself a gymnast. I simply train with gymnastic movements.

To me, the difference between being a gymnast and training with gymnastic movements is quite obvious.

What you will learn in this manual will help you in learning particular gymnastic moves on the floor, but this is NOT a manual on how to become an Olympic gymnast! If you are interested in competing in gymnastics, I suggest that you join a gymnastics complex and learn from a qualified coach. There is no substitute for proper instruction from a coach. They will be able to guide and teach you how to perform as a competitive gymnast and keep you from hurting yourself, which often happens when you go at it alone.

With all that aside, I know that you are interested in obtaining the strength, flexibility, physique, and remarkable movement skill of a trained gymnast, and we are here to help you!

CHAPTER ONE: FLOOR TRAINING THEORY

Floor One training has the primary goal of full Body Control.

The acrobats, gymnasts, dancers, and other athletes you see in shows and games that everyone admires and enjoys watching all have one thing in common, and that's this total control over their body and its movements. They often perform stunts and feats that we can only dream of, and that's what makes them so impressive.

How do these people achieve this? Are they born with special skills and talents? Well, truthfully, they most likely do have some genetic advantages that put them ahead of most people who play their sport. That's just the reality of it. However, it's not just inborn talent that gets these athletes where they are at, but also specialized and consistent practice.

And this is where F1 comes in: we show you ways to train that are efficient and effective in promoting Body Control.

We aren't guaranteeing you the gold medal in the next Olympic Games, but we are betting that you'll be amazed at your condition and skills at the completion of the program.

Before we get to the program, however, we'll need to talk about what Body Control consists of, and how combining these attributes in the correct progression can take you to higher levels of skilled performance.

Understanding these details will help you understand how each step of the process gets you closer and closer to your goals.

WE BREAK DOWN BODY CONTROL INTO FOUR ATTRIBUTES:

- ★ Strength
- ★ Balance
- ★ Coordination
- ★ Flexibility

Think about watching your favorite athletes and performers do their thing, and you'll realize that you are watching the interplay between all of these four attributes as they combine to help the athlete perform at the highest levels.

Let's take a look at what we mean by each of these.

STRENGTH

Strength is much more than just lifting the heaviest weight off of the ground or how much you can bench press. Our definition of strength involves how easily and smoothly we can move our body around in space. We need strong arms and shoulders for handstands and other holds. We need strong legs and hips to jump high. But we also need to know how to connect the strength of our arms and legs to the strength of our torso. F1 training will give you the tools to develop practical strength to control your body in all planes of motion.

BALANCE

Standing on your hands obviously requires strength, but it of course also requires specific balance skills. Not many people, if any!, can go upside down and stand on their hands for the first time without any training at all. In F1 we separate balance into upper body and lower body balance performance. Improving your comfort level in these various balance activities is a big part of achieving Body Control.

COORDINATION

Here at Gold Medal Bodies, we define coordination as being able to perform specific body movements that result in spe-

cific actions. It is a delicate interaction between strength and balance along with body awareness. When people talk about “hand eye coordination”, it’s really about this ability to connect your desired outcome to what you are doing with your body.

You aim for a target and you toss a ball at it in the hope and expectation that your shoulder, elbow, wrist, and hand move in the right way to make it happen. It’s the same thing with picking a spot on the ground and wanting to land right on it with one foot. This is coordination, and F1 helps you to improve yours.

FLEXIBILITY

Can you tie your shoes without bending your knees? Or simply reach behind to the back seat when you are in the driver’s seat? These simple activities demonstrate the need for flexibility in your daily life, and how important it is for the feats of skill that you are working towards in this program. F1 and the GMB Stretching Module introduced in this course will improve your flexibility and allow you to move your body smoothly in all of your ranges of motion.

FLOOR ONE PROTOCOL FOR PRACTICAL FITNESS

Of course, none of this happens by magic. You've heard that "practice makes perfect," but to keep progressing, your practice has to adjust too.

GMB programs take you through four distinct kinds of practice to ensure your training is correctly tailored to the specific goals of each phase in your skill and strength development.

FOUNDATION TRAINING (PHASE 1)

The first emphasis is on developing a good base level of strength and balance. These exercises are the foundation for your entire program progression and are specific work leading towards your accomplishment of the final skills.

