



GOLD MEDAL BODIES

Parallettes Two Training Manual

GMB Parallettes Two Training Manual

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INTRODUCTION

Congratulations and welcome to

Gold Medal Bodies Parallettes Two!

I was very young when I began gymnastics. I loved it from the minute I started and trained every day until I was 18 years old. Then I had a terrible knee injury, and that was the end of my gymnastic career.

It wasn't until about four years ago that I started training on the rings again. This year I'll turn 40, so as you can see, I had a pretty long gap in my gymnastic-style training (18 years to be exact)!

I wish I could say that it was easy to just jump right back into things. But that's just not true, especially since I got back into focused gymnastic training right after reconstructive surgery on my shoulder.

I soon realized that I wasn't able to sustain the level of intensity and volume of training that I could when I was younger. Being older required a different training approach. And though my shoulder felt a lot better after the operation, it still was not at 100%.

After working on the rings and developing an entry level program for that apparatus, I returned to the parallettes. Now I enjoy ring work, and the level of strength that it provides, but frankly the p-bars are where the fun begins!

Parallette work has an emphasis on the “pushing” muscles of the upper body, and as a result brings significant benefit to your arms, chest, and shoulders. But in a way where these “show” muscles turn into “go” muscles! The leverages and the constant effort needed to stay in the correct position and perform the skills provides a great training effect for these muscle groups.

Now where exactly is the fun part? The raised height of the p-bars along with the increased wrist control from grasping the bars makes tricks like levers, planches, and handstands actually easier than performing them flat on the ground. Then start stringing these together in a flow routine and, Woo! Look out!

We're Not So Different

Some of you might look at the GMB programs and think that I'm training (and teaching you) to become a gymnast.

But that's not the case - I'm not a gymnast!

I'm a father, a husband, and the owner of a company. I work every day, and I'm sorry to say that a lot of it is sitting in front of my computer. My responsibilities to my family and my work are my main priority (sound familiar?).

I'm not mentioning all this to make excuses, I'm saying this because **I'm probably more like you than you realize.**

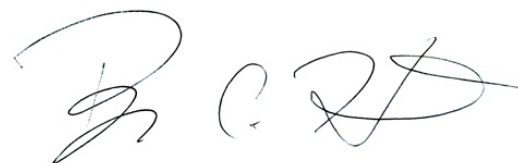
I have good days and bad days. I have days where I'm looking forward to training and I have those days where I wish I didn't have to train. I have days where I really want to train but my shoulder is too sore to allow it. Then, every once in a while, I have days where everything gels together and I feel invincible!

This is what we here at GMB are hoping to facilitate for you. We recognize (and live) the responsibilities of work and family, but we reject the notion that these responsibilities will necessarily limit our physical potential.

No, you probably don't have several hours a day to train, but we're here to say that you don't need to. It doesn't mean that you won't be working hard, but it does mean that you'll have to be more efficient.

We believe in our programs and we believe in you. Take Parallettes Two for a spin, you'll enjoy the ride!

Cheers!

A handwritten signature in black ink, appearing to read 'R. Hurst', written in a cursive style.

Ryan Hurst

Course Expectations

While you're obviously working through this program to learn cool skills on the parallettes, our main goal for this program is to teach you how to do these tricks safely and efficiently.

There are many resources out there that can lay out various ways to achieve these skills, but we strongly believe that the program we're sharing with you is **the most time-effective and accessible way to get there.**

Remember this is not gymnastics in its pure state. The parallel bars used in gymnastics competitions are several feet off the ground and allow fast swings and release moves that are quite frankly way beyond what most of you here will ever be able to do.

But what you will be able to do are some pretty damn impressive skills.

What's New in Level Two?

Parallettes Two focuses on four movement/holds; Planche, Lever Spin, Press Handstand, and the V-Sit.

Where Parallettes One has a focus on bent arm strength moves, P2 works with straight arm movements right away in varying progressions, and the bent arm work is geared toward the levers.

You'll find sets and reps and a routine to follow in P2, but how you train on any given day will be determined by what your body can handle. The principle of Auto Regulation is an important concept for higher level training and we'll go into detail about how to apply it for yourself.

Parallettes Two includes a specific timeline for progression to the full skills and flow routine, and some people may be able to follow it precisely. However, you may find that it's going to take you quite a bit longer to get through the full P2 program. Don't get discouraged.

These are very difficult skills that usually take a long time to master, even for those in the best situations.

Just remember to take your time and have patience with yourself and the process. Advanced skill work is difficult, but if you put in the time and the practice, you'll get to your goal.

Again, it takes time. Yes, we needed to repeat that, because there's no way to force these skills to come quickly. And you

should know this now, so you aren't disappointed when you don't do a straight arm press to handstand in three weeks!

If you haven't already, we suggest building the necessary foundational skills with the Parallettes One program.

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. It's *not* a detailed treatise on training - rather, a concise guide to getting the most out of this work and making the best possible progress.

We hope that you will return to this guide throughout your training and refresh your memory on key points about the workout structure and progression.

We advise reading through the entire manual first to get a 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 we've designed it in a way that lets you get moving as soon as possible!

The videos offer 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 and different viewing angles of the movements, will provide the best instruction outside of having us right beside you.

Please review the tutorial videos for the exercises a few times before you attempt them in your workout. You'll also find it useful to review the videos after your training session to compare your form to the correct performance by Ryan.

Ready to have some fun? Let's do this!

CHAPTER ONE: COURSE OVERVIEW

Getting Started

Some of you will be starting this program after a hiatus from your last period of parallette training. If that's the case, don't worry, the first four weeks of this program are designed to get you back into condition for parallette work.

Parallette work, especially the straight arm exercises can place a great deal of stress on your body. The leverages in this type of training and the advanced movements will really tax not just your muscles but also your joints and tendons.

In order to make consistent progress, you'll have to be vigilant about getting the proper recovery during this entire training regimen.

This includes nutrition, adequate sleep, controlling stress in your daily life, and making sure that you continue to enjoy your workouts.

Do not skimp on your recovery periods!

P2 Training Schedule

Our recommended path through P2 will take you at least five months. As with all our GMB programs, this is not a single routine you repeat again and again - there are four phases to the program, and each one builds on the strength and skill developed in the prior phases.

Beginning with a prep period (since you might not have been training with p-bars for a while), you'll follow a progression similar to the one below.

