



GOLD MEDAL BODIES

P1 LEG MODULE

P1 Leg Module

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INTRODUCTION

Your legs are really important. "How important?" you might ask. So important that you'd have a really hard time walking anywhere without them, much less running, jumping, or doing a lot of the other active-type stuff you might enjoy.

Of course, you know this. Everybody knows this. It's so obvious, that it even seems a little silly to have started off this program with the words, "your legs are really important," as if that was somehow news to anybody.

But, if we all know how important our legs are, why don't more people pay more attention to their function?

We all begin the same way - rolling around in the crib and counting on others to pick us up any time we needed to move. Then we learned to roll around, crawl, and eventually stand. After standing, walking is just a matter of falling in the right direction and sticking a foot out to catch ourselves. Then something amazing happens.

Have you ever seen a child *learn to run*? Probably not. That's because running just happens. One day, you get excited, and your walk turns into a run, and after that, you're a regular kid who runs. It's kind of fantastic how that works.

So what's the point of this trip down memory lane? Well, the thing is, you probably haven't put a lot of thought into how you use your legs since early childhood. In fact, most of us never give much thought at all to the way we run, jump, or squat.

Of course, some activities require it. If you've been involved in dance, gymnastics, martial arts, or a few other

sports, you've probably trained various leg movements. At least for a little while.

However, the majority of people involved with "fitness" training don't pay much attention to their lower halves. You have a thousand ways to do push-ups and crunches, curls, bench presses, rows, and overhead triceps extensions, but if you visit a gym, you'll often find the squat rack empty and covered in dust.

Probably because squats are hard.

Training your legs is hard. And we should warn you right now: **this program is hard**. It can be very hard. Yet, it might become one of your very favorite programs once you try it out and see the difference stronger, more stable, and more coordinated legs makes in your daily and sport activities.

Be honest: how much effort have you really put in training your legs? Keep in mind just how terribly, obviously important your legs are to you and how much you take for granted the work they do for you every day. Do you give them enough love in return?

When you work this program, you're not going to be just doing a lot of heavy squatting movements. You'll be reeducating your legs by practicing using them with proper form (remember that **skill** training is the backbone of the Gold Medal Bodies curriculum).

For some of you, this may be the first time you've thought about using your legs since your school days. That's just fine. Practice these exercises, and you'll find yourself feeling stronger and more balanced in everything you do.

THE P1 LEG MODULE

When we designed the Parallettes One program, we wanted to create a course of practice that would allow people to build the requisite strength and basic skills to begin working on high-level inverted maneuvers like hand-balances. Since these skills involve supporting the entire weight of the body on the hands and arms, we had to prioritize arm, shoulder, and core strength over any other concerns.

For a lot of people who aren't competitive athletes, going three months without direct leg training probably won't be that bad. After all, the legs get daily work just by supporting our weight in our various activities.

Yet, at the same time, there are those of us who want to train our entire bodies consistently. Maybe your GMB training is just for fun, but your real passion is weekly hoops with your buddies. Or maybe you're a serious trainee who wants to get the absolute most out of your physical development.

For whatever reason, you want a leg workout in your routine, and we don't blame you. We wanted one too, so we created this program.

The P1 Leg Module is a plug-in extra for the P1 and RP1 (Rings and Parallettes bundle) programs. Use the following guidelines to incorporate this program into your parallette training.

PROGRAM OUTLINE

The P1 Leg Module focuses on explosive movements for strong and powerful legs. There are three levels and three integration schedules that you can choose between to match your ideal training volume.

The same rules and priorities we outlined in the manuals for our other programs apply here too. You'll want to take extra care to go as deeply into the squatting movements as you can with proper form and without pain. Monitor and record your **RPE**, **RPT**, and **RPD** for each session and let that be your guide for leveling up or switching to a more challenging schedule.

Rather than going for speed, you want to aim for "controlled explosiveness." Thought it may sound like an oxymoron, this simply means that you move as quickly as you can while retaining control. There's no need to rush reps. Do each one perfectly, then stop for a second and do the next perfect rep. Trying to "pump out" a lot of reps in rapid succession will be counterproductive here.

Time is irrelevant. Only perfect form counts.

You'll do five rounds of five exercises, five reps (per side) each. Rest for one full minute after each round. There is no rest between the exercises in the circuit.