SKILL BUILDING (PHASE 2)

After a solid grounding in the strength and balance building exercises of Phase 1, you will be ready for the progression to various "Skill Sets" that combine various movements for jumping, hand and leg balancing, tumbling, and rolling.

FLOW ACQUISITION (PHASE 3)

We are now headed into the final stretch and will be learning how to perform the Flow routine itself. The Flow is broken down into three parts and practiced along with additional conditioning work.

FLOW MASTERY (PHASE 4)

This final phase consists of practicing the full Flow to smooth out and master the movements. The Flow is built up of all the prior skills you have worked on since the beginning of the program and is a great test for your new higher levels of strength, balance, coordination, and flexibility.

CHAPTER TWO: BALANCING WARM UP, WORK, AND RESTORATION

WARM UP

One of the hallmarks of intelligent training is a proper warmup routine. Our joints and muscles move much more smoothly when they are loosened up and primed for exercise. Optimally, you should have a warmup specific to the main exercises in your workout session, rather than a random “stretch whatever feels tight” routine.

A proper set of warmup exercises is specific to the movements you will be performing in your training. The various ranges of motion, along with what part of the body will bear the most strain in the activity, should be taken into consideration.

This type of specificity is not only the most beneficial, it is also very efficient. You won't be wasting time on warmup activities that don't match what you will be doing in your workout.

RESTORATIVE MOVEMENTS

While many programs out there now recognize the need for a specific warmup before a vigorous training session, there are still quite a few that either neglect a cool-down or just toss in a few arbitrary stretches for a couple of minutes here and there.

This neglect can lead to increased resting muscular tone, often felt as the sensation of being “tight” after a hard workout. This increased tension can accumulate and cause chronic muscle shortening and postural changes.

The GMB Flexibility Module is introduced here to provide you with the movements you need to gain overall body flexibility and to recover properly during and after the intense training regimen in this course.

It is incredibly important to perform these restorative movements regularly during and after your workouts to both enhance your performance and prevent injuries. If you are injured then you can't progress!

FLOOR WARM-UP

Please refer to the videos for thorough explanations, but this is the sequence of movements for our warm-up.

1. Vibrations
2. Shoulder Raise In Front
3. Shoulder Raise in Back
4. Shoulder Raise to Sides
5. Shoulder Crosses in Front
6. Shoulder Pulls to the Back
7. Cat/Camel Back Arches
8. On All Fours Back Rotation
9. Elbow Rotations
10. On All Fours Elbow Rotations
11. On All Fours Wrist Rotations
12. On All Fours Wrist Forward Extensions
13. On All Fours Wrist Reverse Position Sit Backs
14. On All Fours Wrist Sideways Extensions
15. Standing Large Hip Circles
16. Standing Hip Circles with Bent Knees
17. Squatting Hip Rotations
18. Full Squat Circles
19. Full Squat Rocking
20. Supine Leg Swings
21. Supine Leg Rotations
22. Supine Heel Kicks

23. Supine Knee Rotations
24. Supine Ankle Rotations
25. Cat Stretches

FLOOR COOL DOWN AND WITHIN WORKOUT STRETCHES

1. Forward Fold
2. Pancake
3. Side Bend Pancake
4. Shoulder L Stretch
5. Shoulder Lounge Chair
6. Butterfly Stretch
7. Glute Stretch
8. Half Lunge Stretch
9. Front Split Progression

CHAPTER THREE: THE EXERCISES

FUNDAMENTAL EXERCISE FORM

Before we begin our description of the various exercises, let's start with the fundamentals of correct exercise form. These will apply to virtually every exercise you'll do in the GMB programs.

There are of course very many fine points of technique and form for each exercise that we could teach you in person, but this would be an extremely long manual if we were to do that right now! These fundamental points will take care of the majority of your issues in the beginning. In addition, the more you keep these in mind as you practice and train, the more they will make sense, and pretty soon you'll do them without even thinking about it, and also understand how it can apply to everything that you do.

PROPER POSTURE

Your mother was right when she said to stop slouching! It's more than just looking good, it actually helps prevent injury and improve performance. You'll see that in just about every standing exercise in the videos we talk about keeping your chest up and shoulders pulled back. This good posture locks your upper body in a good positioning to optimally recruit your muscles for the movements.