SUGGESTED TIME LINE (OVER A 5-MONTH PERIOD)

- ★ Initial Prep Phase (1 month)
- ★ P2 Phase 1 (5 weeks)
- ★ P2 Phase 2 (4 weeks)
- ★ P2 Phase 3 (4 weeks)
- ★ P2 Phase 4 (3 weeks)

Phase Breakdown

INITIAL PREP PHASE - FOUNDATION WORK

PHASE 1 - MOVEMENT CONDITIONING

- ★ Workout A - Straight Arm Exercises
- ★ Workout B - Bent Arm Exercises

PHASE 2 - SKILL SET WORK

- ★ Workout A - Planche and Levers
- ★ Workout B - Handstand and Bent Arm Press

PHASE 3 - MINI-FLOW WORK

- ★ Workout A
- ★ Workout B

PHASE 4 - FULL FLOW WORK

Pace & Progressions

We've designed Parallettes Two as a 5-month program. Five months may seem like a long time, but in truth, most people will probably need even longer.

Progressing to the next phase depends on your particular condition, not a schedule, so don't feel pressured to advance faster than you're ready for.

We're offering a timeline to give you some structure, but don't force yourself into this schedule.

If you need more time to work through it, take it.

Parallettes Two focuses on progressing through relatively advanced skills from the very beginning. Since this is a Level Two program, it is assumed that you already have proficiency and experience in basic p-bar training fundamentals. (And if you don't, we highly recommend starting with our Parallettes One program first - P1 will teach you the basic parallette skills from scratch).

Parallettes Two focuses on just 4 major skills with many variations from the base level to the most difficult level of that skill.

Example: The Planche

THE PLANCHE IS COMPRISED OF THE FOLLOWING MOVEMENTS:

- ★ Plank Lean
- ★ Low Frog
- ★ High Frog
- ★ Tuck
- ★ Open Tuck
- ★ Open Frog
- ★ Straddle Planche

1. You'll start to learn the Planche with the Low Frog hold which though the arms are fully straight, you can brace your lower body against your arms with your knees.
2. From there you'll work on moving to the Tuck position with your knees off of your arms but tightly tucked to shorten the lever arm (your lower body).
3. Once you're able to hold that position for 5 to 10 seconds, you can open the tuck and straighten your legs a bit.
4. The next step is the Open Frog, and then finally a Straddle Planche which has straight legs, but spread out. This is the last step before a full straight arm, straight leg planche with legs tight together.

Exercise Skill Blocks

As you look over this program, you'll notice that we've organized the various progressions leading up to a full skill into blocks.

Within each block, you'll find up to seven different variations. Each variation is a step up in difficulty towards the full skill, and depending your progress, you may end up spending almost no time training on one of the progressions, but spend weeks training on another.

While we could have added dozens of variations, we wanted to make sure that this program was as efficient as possible.

Ryan realized that jumping into advanced gymnastic movements at an older age requires a different approach. And like us, you're probably not a professional athlete and you probably don't have hours upon hours to devote to parallel training.

So our goal was to find the most efficient way to teach you how to nail these skills in a reasonable timeframe and training schedule, and in a way that didn't cause injury.

Hence, block training.

You'll find that training with skill blocks will build your strength and coordination in a methodical and reliable way - all you need to do is put in the work, and ensure that you train at the right level for you.

For example, if you can already perform the Open Tuck (Planche Block), use the Open Frog as the exercise in your training.

In this structure, you'll be able to perform the full flow routine at whatever level you're at. You might not have a full Straddle Planche down yet, but you'll be able to choose a lower level movement from the same skill block in order to start training with the flow (and reaping the benefits).

It's very likely that you'll progress faster on some skills and take a long time with others. That's natural. Just perform the variations that you are able to do well, and you'll be able to work through the entire flow routine.

CHAPTER TWO: P2 TRAINING PRINCIPLES

The P2 Warm-Up

All GMB programs emphasize proper preparation for and recovery from exercise. P2 is no exception.

Each training session will start off with a skill warm-up. These warm-ups are generally made up of lower-level skill movements that will prepare you for the more difficult higher-level skills.

You'll be pushing your body to its limits with some of these exercises, so don't skimp on your warm-up. Take the time to adequately prepare your muscles and joints before each training session. Doing so will help speed recovery and prevent injury.

Bent to Straight Arm Training

Just as in the Rings Two program, there is a mix of bent arm and straight arm exercise in P2.

While most are familiar with bent arm movements (and tend to be generally strong in this position), straight arm strength is something that most people aren't comfortable with. In order to help you build strength and become accustomed to this position, we divided the bent arm and straight arm training days in the beginning.

They are then combined as you gain strength and comfort in the straight arm training. You'll notice very quickly, if you haven't been doing straight arm work, that you'll find yourself wanting to bend your arms slightly in what is supposed to be STRAIGHT arm work. Please have the discipline to avoid this habit.

Even the smallest bend in your elbows will disrupt your progress in the straight arm work. You may feel as if you are progressing since you can perform the holds longer or do more repetitions but it's a false progress. Do the exercises correctly, take your time, and you'll get there faster than from any "shortcut".

CHAPTER THREE: THE EXERCISES

Proper Alignment

Using apparatus such as the p-bars requires a few special considerations versus just placing your hands on the floor. Though the fundamental concerns remain the same, having to grip and be stable on a piece of equipment requires the following details.

Arm Alignment on Apparatus

The general alignment should be a straight line from your middle finger through the middle of your wrist to point of the elbow to the center of your shoulder. Essentially you need to “stack your blocks” correctly. Both for the safety of your joints and also for optimal performance. Being off line can place undue strain on the joints and is a waste of muscular energy, energy that should be used for the exercise at hand.

Center of Gravity Awareness on Apparatus

Another important detail to consider on the apparatus is knowing where the mass of your body is in relation to a vertical line made by your arms on the parallelles. For example, in the press to handstand, there is a big difference in per-

formance when your shoulders are the correct (horizontal) distance away from your hands.

This awareness helps you to attain the correct position, and what you need to do to get there.

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.

Try This Exercise

FOR 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 TRY THIS:

- ★ 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?

When you regulate your breathing to never hold your breath, exhale on exertion, and coordinate your breathing with your body position, you will make the most out of your effort and find yourself performing to your best ability.

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.

PARALLETES TWO EXERCISE SKILL BLOCK LIST

Use the following skill blocks to choose the appropriate level for your training.