P1 LEG MODULE - PROGRAM CHARTS

Level 1	
5 reps/side, 5 rounds, circuit style Move from one exercise to the next and rest 60s between rounds	
<p>Basic Squat</p> <ul style="list-style-type: none"> •Feet shoulder width apart •Arms up when squatting down, arms down when standing up •Gaze forward, not down <p>Basic Front Lunge</p> <ul style="list-style-type: none"> •Feet on rail road tracks, shoulder width apart •Don't let knee go past toes in front •Push off of front leg on re-turn <p>Basic Side Lunge (one side at a time)</p> <ul style="list-style-type: none"> •Chest up •Inside leg straight •Butt out 	<p>Basic Chinese Squat</p> <ul style="list-style-type: none"> •Chest up •Don't lean forward •Hips squared to the front <p>Rolling Two Leg Squat</p> <ul style="list-style-type: none"> •Feet together •Throw arms forward to help with momentum •Look up <p>*Refer to the included video for exercise instruction and focus on using the proper form.</p>
Level 2	
5 reps/side, 5 rounds, circuit style Move from one exercise to the next and rest 60s between rounds	
<p>Squat Jumps</p> <ul style="list-style-type: none"> •Deep squat •Use arms to propel upward •Exhale on jump <p>Reverse Lunge</p> <ul style="list-style-type: none"> •Focus weight on back leg •Chest up, shoulders over hips •Legs at 90 degrees •Don't let knee hit floor but go as close as possible <p>Side Lunge Switches</p> <ul style="list-style-type: none"> •Chest up •Push off of outside leg •Keep inside leg straight 	<p>Deep Chinese Squat</p> <ul style="list-style-type: none"> •Hips squared to the front •Rear leg knee towards floor •Feet create 'T' <p>Rolling Single Leg Pop Ups</p> <ul style="list-style-type: none"> •Mid foot drive •Keep floating leg straight •Arms out in front <p>*Refer to the included video for exercise instruction and focus on using the proper form.</p>

P1 LEG MODULE - PROGRAM CHARTS (CONTINUED)

Level 3	
<p>5 reps/side, 5 rounds, circuit style Move from one exercise to the next and rest 60s between rounds</p>	
<p>Squat Jump to High Tuck</p> <ul style="list-style-type: none"> •Swing arms up from deep squat tuck •Lead with chest •Knees to chest <p>Jump Split Lunges</p> <ul style="list-style-type: none"> •Keep legs shoulder width apart •Keep body low (don't jump high focus on just switching legs rather than jumping into the air to do the switch) •Centered over hips (not leaning back nor leaning forward) <p>Jump Side Lunges</p> <ul style="list-style-type: none"> •Use arms to start action •Push off of outside leg •Keep inside leg straight 	<p>Jumping Chinese Squat</p> <ul style="list-style-type: none"> •Body cork screws inward •Don't over twist •Keep shoulders squared to the front <p>Rolling Pistols</p> <ul style="list-style-type: none"> •Mid foot drive •Keep floating leg straight •Arms out in front <p>*Refer to the included video for exercise instruction and focus on using the proper form.</p>

DAILY SCHEDULES

Depending on your schedule and desired workout volume, there are three basic ways we suggest adding this leg module to your P1 or RP1 training.

Of course, in both the R1 and P1 manuals, we enjoined you to *follow the program* and not play around too much with adding workouts (though we did try to give you some guidance on fitting the training around your schedule). That's because this kind of training is intense, and trying to do too much will not only slow your progress, but is a common cause of injury.

As a result, when we add this leg module, the pace of the parallette or ring workouts has to decrease. High-intensity skill training three times a week is serious stuff, so please pay attention to the three example schedules that follow - especially the rest days - and resist the urge to expect that you are the one bad-ass super-athlete on the planet that can totally handle more.

Just trust us on this, OK? Cool... on the next page are the program schedules, in order from the least to most volume.

THREE DAY SPLIT

This keeps the same basic schedule as the P1 and RP1 programs, but replaces one weekly session with a leg workout. As a result, your skill training will be a little slower, but the overall volume should be manageable.

Each Week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P1 / RP1 Day 1 Workout	Active Recovery	Leg Module	Active Recovery	P1 / RP1 Day 2 Workout	Active Recovery	Active Recovery

TWO ON, ONE OFF

Here, we add slightly more volume for faster skill progress. Be sure to get adequate rest.

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P1 / RP1 Day 1 Workout	Leg Module	Active Recovery - or - Rest	P1 / RP1 Day 2 Workout	Leg Module	Active Recovery - or - Rest	P1 / RP1 Day 1 Workout
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leg Module	Active Recovery - or - Rest	P1 / RP1 Day 2 Workout	Leg Module	Active Recovery - or - Rest	P1 / RP1 Day 1 Workout	Active Recovery
Week 3						
And so on...						

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FOR ATHLETES ONLY

In this routine, you'll perform your P1 or RP1 workouts as scheduled on the manuals with the addition of a leg workout added onto the end of the second workout of each week.

Since this schedule is set up for very high training volume, we only recommend this to experienced trainees and caution you to get plenty of rest and calories.

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P1 / RP1 Day 1 Workout	Rest	P1 / RP1 Day 2 Workout + Leg Module	Rest	P1 / RP1 Day 1 Workout	Rest	Active Recovery - or - Rest
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P1 / RP1 Day 2 Workout	Rest	P1 / RP1 Day 1 Workout + Leg Module	Rest	P1 / RP1 Day 2 Workout	Rest	Active Recovery - or - Rest
Week 3						
And so on...						

OUTRODUCTION

As you can see, GMB ain't about no chicken legs. This leg module is serious training, even for those with experience in sports. Don't worry if some of these exercises seem difficult at first. In fact, if you're doing them right (*technique, technique, technique!*), even the first level **should** be difficult for most people.

Don't allow your ego or your habits to get the better of you. You likely haven't given a lot of consideration to training your legs since you were very small, so this is going to take some getting used to.

The way forward is to simply focus on doing the best repetitions you can, each and every session. Keep your chin down, do the work, and you'll find yourself a lot more confident on your feet.