When you look at your posture from the side, you want to see a straight line running from the middle of your ears to center of your shoulders and hips. Also you'll see that your shoulders are sitting squarely on top of your ribs, and your ribs are also centered on your hips. This is the proper body positioning and the "good posture" that our parents and teachers were trying to get us to maintain!

Good posture doesn't just apply to standing up, but you can also see how this proper positioning transfers to the exercises when you are horizontal, sideways, or upside down. It is especially apparent in a handstand. You should be able to take a picture of yourself in a handstand, flip it upside down, and it will look like the good posture you have in standing on your feet.

HINGE AT THE HIPS

This is similar to the saying "lift with your legs and not your back". If we look at a skeleton, you can see that the joints of your spine are relatively small, there's just a lot of them so you can move in so many different directions. Now, look at where the top of your legs go into the hip socket. Those joints are massive! It's obvious which ones were built to take more strain and force. The muscles of the hips are also much larger and more powerful than the lower back.

Lifting with your legs and not your back means that you'll be moving at those big hip joints instead of the small spinal joints.

TRY THIS EXERCISE AND YOU'LL FEEL IT:

1. Stand tall facing sideways to a mirror.
2. Bend forward and round your back. That's using the joints in your spine.
3. Now, bend your knees a little, and imagine there is a rod going horizontal right through the center of your hips. Keep your back straight and pivot right on that rod. That will be the axis of your rotation.
4. Bend forward with your back flat and this is hinging at your hips.
5. Come back upright the same way by squeezing your butt and thighs, and that's using your hip muscles rather than straining your low back. Of course you are still using your low back muscles to keep your back straight, but it's your hips that are doing the heavy lifting.

Work on this and you'll save yourself from low back strain and pain.

It also relates to how you should use your hips even when you want other joints to be joining in, such as in jumping. Even though your knees are bending as well, the hips are the primary generator of force. A proper jump has this proper hip hinge as well as knee bending, otherwise you'd just be using the relatively smaller muscles around your knee and not taking advantage of the big muscles of your

hips. You wouldn't be able to jump as high as could if you just thought about using your knees. Hips are your main source of power!

ELBOWS TUCKED IN

This is another very common exercise cue that you'll hear all throughout this course. When you keep your elbows close to your sides and not flared out, you'll be in a much stronger body position. It will be harder in the beginning, as flaring your elbows out lets you use your chest and back muscles more easily, but it's not good for you in the long run. The fundamental gymnastic skills of hand balancing and tumbling require you to keep your elbows in the proper position. It will be much harder to move on to more difficult skills and tricks if you don't maintain this proper form. You might be able to get away with muscling it all in the beginning, but your progress will be slow and eventually stop.

Take a pushup for example, flaring your elbows allows you to get more repetitions in the beginning. But once you start progressing towards a skill like the planche, the poor elbow positioning will prevent you from achieving it. Have the discipline to keep your elbows in tight from the start and you'll be rewarded with smoother sailing as you work through the programs.

WEIGHT DISTRIBUTION

In standing, your weight should be even between both feet, and with a little more weight towards the toes than the heels. This gets you in a good position to move in any direction smoothly, especially in jumping and tumbling.

The same thing goes with weight on your hands, you'll want more weight towards your fingers than the heel of your hands. You'll find it easier to balance this way.

TRY THIS EXERCISE:

1. Stand tall with your weight back on your heels and practice stepping forward, sideways, and backward.
2. Now do the same movements, but this time with your weight shifted more towards your toes.

What do you feel? Which way seemed smoother and a bit easier? I bet you it was when your weight was centered more towards your toes than your heels.

LEG LOCK

In the various balance and coordination exercises in this manual, you'll often find yourself standing on one leg for a little while.

We emphasize keeping this supporting leg locked tight and strong for a number of reasons. First, it provides a much more stable positioning. Imagine the stability of two blocks on top of each other, versus one solid structure. Second, learning to contract your thighs strongly in this extended position strengthens your legs in a unique and very beneficial way. You'll be able to maintain a strong, solid position even when your balance is disturbed, either by an outside force, or your own body movement.