Prep Phase Exercises

1. Handstand
2. L-Sit
3. Plank Lean
4. Push Ups
5. Swings
6. Tuck to Tuck Bent Arm Stand

Handstand

- ★ Push down strongly into the parallettes
- ★ Hollow body position
- ★ Keep entire body tight, squeeze your butt and legs together
- ★ Push shoulders down away from your ears

L-Sit

- ★ Arms locked out fully
- ★ Hips in line with your shoulders
- ★ Chest up and shoulders pressed down
- ★ Squeeze legs together

Plank Lean

- ★ Hollow body position to start then work to flat back position
- ★ Elbow pits forward
- ★ Keep body in a straight line
- ★ Hips square to the ground
- ★ Push hands down into the parallettes

Push Ups

- ★ Elbows in tight to your sides
- ★ Body in a straight line
- ★ Keep entire body tight
- ★ Shoulders in line over your hands

Swings

- ★ Arms locked out fully
- ★ Keep shoulders steady and over your hands
- ★ Tight tuck
- ★ Bring hips high up and back and up and forward

Tuck to Tuck Bent Arm Stand

- ★ Arms locked out fully
- ★ Knees tucked in tight to chest
- ★ Elbows at 90 degree angle
- ★ Lift butt up high and back
- ★ Lower slowly back to tuck hold

Warm Up Exercises

1. Shoulder Shrugs
2. Neck Tilts
3. Arm Crossovers
4. Wrist Preparation
5. Elbow Rolling
6. Shoulder shrugs on hands and knees
7. Cat/Lion
8. Shake it out

Shoulder Shrugs

- ★ Circle one direction and reverse

Neck Tilts

- ★ Drop to one side then the other

Arm Crossovers

- ★ Swing arms out to the side and in front of your chest

Wrist Preparation

- ★ Fingers forward, fingers back
- ★ Rock back and forth

Elbow Rolling

- ★ Rotations in both directions

Shoulder Shrugs on Hands & Knees

- ★ Focus on shoulder action, not the back

Cat/Lion

- ★ Shift forward or back to emphasize different areas of the spine

Shake it Out

- ★ Shake it!

Cool Down Exercises

1. Wrist Stretch
2. Lounge Chair
3. L Arm Stretch
4. Pancake

Wrist Stretch

- ★ Fingers pointing down, elbows up and dropping down

Lounge Chair

- ★ Shoulder blades pulled together and chest lifting up and forward

L Arm Stretch

- ★ Shoulders pulled down, elbow above the breastbone

Pancake

- ★ Hinge at the hips rather than rounding your back

Bent Arm Press to Handstand

1. Bent Arm Stand Hold
2. Lower from Handstand to Bent Arm Stand
3. Bent Arm Stand Press to Handstand
4. Straddle Hold to Bent Arm Press to Handstand

Bent Arm Stand Hold

- ★ Lock out knees straight
- ★ Elbows bent less than 90 degrees
- ★ Stay tight throughout your entire body

Lower from Handstand to Bent Arm Stand

- ★ A solid controlled handstand
- ★ Lower slowly
- ★ Stay tight

Bent Arm Stand Press to Handstand

- ★ Start at a 90 degree bend in the elbows
- ★ Keep elbows in, not flared out
- ★ Stay tight

Straddle Hold to Bent Arm Press to Handstand

- ★ From straddle, lift hips up high
- ★ Keep elbows in
- ★ Start the press from a 90 degree bend in the elbows

Double Arm Lever

1. Feet on the ground in Tuck position
2. Feet on the ground, one leg tucked and the other extended
3. Feet on the ground, both legs extended
4. One leg up, one leg on the ground
5. Full Double Arm Lever

Feet on Ground, Tuck Position

- ★ Elbows to the inside of your body at the belly button
- ★ Keep back flat as possible
- ★ Chest up

Feet on Ground, One Leg Tucked, One Leg Extended

- ★ Elbows to the inside of your body at the belly button
- ★ One leg extended far back as possible
- ★ Chest up

Feet on Ground, Both Legs Extended

- ★ Elbows in tight
- ★ Chest up
- ★ Body in a straight line

One Leg Up, One Leg on Ground

- ★ Elbows in tight
- ★ Push one leg up and out
- ★ Chest up

Full Double Arm Lever

- ★ Flat back
- ★ Body in a straight line
- ★ Elbows drift out as you get stronger

Planche

1. Plank Lean
2. Low Frog
3. High Frog
4. Tuck Hold
5. Open Tuck
6. Open Frog
7. Straddle Planche

Plank Lean

- ★ Hollow body position to start then work to flat back position
- ★ Elbow pits forward
- ★ Keep body in a straight line
- ★ Hips square to the ground
- ★ Push hands down into the parallettes

Low Frog

- ★ Knees below the elbows
- ★ Flat back
- ★ Fully locked out elbows
- ★ Push hands down into the parallettes

High Frog

- ★ Knees up high and outside of your arms.
- ★ Flat back
- ★ Fully locked out elbows
- ★ Push hands down into the parallettes

Tuck Hold

- ★ Knees up high between your arms
- ★ Flat back
- ★ Fully locked out elbows
- ★ Forward lean
- ★ Push hands down into the parallettes

Open Tuck

- ★ Knees bent and lifted back behind you
- ★ Flat back
- ★ Fully locked out elbows
- ★ Forward lean
- ★ Push hands down into the parallettes

Open Frog

- ★ Knees bent and wide out to the sides
- ★ Flat back
- ★ Fully locked out elbows
- ★ Forward lean
- ★ Push hands down into the parallettes

Straddle Planche

- ★ Straight locked out legs in wide straddle
- ★ Flat back
- ★ Fully locked out elbows
- ★ Forward lean
- ★ Push hands down into the parallettes

Single Arm Lever

1. Both hands on the bars, both feet on the ground
2. Both hands on the bars, one foot off the ground
3. Both hands on the bars, both feet off the ground
4. One hand with fingers off bar, both feet off the ground
5. One arm extended, both feet off the ground

Both Hands on Bars, Both Feet on Ground

- ★ Elbow under the front of the hip
- ★ Straight extended legs
- ★ Do both sides
- ★ Chest up
- ★ Flat back

Both Hands on Bars, One Foot off Ground

- ★ Elbow under the front of the hip
- ★ More weight on one arm
- ★ Do both sides
- ★ Chest up
- ★ Flat back

Both Hands on Bars, Both Feet off Ground

- ★ Elbow under the front of the hip
- ★ More weight on one arm
- ★ Do both sides
- ★ Locked out legs
- ★ Start with legs wide and bring them together
- ★ Chest up
- ★ Flat back