An example of this is the front scale lifts. When you lift a leg up straight, and the other keeps bending, then you know that you have to work on that strength to have the best stability with that supporting leg.

Keep these five fundamental concepts in your head, and you'll automatically be performing the GMB exercises properly, safely, and in the best way to progress.

CORRECT BREATHING PRINCIPLES

Another important aspect of optimal training is the practice of correct breathing during all of the movements. First and foremost, don't hold your breath!

This should go without saying, but breath-holding is very common, especially when we start performing new exercises. Holding your breath and bracing in a posture or a difficult activity is, for many, a natural response. Unfortunately, it's also one of the worst things you can do. Exhale when you are exerting effort and never hold your breath.

Second, our breathing pattern should match inhalation with expansion and exhalation with compression. This allows us to follow the natural movement of our lungs and coordinate our body's position with the correct breathing, rather than fighting against.

For an example, stand up tall, lift up your hands as far as possible and breathe in deeply. You should feel as if you are breathing in as much air as possible, filling up your lungs to their capacity. Exhale and relax, and remember the sensation of the full inhalation. Now, sit down on the floor and crunch up into a ball, hug your knees into your chest and make yourself as small as possible. Try to inhale deeply in this position. Compare this feeling with the one earlier,

when you were standing tall and fully open. Doesn't it feel as if you are straining to inhale, and that there's no room for you to take in any air?

As you continue to practice proper breathing in all your exercise activities, you will gradually progress from the need to be actively controlling your breath to where you are breathing correctly without thinking about it. This is the beginning of breath mastery, and it's a beautiful thing.

GMB FLEXIBILITY MODULE

We've chosen 9 specific stretching exercises to target the essential flexibility needed to perform not just the exercises in this course well, but in all athletic activities. Flexibility is often an afterthought in training, either tacked on at the end of the workout or lazily done in the beginning. But it really should be a staple in your regular training.

So many times, an exercise or movement is made that much harder simply because a person isn't flexible enough to perform it properly. Here we provide you with the tools you need to be agile and smooth in everything you want to do.

HOW TO PERFORM THE STRETCHES

1. The protocol for these stretches is to start by rocking into and out of the portion of the stretch that is just uncomfortable.
2. Do this about ten times, and on the tenth time hold that position for at least thirty seconds and as much as two minutes. This allows a nice easing into the stretch, rather than a jarring change that can shock your muscles.
3. Before you exit the stretch, contract the stretched muscles gently and then more firmly as you go back to your starting position. Just like easing into the stretch prepares your muscles better, the muscle contraction eases you out of that stretched position and gives your muscles a smoother transition, especially if you've been holding the stretch for over a minute.

FORWARD FOLD

This seated exercise is a wonderful way to relieve tension throughout your entire spine. The focus should be on opening your back from the base of your skull all the way to the tailbone. This is why we say it's acceptable to bend your knees as needed. Allow yourself to reach your toes and work on opening your back, rather than be limited by the length of your hamstrings. As you improve you can straighten your knees and hinge at the hips to fold your body like a jackknife.

PANCAKE

This classic gymnastic stretch releases the inner hips and thighs, along with the hamstrings and lower back. Bring your feet apart as wide as you can, and then use your hands to shift your hips forward and side to side until you reach the desired stretch. Work on keeping your chest up and upper body tall to direct the stress more in your legs than your back. You may find that a support such as a stool or small box is helpful as you start leaning forward into the full pancake position. Remember to ease into and out of the stretch.

SIDE BEND PANCAKE

An often neglected part of flexibility training, even in those that train regularly, is the side of our bodies, particularly our waist and back. This exercise solves this dilemma very well. We recommend starting in a "half pancake" or "hurdler" stretch, with one leg straight and the other folded in. The primary cue in this exercise is to keep your back locked and straight, any bit of forward bend takes away from the full value of this stretch. Work on fully opening that area between your ribs and hips and you'll notice a nice effect in your posture and movement.

SHOULDER L STRETCH

This is an interesting stretch, and again an often neglected area of the body, though very important for a limber shoulder girdle. The important point of form here is to work on keeping your chest and shoulders squarely facing the ground so you can place the correct pressure and angle on your elbow.

SHOULDER LOUNGE CHAIR

Another great shoulder girdle stretch, this movement opens up your chest, the front of your shoulders, and even your biceps. But we have to be careful that we do this correctly, so as to stretch our muscles, but not overstretch the shoulder ligaments and cartilage. Keep your chest and ribs up to place the stretching force on the muscles and less on your shoulder joints. Don't force this stretch at all, and it is a safe and effective shoulder and chest opener.

BUTTERFLY STRETCH

This is a very common stretch for the hips and groin muscles, but is often performed incorrectly. As with the other movements presented here, we are keeping our upper body straight as we work on stretching our lower body. This targets the chosen area correctly and protects other areas

from being overstretched. Use your elbows to assist, and focus on leaning forward hinging at the hips and you'll get the most out of this stretch.

GLUTE STRETCH

Most people need some work in opening their hips up and stretching out the muscles that rotate the hips outwards. We name this a "glute" stretch because you'll probably feel this deep in your butt muscles! But it affects a lot of different areas. This is another stretch to be extra careful with, as you'll want to avoid straining your lower back. If you aren't quite so flexible, and you try to keep your "sit bones" flat on the ground (as recommended by some trainers), you may end up over-stretching ligaments in your low back and creating more harm than benefit from the exercise. Just focus on the proper positioning and hugging your knee in tight to your body and worry less about sitting flat on the ground.

HALF LUNGE STRETCH

Tight hip flexors and quadriceps are responsible for many back and knee pain complaints, as well as interfering with many athletic movements. This stretch will help you keep these areas from becoming a problem. Be aware of the position of your front knee, keep the knee from going past the toes (your shin should be close to straight up and down). If you feel you need more of a stretch, slide your other knee

backwards. Don't worry about grabbing your trailing leg's foot to bring up and bend the knee right away. If you attempt this before you are ready, you'll end up arching the lower back to complete the motion rather than it being from more flexible hips. Just like the rest of these stretches, take your time, be consistent, and you'll get where you need to be.

FRONT SPLIT PROGRESSION

Considered by many to be the ultimate test in lower body flexibility, "splits" require great flexibility in your hip flexors and hamstrings, and also look impressive! Though it is quite a difficult stretch, the progressions we show you here will get you towards your goal of full front splits sooner and with less strain and pain. Focus on keeping your hips facing square ahead and your upper body locked nice and straight. In this movement, slide your front heel forward to progress in the stretch. Remember that it's easier to lean your body forward, so start there if you feel like the stretch is too much.

We'd like to emphasize again that it is much better to be consistent and perform these stretches regularly than to attempt and stretch "hard" and only do them every so often. These stretches form the core group of flexibility exercise for GMB and we believe that consistent performance will improve your overall athleticism and quality of movement.



FLOOR ONE EXERCISE LIST

The following is a complete list of the exercises selected for F1. Please refer to the videos for detailed instructions on exercise performance. Also included are the key points for each exercise, as emphasized on the video instruction.

STRENGTH

1. Bent Arm Stand
2. Bent Arm Stand Tuck
3. Bent Arm Stand Extension
4. Bent Arm Stand Press
5. Hollow Body Hold
6. Inverted Press
7. Jump to Bent Arm Negative Press
8. Planche Holds with Spot
9. Planche Jumps
10. Back Bend Progression
11. Reverse Push Ups from Knees
12. Reverse Push Ups
13. Shrimp Squat Beginner
14. Shrimp Squat Intermediate
15. Superman Hold
16. Hollow Body Plank
17. Hollow Body Plank Push Up
18. Superman Extensions

BALANCE

1. Back Scale Beginner
2. Back Scale Intermediate
3. Crane Hold
4. Crow Hold
5. Front Scale Beginner
6. Front Scale Intermediate
7. Front Scale Leg Lifts
8. Scale Prep Work
9. Tripod Hold
10. Tripod Tuck
11. Tripod Extension
12. Double Arm Lever Beginner
13. Double Arm Lever Intermediate (Head Raise)
14. Double Arm Lever Full
15. Handstand Hold Facing In
16. Handstand Hold Facing Out
17. Handstand Free Standing Hold