One Arm Extended, Both Feet off Ground

- ★ One hand off the bars extended out and fingers on the ground
- ★ All of the weight on one elbow
- ★ Wide straddle
- ★ Do both sides
- ★ Chest up
- ★ Flat back

One Hand w/Fingers off Bar, Both Feet off Ground

- ★ One hand up at end of the bar with fingers off bar
- ★ All of the weight on one elbow
- ★ Wide straddle
- ★ Do both sides
- ★ Chest up
- ★ Flat back

Straddle Hold

1. Rolling Straddle
2. Bent Leg Straddle
3. Low Straddle
4. Full Straddle Hold

Rolling Straddle

- ★ On the floor
- ★ Lock out arms
- ★ Push down strongly into the floor
- ★ Wide straddle with locked out legs

Bent Leg Straddle

- ★ Arms locked out
- ★ Chest up
- ★ Pull hips up and forward
- ★ Legs as high as you can on your arms

Low Straddle

- ★ Arms locked out
- ★ Legs locked out
- ★ Pull hips up and forward
- ★ Chest up

Full Straddle Hold

- ★ Arms locked out
- ★ Legs locked out
- ★ Pull hips up and forward
- ★ Slow controlled entry into straddle from jump.

V-Sit

1. High Tuck Up
2. High Tuck Hold
3. Tuck to V
4. V Sit Hold

Tuck to V

- ★ No swing
- ★ Locked out arms
- ★ Extend legs up from tuck hold position
- ★ Lift butt up and forward as you extend legs up

High Tuck Up

- ★ Knees bent and tight to the chest
- ★ Locked out arms
- ★ Lift butt up and forward

V Sit Hold

- ★ No swing
- ★ Locked out arms and legs
- ★ Lift butt up and forward with straight legs

High Tuck Hold

- ★ No swing
- ★ Knees bent and tight to the chest
- ★ Locked out arms
- ★ Lift butt up and forward

Bonus - Straight Arm to Handstand Press

1. Tucked Butt Raise
2. Straddle Butt Raise
3. Wall Presses
4. Floor Prep
5. Block Press
6. Floor Press
7. Straddle Hold Floor Press
8. High Frog to Straight Arm Press
9. Bent Leg Straddle Press
10. Straight Leg Straddle Hold Press

Tucked Butt Raise

- ★ Arms locked out
- ★ Knees in tight to chest
- ★ Push down and into p-bars
- ★ Lift butt up high and back with knees bent

Straddle Butt Raise

- ★ Legs locked out in a wide straddle
- ★ Arms locked out
- ★ Push down and into p-bars
- ★ Lift butt up high and back with knees straight

Wall Presses

- ★ Hands a few inches away from the wall
- ★ Bring the back of your shoulders against the wall
- ★ Wide straddle
- ★ Push strongly into the floor
- ★ Roll body up slowly

Floor Prep

- ★ Hands shoulder width apart
- ★ Locked out arms
- ★ Lean forward
- ★ Roll back and lift butt up high and forward
- ★ Be on your toes

Block Press

- ★ No jumping
- ★ Feet starting on elevated surface
- ★ Lift legs up high in straddle
- ★ Gradually decrease height of block

Floor Press

- ★ Hands a few inches in front of your feet
- ★ Hands shoulder width apart
- ★ Feet wide apart
- ★ No jumping
- ★ Lift butt up high and forward
- ★ Extend legs outward and up
- ★ Straddle legs back down to beginning position

Straddle Hold Floor Press

- ★ Knees on the outside of your elbows
- ★ Full straddle hold
- ★ Wide straddle as hips and legs lift up
- ★ Bring them together as you move into handstand

High Frog to Straight Arm Press

- ★ On the parallettes
- ★ Lift butt up high and back with knees in a tight tuck
- ★ Lean forward as much as possible
- ★ Lower slowly from handstand back to High Frog hold

Bent Leg Straddle Press

- ★ Bent knees but knees wide out to the side
- ★ Lift butt up high and back with knees close in to body
- ★ Lean forward
- ★ Lower slowly from handstand back to bent leg straddle hold

Straight Leg Straddle Hold Press

- ★ Full locked out straddle hold
- ★ Lift butt up high and back with wide straddle
- ★ Lean forward
- ★ Extend feet wide out to the side as you lift
- ★ Lower slowly from handstand back to straight leg straddle

CHAPTER FOUR: THE PROGRAM

P2 Programming

Below are three different training schedule options for your P2 journey.

Pick the schedule that is best for you based on how much time you can devote to the training (either by number of days a week or time in a single session) and how much recovery you'll need to do your best.

Option 1 - Hurry Up & Get It!

This is for those of you who just want to hurry up and get the flow. You have plenty of time for active recovery and already workout more than three times a week.

- ★ Workout A - Monday/Thursday
- ★ Workout B - Tuesday/Friday
- ★ Workout C (Handstand Work) - Wednesday/Saturday

If you decide to do this option, we recommend varying the intensity of your performance.

FOR EXAMPLE:

- ★ Monday: Workout A - High Intensity
- ★ Tuesday: Workout B - Medium Intensity
- ★ Wednesday: Workout C - Low to Medium Intensity
- ★ Thursday: Workout A - Medium Intensity
- ★ Friday: Workout B - High Intensity
- ★ Saturday: Workout C - Low to Medium Intensity
- ★ Sunday: Full Rest Day

Option 2 - Three Training Days Per Week

This variation is for those who aren't used to working out all of the time but still want to make good progress. This will give you a good chance to recover for the next session plus allow you the weekend to get out and do other things.

VARIATION 1:

- ★ Train 3 days per week (Mon/Wed/Fri)
- ★ Alternate workouts each day

FOR EXAMPLE, VARIATION 1 / WEEK 1:

- ★ Workout A - Monday / Friday
- ★ Workout B - Wednesday

FOR EXAMPLE, VARIATION 1 / WEEK 2:

- ★ Workout B - Monday / Friday
- ★ Workout A - Wednesday

VARIATION 2:

Do all the exercises in your training day, but do half of the recommended sets and vary the intensity. So, while you will perform the same workout each session, Monday and Friday's intensity will be higher while Wednesday will be more about exploring and playing with the movements.

FOR EXAMPLE:

- ★ Monday: High Intensity
- ★ Tuesday: Off / Rest Day
- ★ Wednesday: Medium Intensity Skill Work & Play
- ★ Thursday: Off / Rest Day
- ★ Friday: High Intensity
- ★ Saturday: Other Activity, Play
- ★ Sunday: Other Activity, Play

(This is what Ryan chose to do in developing P2 and he felt it allowed his shoulders time to recover well, and also allowed him to do some extra training outside of the parallette program.)

Option 3 - Training Twice A Week

This option is good for those of you who might be performing other workouts, or really only have the time to workout twice a week.

Please note, that if you are performing other training, you should monitor your overall workload and watch for plateaus or decreases in energy and performance. Figure out your priorities - if you really want to improve on the parallettes, then you'll need to cut back on your other training.

EXAMPLE SCHEDULE:

- ★ Workout A - Monday
- ★ Workout B - Thursday

OR,

- ★ Workout A - Tuesday
- ★ Workout B - Friday

OR EVEN,

- ★ Workout A - Wednesday
- ★ Workout B - Saturday

No matter what workout schedule you choose, pick one and try to stick to it. But, if you choose the first variation and find that it is too much for you, go ahead and move to Option 2.

Recuperation Week Between the Phases

In between each phase of P2, take 1 week off and only focus on two movements at a medium intensity. This allows you a chance to recover, without having to take a complete break from the p-bars.

Some of you might not want to take a week off because you think that you'll lose your gains and won't progress to the full flow. I don't believe this will happen at all. This is an intensive program and a recovery week between phases will only help, not hinder your gains.

During the week off between phases you will not "workout". Focus on up to two movements that you are having trouble with and you "play" with these movements.

No counting reps, sets, or time. Just go in there and work on that particular movement for a little while, then get the hell outta Dodge.

For example, you might need more work on handstands. So, on this recovery week, everyday kick up into a handstand and try and hold it for as long as you can for 3 sets. Then you're done. Call it a day and go do something else.

Special Note (Rant) From Ryan

"But Ryan, other people tell me that I have to practice up to 8 hours a day and work on my handstands every single day for up to a total of 20 minutes upside down or else my handstands will suck and I will become a pathetic human being!"

Listen, if you have the time to workout 8 hours a day and want to put that much focus on your handstands (and everything else) every single day, go for it. I also suggest that you go and train with a person that will help you to get a career in standing on your hands. But also make sure you have good insurance because one of these days all of that work is probably going to wreck your body.

What I'm saying here is that while it's wonderful and admirable to want to spend all of your time working out every single day on Movement A or Movement B, that's not what this week is about.

Yes, I want you to continue to work a little bit on a trouble move. But more importantly I want you to give your body the opportunity to recover so you can come back stronger for the next phase.

Gauging Your Performance

One of the unique distinctions of our training system is how we determine when to progress in our exercises. When do we try to add another repetition or set? When can we reduce the time in between sets?

Some training systems are vague on this, often stating “work as hard as you can every time” or “you should always be trying to add another repetition!” This is all well and good, as increasing intensity is one of the ways to progress. However, doesn't it seem like there should be a better way to go about it?

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 tools are; Rating of Perceived Technique (**RPT**) Rating of Perceived Exertion (**RPE**). The ratings are made on a scale of 1-10, 1 being the lowest and 10 the highest on the scale.

The **RPT** is part of what GMB likes to call “making it pretty”. We've made the distinction between simply banging out

repetitions versus a focus on proper form and technique. A repetition that looks smooth and graceful will is always preferable to five repetitions that would make someone cringe at the sight of it!

It may seem to be too subjective, but with every practice you become more aware of how you are doing and it actually becomes a very reliable measurement. It's also very helpful to occasionally video your training and review it afterwards to evaluate your form. You'll soon become proficient at finding form errors and learn to correct those at your next training session.

The **RPE** was originally developed by Gunnar Borg <http://www.cdc.gov/physicalactivity/everyone/measuring/exertion.html>

His scale was designed on a scale of 6 to 20, with 6 being no difficulty at all and 20 the most exertion you've ever experienced. The numbers may seem funny but they were meant to correlate with heart rate (multiply by 10) and were found to approximate your actual heart rate during the exercise very well.

A scale of 1 to 10 is more intuitive though, and works well for our purposes. If you wish to experiment with a heart rate monitor, you may find that multiplying your RPE by 20 (i.e. RPE of 6 is a HR of 120), comes pretty close.

It's important to realize that we aren't searching for maximal exertion every time we workout! You should be aiming for an intensity level that allows you to work hard at the same time you maintain a very good level of form.

RPT and RPE should work together to get you the best bang for your efforts in your training session. You'll most likely notice that if your RPE is near maximal then your RPT tends to be lower. It's just the nature of working very hard. Your form tends to suffer.

Rate of Perceived Exertion (RPE)

10 = Maximal Effort. No reps left in the tank, and form is breaking down.

9 = Heavy Effort. It's taking everything you've got to finish the last rep with good form.

8 = Could have done more, but it wouldn't be pretty.

7 = Each rep is clean and controlled, and form is spot-on.

6 = Perfect technique with moderate effort.

5 = A repetition that is a little harder than a warmup, but still very light.

4, 3, 2, 1 = Minimal exertion. These should be the sensations you have in a progressive warmup.

Rate of Perceived Technique (RPT)

10 = Perfect 10! Can't get any better, you're on the stand receiving your Gold Medal.

9 = Nearly perfect, probably looks that way to an observer, but you feel that there was a minute form break.

8 = Great technique and an ideal to shoot for in every workout.

7 = A smooth and steady repetition with minor issues. This may happen if you have better form in the beginning but fatigue is building up as you continue to train.

6 = Form breakdown is more obvious. Now it's a good idea to stop and rest a bit, or stop the exercise entirely for the day.

5, 4, 3, 2, 1 = Your form is pretty wonky here and is typical for the first couple times you perform a skill. Here it is helpful to perform the skill for a repetition or two, then go back down a level to get a training effect. Don't push through this at all, you'll get no benefit.

RPT & RPE In Action

Here's an example of how to use the RPE and RPT together to judge when you should progress in a certain exercise.

- ★ **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 tutorials? 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 you are at around a 6 to 7, then you are at the right level of intensity and don't need to add more.

If you are performing sets of five with an RPT of 8 and an RPE of 5, it is time to add more repetitions, up to the maximum reps noted in the program charts. Once you are hitting the maximum reps with RPT above 8 and RPE around 5, add more sets or decrease the rest periods between sets.