COORDINATION

1. Front Scale Leg Lifts
 2. Squat Jump Beginner
 3. Squat Jump Tuck
 4. Back Roll
 5. Back Roll Extension
 6. Candlestick
 7. Cartwheel Variation 1
 8. Cartwheel Variation 2
 9. Cartwheel Variation 3
 10. Round Off
 11. Front Roll
 12. Jump Pirouette to Back Scale Beginner
 13. Jump Pirouette to Back Scale Intermediate
 14. Jump Pirouette to Back Scale Advanced
 15. Jump Twist to Front Scale
 16. 90 Degree Lunge Jumps
-

KEY POINTS

STRENGTH

BENT ARM STAND

- ★ Elbows In
- ★ Legs Locked
- ★ Relaxed head/neck

BENT ARM STAND TUCK

- ★ Elbows In
- ★ Heels to Butt
- ★ Relaxed head/neck

BENT ARM STAND EXTENSION

- ★ Elbows In
- ★ Exhale on Lift
- ★ Solid stomach

BENT ARM STAND PRESS

- ★ Elbows In
- ★ Straight Back
- ★ Relaxed head/neck

HOLLOW BODY HOLD

- ★ Low Back Flat on Ground
- ★ Chin Tucked
- ★ Shoulders Pulled Down

INVERTED PRESS

- ★ Elbows In
- ★ Straight Back
- ★ Butt Over Head

JUMP TO BENT ARM NEGATIVE PRESS

- ★ Elbows In
- ★ Straight Back, Stomach Tight
- ★ Breathe Out as You Lower

PLANCHE HOLDS WITH SPOT

- ★ Lock Elbows
- ★ Flat Back
- ★ Shoulders Past Hands

PLANCHE JUMPS

- ★ Lock Elbows
- ★ Flat Back
- ★ Shoulders Past Hands

BACK BEND PROGRESSION

- ★ Shoulders Open
- ★ Elbows In
- ★ Drive With Legs

REVERSE PUSH UPS FROM KNEES

- ★ Elbows In
- ★ Shoulders Past Hands
- ★ Exhale on Eccentric Phase

REVERSE PUSH UPS

- ★ Elbows In
- ★ Shoulders Past Hands
- ★ Exhale on Eccentric Phase

SHRIMP SQUAT BEGINNER

- ★ Chest Up
- ★ Knee Close to Base Leg
- ★ Don't Lean Forward

SHRIMP SQUAT INTERMEDIATE

- ★ Chest Up
- ★ Knee Close to Base Leg
- ★ Don't Lean Forward

SUPERMAN HOLD

- ★ Nose Close to Ground
- ★ Extend Arms and Legs
- ★ Legs Together

SUPERMAN EXTENSIONS

- ★ Relaxed Neck
- ★ Extend Arms and Legs
- ★ Lift with Chest and Thighs

HOLLOW BODY PLANK

- ★ Shoulders Over Hands
- ★ Contract Core and Lower Body
- ★ Rounded Back

HOLLOW BODY PLANK PUSH UP

- ★ Elbows In
- ★ Contract Core and Lower Body
- ★ Rounded Back

BALANCE**BACK SCALE BEGINNER**

- ★ Both Legs Locked
- ★ Keep Back Straight
- ★ Gaze Forward

BACK SCALE INTERMEDIATE

- ★ Both Legs Locked
- ★ Straight Line
- ★ Hip Turned In

CRANE HOLD

- ★ Elbows Locked
- ★ Heels Close to Butt
- ★ Knees to Arm Pits

CROW HOLD

- ★ Elbows Angled ~45 degrees
- ★ Heels Pulled Up
- ★ Gaze Forward

FRONT SCALE BEGINNER

- ★ Both Legs Locked
- ★ Don't Lean Back
- ★ Chest Up

FRONT SCALE INTERMEDIATE

- ★ Both Legs Locked
- ★ Don't Lean Back
- ★ Chest Up

FRONT SCALE LEG LIFTS

- ★ Both Legs Locked
- ★ Don't Lean Back
- ★ Don't Move Upper Body

SCALE PREP WORK

- ★ Leg Locked Out
- ★ Don't Lean Back
- ★ Chest Up

TRIPOD HOLD

- ★ Butt Over Head
- ★ Knees On Arms
- ★ Elbows In

TRIPOD TUCK

- ★ Butt Over Head
- ★ Legs Together
- ★ Elbows In

TRIPOD EXTENSION

- ★ Elbows In
- ★ Butt Over Head
- ★ Exhale on Lift

DOUBLE ARM LEVER BEGINNER

- ★ Elbows Tucked In
- ★ Extend Legs
- ★ Don't Hold Breath

DOUBLE ARM LEVER INTERMEDIATE (HEAD RAISE)