Once you can hit your RPT / RPE goals for every exercise in a given routine, you are ready for the next phase or difficulty level.

Auto-Regulation

Another aspect of regulating intensity, but in a way that is not planned from the beginning, is Auto-Regulation. This is a daily self-assessment of your capacity for the programmed intensity level.

It's a fancy term for taking it easy on a "bad day" and allowing yourself to kick ass on a "good day". The trick is in a true assessment of a "bad/good" day.

It's very easy to be fooled by your feelings at the start of the workout. We've all had training sessions where we felt like crap in the beginning, but then it ends up being one of the best workouts we've ever done. And the reverse happens as well, you can go in feeling like a champ, and just fall apart in the session.

A good way to work through this is to see how you are doing after the warmup and the first couple of sets of the first exercise. How are your RPE and RPT as compared to your last training session?

If you are within a point, continue on and work on maintaining those ratings with the programmed sets and reps.

If your RPE has gone up two or more and RPT dropping the same, then it's safe to say this is one of those days where you would benefit from taking it a bit easy. Cut the repetitions and sets in the session until your ratings match the previous workout.

It may even turn out that one of those "bad days" turns into a "bad week"! If this happens, turn this into a *Recuperation Week* as described below in the outline.

Proper regulation of intensity and volume can mean the difference between a productive program and one that takes you nowhere.

Don't be so eager to pound yourself into the ground at every session. There are lots of ways to design a routine that makes you feel like you've been hit by a truck and be sore for days.

But that doesn't mean it's productive!

Gauge your progress for the long term, regulate your training with intelligence, and you'll continue meeting your goals for years to come.

PARALLETES TWO PROGRAM OUTLINE

This section outlines the basic components of the Parallettes Two 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. Refer to the separate P2 Program Charts document for more details on each phase. The P2 Program Charts document also contains detailed daily charts designed for easier printing.

Training Phases

Phase	Focus	Reps	Holds	Rest	Sets
Prep Phase 4 Weeks	Foundation Work - Focus on preparing for intensive work	Up to 5	5 - 12 s	2 minutes	Up to 5
Phase 1 5 Weeks	Movement Conditioning - Focus on building bent arm and straight arm strength	Variable	Variable	2 minutes	Variable
Phase 2 4 Weeks	Skill Set Work - Skill component practice with additional conditioning	Variable	Variable	2 minutes	Variable
Phase 3 4 Weeks	Mini Flow Work - Combine components into a mini flow	Hybrid program of flow components and additional conditioning			
Phase 4 3 Weeks	Full Flow Work - Practice the flow in its entirety	Full flow	> 5 s	2 minutes	Up to 6

Daily Schedule

The workout days will alternate between 2-3 training routines each week. You can also add Workout C to your Saturday routine (if working through Option 1), or feel free to take both weekend days off for recovery. For example:

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A	Active Recovery	Workout B	Active Recovery	Workout A	Workout C or Active Recovery	Active Recovery
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout B	Active Recovery	Workout A	Active Recovery	Workout B	Workout C or Active Recovery	Active Recovery

And so on for the duration of the program. On the active recovery days you will simply perform the warmup sequence and cool-down flow one time, along with whatever recreational activities in which you normally participate. As we've said before, don't skimp on your recovery periods!

P2 Phase Breakdown

Prep Phase (4 Weeks)	
Prep Workout	<ul style="list-style-type: none"> • Plank Leans • Push Ups • Swings • Tuck to Tuck Bent Arm Stands • L-Sit Holds • Handstands

Recuperation Week
(Pick two movements to work on each day)



Phase 1 (5 Weeks)	
Workout A Straight Arm	<p>SKILL WORK (CHOOSE ONE EXERCISE FROM EACH SKILL BLOCK)</p> <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block <p>CONDITIONING</p> <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstands on Parallettes
Workout B Bent Arm	<p>SKILL WORK (CHOOSE ONE EXERCISE FROM EACH SKILL BLOCK)</p> <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower <p>CONDITIONING</p> <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground

Recuperation Week
(Pick two movements to work on each day)

PHASE FUNDAMENTAL
1 STRENGTH MOVEMENTS

PHASE SKILL BUILDING
2 COMBINATIONS

PHASE FLOW ACQUISITION
3 COMPONENTS

PHASE FLOW MASTERY
4 ROUTINE

Phase 2 (4 Weeks)		
Workout A	SKILL WORK <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	CONDITIONING <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups
Workout B	SKILL WORK <ul style="list-style-type: none"> • Bent Arm Press • Handstand Lower to L-Sit 	CONDITIONING <ul style="list-style-type: none"> • Bent Arm Plank Push to Straddle Hold • Tuck to V Sit Repeats • Handstands on Parallettes

Recuperation Week

(Pick two movements to work on each day)

PHASE FUNDAMENTAL
1 STRENGTH MOVEMENTS

PHASE SKILL BUILDING
2 COMBINATIONS

PHASE FLOW ACQUISITION
3 COMPONENTS

PHASE FLOW MASTERY
4 ROUTINE

Phase 3 (4 Weeks)	
Workout A	<p>SKILL WORK</p> <ul style="list-style-type: none"> • Movement A Flow: <ul style="list-style-type: none"> - Planche hold to Lower to Double Arm Lever to Lever Spin (Double Arm Lever to Single Arm Lever, Spin to Double Arm Lever on single bar, switch to opposite side Single Arm Lever, spin to Double Arm Lever facing opposite direction) <p>CONDITIONING</p> <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever Switches • Single Bar Push Ups
Workout B	<p>SKILL WORK</p> <ul style="list-style-type: none"> • Movement A Flow: <ul style="list-style-type: none"> - Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand • Movement B Flow: <ul style="list-style-type: none"> - Handstand to V-Sit, V-Sit to Seiza <p>CONDITIONING</p> <ul style="list-style-type: none"> • Bent Arm Press to Handstand from Bent Arm Stand • Handstand Hold
<p>Recuperation Week</p> <p>(Pick two movements to work on each day)</p>	

PHASE **FUNDAMENTAL**
1 STRENGTH MOVEMENTS

PHASE **SKILL BUILDING**
2 COMBINATIONS

PHASE **FLOW ACQUISITION**
3 COMPONENTS

PHASE **FLOW MASTERY**
4 ROUTINE

Phase 4 (3 Weeks)

Flow	SKILL WORK	CONDITIONING (*OPTIONAL)
	<ol style="list-style-type: none"> 1. Planche Hold to Double Arm Lever 2. Lever Spin to Straddle Hold 3. Press Handstand to V-Sit 4. Jump Back to Seiza 	<ul style="list-style-type: none"> • Choose no more than 3 of your weakest skills and perform these movements after the flow.

CHAPTER FIVE: MISCELLANY

Though we've tried to keep this manual concise by focusing on actionable instructions over a lot of unnecessary theory and discussion, we recognize that you may be curious about some of the *hows* and *whys* behind P2.

Every week, we're inundated with questions via email from people who wanted more explanation about certain points. Below, we'll answer the most common questions and concerns.

Trust Us

Let's start with this: please trust us.

We know this is asking a lot, but you can get a lot more out of P2 if you simply trust us. We have no reason to design a program that doesn't work. Think about it: we'd be out of business.

Helping people implement these programs to get the results they want is what we do for a living - all day, every day.

Some people will need to add an extra week or two to Phase 1 if they lack strength starting out. Others require ad-

ditional practice to get the more difficult progressions in Phase 2. It's OK. You're an individual, and you may need more time to get some things, but if you mind your technique (RPT) you will continue to make progress at every session.

Procuring Your Parallettes

You've got several options here, and the first is to go the DIY route and build your own p-bars. Check out the included Parallettes Construction Guide for a step by step primer on how to build your own set of p-bars.

With that said, you might not be the handyman type (or perhaps your fancy drill set and table saw set-up is located in your other garage...of your vacation home in Hawaii). For convenience and quality, we highly recommend these commercially made parallettes:

[P-Barz](#)

They were designed by a fellow GMB Posse member and created with our input and feedback. You can check out Ryan's review of these p-bars [here](#).

How To Use The Videos

Despite our fondness for her music, we feel strongly that Jane Fonda did a great disservice to the idea of what it should look like to work out at home.

The notion that you should put on a video and work out with your TV is about as absurd as it gets. We don't believe in it, and we don't recommend it. We're sure as hell not going to facilitate it by encouraging you to watch anything besides your own technique, breathing, and effort while you train.

Let's get something very clear: you are training your body., not dancing with an imaginary partner. Your tempo and timing honestly do not matter very much. You don't have to keep up with anyone's pace.

When you practice, we want you to be focused on you, not on your TV.

Which is why we need to clarify how we recommend using the videos in this program. They are not "follow-along" videos meant to be viewed while training. Rather, they are tutorials. Please watch them before training - preferably while also looking over this manual.

You may have to watch the videos more times this way, and it might take longer. You'll have to think a little but and try to remember what each exercise looks like and what we call it in the program charts. That's OK though, because exercising your brain combats mental decline in old age.

The benefit of doing so is that you can focus 100% on how your body feels, which is the best way to build control.

Where To Begin

The obvious choice would be to begin at the beginning. We highly recommend that you start Parallettes Two with the Initial Prep Phase and work from there. Perform the Workout A session, using the minimum number of sets and reps for each exercise.

Give that a shot first and see how it goes.

If the movements are too difficult or you feel you need to spend some time preparing with some easier ring exercises, you may want to spend some time reviewing some of the fundamentals in Parallettes One.

If Workout A was easy for you, and you're confident that your technique was excellent (RPT approaching a perfect 10), attempt the Workout B session using the full sets and

reps. Chances are, this will be quite a bit more difficult, so you can continue that way.

In subsequent sessions, you can determine the number of reps by stopping when your form breaks down.

Keep progressing at each session if you can.

If Phase 1 is easy for you at max reps and sets, do not skip to Phase 2. Instead, try Workout A again at the Intermediate level. Phase 2 puts the Phase 1 exercises together into combinations, so you'll want to be sure you've practiced the components adequately before attempting to work Phase 2.

Always be sure to choose and work at the level and progression that is most appropriate for you.

Making Progress

For convenience, we've structured this program around five phases over the course of 5 months. However, this isn't universal. Depending on your experience and strength level, you may find that you require more or less time.

If you are able to perform max reps and sets with RPT above 8 and RPE below 6, you can try Phase 2. Of course,

you may still decide to continue with Phase 1 for extra practice - that's always an option too.

If you've completed four weeks at Phase 1, and you are still not feeling very strong, keep at it. Some people take a little longer to start feeling stronger, so an extra week or two at Phase 1 might do you good.

In general, you should plan to move slowly and deliberately through the phases of the program. Practice hard and move on when you feel you are ready, making sure to always focus on technique. **Remember that one perfect repetition is worth more than five terrible ones.**

Work you put in laying a strong foundation always pays off for developing advanced skills later.

Preparing For A Great Training Session

There are two general ways to perform your session:

1. Complete the minimum planned work
2. Kick ass

And BOTH of them are totally viable!

Nobody can have a great workout every time. We sure don't, and you probably won't either. If you have an 'off' day, we recommend just planning to get in, do the work, and get out.

Sometimes, just getting started with the warm-up will change your attitude, and you'll go on to have a great session. Other times, lowering your expectations a bit gives you the freedom to just focus on your technique and not have to worry about doing a ton of work if you're tired.

But of course, you don't want to phone it in very often. Here's some tips for having a kick-ass session as often as possible:

- ★ Leave the world at the door. When you start your training session, your job, your family, and everything else are outside. Your only concern is what's going on with your body performing the exercises.
- ★ When learning new skills, it can help to visualize perfect execution in your head. Even better, visualize yourself performing it perfectly. "Feel" what it would feel like to perform it perfectly. Not only is this shown to reinforce your physical practice in your brain, it helps focus your effort and reactivates your memory of the key points to focus on.

- ★ Remember your goals. What do you ultimately want to achieve? Want to do a sweet Iron Cross someday? Think about that. Want to impress your wife with more muscle next time she "accidentally" touches your arm? Think about that. Your goals are your goals, and they mean something to you - even if they're not the same as what other people want. Use them to motivate yourself for a better session.

You won't be able to do this all the time. Some days, the workout will beat you. Some days, you'll have a draw. That's fine. Shoot to kick the workout's ass one good time each week and aim for at least a draw the rest of the time.

And if the workout ends up beating you, you can still feel good about winning most of the time. Get a good night's sleep and come back stronger.

Fitting It All In

There are two ways to handle the topic of fitting your training into a busy schedule. We'll start with the answer you probably want.

There's a lot of ways you can adjust the program to fit into a hectic lifestyle. You can do fewer sessions per week. You

can split the workouts into shorter AM and PM sessions. You could really do any number of things.