- ★ Elbows Tucked In
- ★ Extend Legs
- ★ Gaze Forward

DOUBLE ARM LEVER FULL

- ★ Elbows Tucked In
- ★ Legs Together
- ★ Flat Back

HANDSTAND HOLD FACING IN

- ★ Tight Hollow Body
- ★ Look at Wall
- ★ Push Against Ground

HANDSTAND HOLD FACING OUT

- ★ Tight Hollow Body
- ★ Gaze to Floor
- ★ Push Against Ground

HANDSTAND FREE STANDING HOLD

- ★ Tight Hollow Body
- ★ Gaze to Floor
- ★ Push Against Floor

COORDINATION**FRONT SCALE LEG LIFTS**

- ★ Both Legs Locked
- ★ Don't Lean Back
- ★ Don't Move Upper Body

SQUAT JUMP BEGINNER

- ★ Arms Swing Upward
- ★ Look Slightly Upward
- ★ Land Midfoot

SQUAT JUMP TUCK

- ★ Arms Swing Upward
- ★ Chest Up
- ★ Lift Knees in Front

BACK ROLL

- ★ Tuck Chin
- ★ Hands By Ears
- ★ Tight Tuck

BACK ROLL EXTENSION

- ★ Tuck Chin
- ★ Push with Hands
- ★ Legs Together

CANDLESTICK

- ★ Tuck Chin
- ★ Work on Hollow Body
- ★ Drive Legs Upward

CARTWHEEL VARIATION 1

- ★ Focus on 'V'
- ★ Lead Leg to Outside
- ★ Hands to the Line

CARTWHEEL VARIATION 2

- ★ Both Hands on Line
- ★ Lead Leg to Outside
- ★ Work Towards Straight Legs

CARTWHEEL VARIATION 3

- ★ Hands/Legs on Line
- ★ Lock out Arms/Legs
- ★ Open Hips

ROUND OFF

- ★ Hand Reaches Over
- ★ Lock out Arms/Legs
- ★ Feet Land Same Direction

FRONT ROLL

- ★ Elbows In
- ★ Tight Body Tuck
- ★ Tuck Chin

JUMP PIROUETTE TO BACK SCALE BEGINNER

- ★ Start/Land in Same Spot
- ★ Land with Control
- ★ Lock Leg for Scale

JUMP PIROUETTE TO BACK SCALE INTERMEDIATE

- ★ High Jump
- ★ Land with Control
- ★ Lock Leg for Scale

JUMP PIROUETTE TO BACK SCALE ADVANCED

- ★ High Leg Swing
- ★ Land with Control
- ★ Land in Back Scale

JUMP TWIST TO FRONT SCALE

- ★ Start/Land in Same Spot
- ★ Land with Control
- ★ Lock Leg for Scale

90 DEGREE LUNGE JUMPS

- ★ Knee Over Foot
- ★ Land with Control
- ★ Don't Lean Forward



CHAPTER FOUR: THE PROGRAM

In GMB training, we want to be aware of every aspect of our training and use this mindfulness to direct our work in the best way possible. We should evaluate our performance in every session and use these evaluations to analyze what should happen at the next session.

Our evaluation tool (also used in Circular Strength Training protocol) is a standard Borg Scale tracking; Rating of Perceived Technique (**RPT**) Rating of Perceived Exertion (**RPE**), and Rating of Perceived Discomfort (**RPD**). The ratings are made on a scale of 1-10, 1 being the lowest and 10 the highest on the scale.