Unfortunately, none of those adjustments are as good for most people as following the program as written. Which brings us to the tough love answer:

If you think you have a time management problem, chances are what you really have is a prioritizing problem.

Everyone gets the same number of hours each day - 24. Unsuccessful people complain about lacking time. Successful people prioritize high-value activities in the time they have. If you watch TV or play games on Facebook, there is a very simple way to find more time for your training. You simply have to decide that it's more important to you than all the things you're wasting your time on now.

If you're a parent, ambulance driver, or ER doctor, you might not have as much control over your schedule as you'd like, but we have clients in each of those professions who are successfully following the program and getting great results.

You can too.

Assessing Your Performance

As a general rule, parallette training is not easy, so if you feel that anything in this program is too easy, there are two possibilities: either you are uncommonly strong (rare) or you are doing something wrong (much more common).

If the former is true and you're simply very strong, please contact us, and we will work with you to make things more challenging. If something feels easy and you *aren't* extremely strong, we're not picking on you. We'll simply ask you to review the videos and make sure you're performing the exercise as outlined via the key points noted in the tutorials and again in this manual.

It's completely natural that some movements in this program will be easier for you than others. It's also quite common that certain holds look easy but turn out to be more difficult when you focus on doing them properly.

If you find that a single exercise is easy for you, that's great. However, remember that the various components of the program are made to work together as a whole, so don't discount an exercise because you find it easy. Continue practicing it in the context of the other exercises in your workout and try to make it more and more perfect each time.

There's a big difference between being able to do an exercise and being able to do it well with strength to spare.

Another thing we highly recommend is filming your training periodically. You don't need to do this every time, but it can be extremely beneficial to use video to check your performance when you're in the early learning stages with new movements.

Adding Other Movements / Tools

We live in a wonderful time with myriad options. And that sometimes makes it difficult to choose.

But we must. Especially when it comes to fitness training, there are about a million competing options, each claiming to be the best, super-ultimate method for giving you bigger muscles, stripping off excess body fat, and making you more attractive to potential partners.

Though many of these programs are terrible, there's still room left over for a good number of programs that actually work as advertised. There are many very talented and genuinely nice trainers and coaches out there working to make health and fitness attainable to more people. And you have to choose between them.

Think about cheese.

Cheese is delicious, and Andy likes to have some on almost everything. But different cheeses have different characters that lend themselves to various recipes.

Romano cheese makes a bland quiche, but a delicious manicotti. Cheddar goes great on a burger with bacon, but you wouldn't want cheddar cheese cake. The same thing goes for exercises, training protocols, and programs.

You need to choose the right program elements for your goal and combine them in the way that they work best together.

Just because somebody selling kettlebells says that kettlebells are the best way to build stamina doesn't mean you should add snatch intervals to every single training program. Don't get us wrong - we love kettlebells, but they won't help your handstand.

If you just really, really want to add kettlebell exercises to a GMB program, we can't stop you. Likewise for adding your favorite exercise that you think is important.

You're an adult, and you can make that decision.

But please understand that we are pretty decent chefs. If you see an ingredient "missing" from our recipe, it's because we decided not to include it. Often, that's because it doesn't contribute to the goals of the program.

Adding Other Programs

Since we're so fond of food, let's use the recipe analogy again.

Imagine a recipe for the best oatmeal raisin cookies ever made. That recipe is Parallettes Two, and it includes exactly the right combination of ingredients and heat to make some sweet movement skill.

Now imagine a recipe for pizza. Pizza is a real crowd-pleaser the world over, so it's hard to go wrong with a good pizza recipe. In this case, the pizza represents whatever other training programs you like. We probably like them too, because pizza is delicious.

Now think about what would happen if you combined both recipes.

Put all the dough and oatmeal and raisins and pepperoni and cheese in a bowl and mix it all together. Slap it on a bak-

ing sheet and cook at 350° for twelve minutes. Do you really want to eat that? Probably not.

Yet, this is exactly what you're doing when you try and combine two training programs together.

Can it sometimes work? Yes. It can, but it might not, and we can't be responsible for your results when you don't follow the recipe.

Exercise Selection

These days, thanks to Al Gore and The Interwebz, we have no shortage of information available to us on virtually any topic. Given the glut of resources out there, we can easily develop a tendency to assume we need to do everything (again with the "more is better" philosophy).

Parallettes Two is not an encyclopedia of advanced parallette training exercises.

One thing we do when designing programs is make decisions about which exercises to include. Equally important are the decisions we make about what not to include. The latter is often the more difficult decision, so some trainers avoid it by simply throwing in everything they can think of.

Given infinite time, infinite energy, and an infinite capacity to recover from training, it would be tempting to add in every single exercise that might provide some small benefit. But you don't have unlimited capacity for practice, so we don't include exercises that:

1. Don't directly contribute to meeting the main goals of the program, or...
2. Might be useful, but aren't as beneficial as other exercises that achieve the same outcomes more efficiently.

As a result, everything that *is* part of the program is essential. Do these with your full attention, striving to do each repetition as closely to perfect as possible, and you'll easily surpass the results you'd have if you tried to do it all.

Be Patient

Every so often, we get an email that says something like this:

"I bought P2 last week, and I still can't do a Planche Hold!"

Unfortunately, simply purchasing the program does not magically install strength and skill into your nervous system (though we'd love it if this were possible). Getting strong

takes work, and that work is probably going to be quite difficult sometimes.

Be patient with yourself. Though we do encourage you to compare your performance with with videos in this program to check your form against what Ryan demonstrates, we *don't* want you to feel like you have to measure up to that level of ability within a short time period. Even Ryan had to start somewhere.

The good news is that, if you practice consistently and keep working at it, you will get stronger.

Be patient, and work hard. You *can* do this.

Get In Touch

Of course, if you've read through all this and you're still having trouble, you need to get in touch.

Reply to any GMB email, or send us a request through the membership site, and we'll do everything in our power to take care of you.

OUTRODUCTION

Creating P2 was a lot of fun for Ryan. He enjoys playing around with different movements and building programs that allow him to create some seriously impressive and seriously strong flows.

The skills presented in this program require patience, dedication, and putting the skills into practice. Do the work, and we know you'll get there.

We're excited to see your progress through this program, so take your time, focus on "Making it Pretty," and check in with us after completing a phase or two.

Have fun!



Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, Andy, Amber, and Rachel