- ★ **Rate of Perceived Technique:** RPT is our self evaluation of the level of proficiency we have in the particular exercise. How does our form compare with the perfect form demonstrated in the videos? Before we attempt to add repetitions or sets to the exercise, we want to make sure our RPT is at least an 8.
- ★ **Rate of Perceived Effort:** RPE is how much we judge our level of effort is in the given exercise. We should only add work when our RPE is at a 6 or below. If it is higher than a 6, then you are at the right level of intensity and don't need to add more.
- ★ **Rate of Perceived Discomfort:** RPD relates to the level of pain we have during an exercise. Now, this should be distinct from the unease we feel when we expend effort and our muscles are burning. Instead, RPD should refer to any

pain that seems unreasonable for the exercise. This should always be at a level less than 3. If it creeps higher than 3, then the exercise needs to be modified or scaled further back.

So, to use an example, you are performing two sets of eight Shrimp Squats with an RPT of 8, RPE of 5, and RPD of 1. It is time to either add more repetitions to your sets or decrease the rest period between the sets.

A WORD OF CAUTION

(Or a friendly reminder to follow our instructions carefully)

We know that when we get started on a new exercise program, we're really eager to get going on it and am excited about how everything is going to go. But please, take the time to review the instructions/cues we give carefully and watch the video a couple of times to make sure you are clear on the form and technique of the exercises.

These exercises can be particularly stressful on the body if you are A) not warmed up properly, and B) not using the best form you can. For sure we would like you to get the best benefits possible using our programs, and this includes not getting sidelined with a tweaked shoulder or knee.

...And now on to your regularly scheduled program...

FLOOR ONE PROGRAM OUTLINE

This section outlines the basic components of the Floor One program - kind of a bird's eye view so you can see where things are going and how you'll progress over the course of your practice. You'll find detailed daily charts in the Floor One Program Charts document.

TRAINING PHASES

Our Floor One program includes two levels - Beginner and Intermediate. Both levels of Floor One include four phases, arranged as follows in a 14 week program:

Phase	Focus	Reps	Holds	Rest	Sets
Phase 1 5 Weeks	Strength Building - Focus on strength	Variable	10 to 60 s	2 minutes	Variable
Phase 2 4 Weeks	Skill Acquisition - Skill component work with conditioning	3 - 5	5 - 10 s	2 minutes	Variable
Phase 3 3 Weeks	Flow Acquisition - Combine components into Flow	Hybrid program of flow components and additional conditioning			
Phase 4 2 Weeks	Flow - Practice the flow in its entirety	Full flow	> 5 s	2 minutes	Up to 6

We begin with basic skills to build the necessary strength for serious gymnastic floor training. As that strength becomes available, you'll gradually begin to chain the movements together in longer and more sophisticated routines, culminating in a 'flow' routine that contains everything you've practiced up to that point.

PROGRAM OVERVIEW

Phase 1 - Daily work is divided into Balance, Strength, and Flexibility days, and one full rest day.

Phase 2 - Daily work is divided into Jumping Leg/Balance, Tumbling/Rolling, and Hand Balancing days, and one full rest day.

Phase 3 - Work on the Flow Components.

Phase 4 - Work on the same basic schedule, but you'll practice the complete flow each day.

Phase 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance	Strength	Flexibility	Balance	Strength	Flexibility	Rest

Phase 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jumping / Leg Balance	Tumbling / Rolling	Hand Balancing	Jumping / Leg Balance	Tumbling / Rolling	Hand Balancing	Rest

Phase 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Part A	Part B	Part C	Part A	Part B	Part C	Rest

Phase 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Part A & B	Part B & C	Part C & A	Part A & B	Part B & C	Part C & A	Rest
Full Flow	Flexibility	Full Flow	Flexibility	Full Flow	Flexibility	Rest

INTRODUCTION

This Floor One training program is designed to do more than just teach you some cool tricks to show off with, these exercises and progressions will help you tap into remarkable athleticism.

The ability to move your body with grace and control has always been recognized and admired regardless of your personal cultural background. It's a natural, and reasonable!, desire to move, play, and work in a way that's strong and seemingly effortless.

The tools here in F1 provide the most efficient ways to achieve these goals with progressive bodyweight movements. Follow these programs well and impressive strength, balance, coordination, and flexibility will be yours before you know it!

We are having a great time sharing with you the ways we like to train, and hope you continue to walk with us in this wonderful journey. We want you to finish each training session eager for the next. We want you to train hard and smart, but also have a lot of fun along the way! Most of all we want you to have and enjoy real practical strength to help you in all that you do.



Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, Andy, and Amber