

**MASTERING GST FUNDAMENTALS**

# Foundation One



**Coach Christopher Sommer**

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# **Foundation One**

**by Christopher Sommer**

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Foundation One

# INTRO

## **Simplicity. Clarity. Ease of use.**

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

Front Lever (FL)

Straddle Planche (sPL)

Side Lever (SL)

Manna (MN)

Single Leg Squat (SLS)

Hollowback Press (HBP)

Rope Climb (RC)

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



## **No Brain No Gain**

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

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

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

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

## Why These Exercises in This Order?

In order to enjoy long term success with GST, increasing strength alone is not enough;

you must also strive to increase your body's ability to handle ever more neuromuscularly complex movements.

To this end, one of the primary focuses of the GB Foundation Courses is to engage in a constant evolution regarding your current exercise's degree of neuromuscular activation or the constant evolution of your strength levels in terms of neuromuscular coordination.

It is important to remember that during these fundamental GST progressions we will

always be moving forward to ever more neurologically complex exercises. For example

note that the progression of pushup variations to dip variations to Handstand Pushup (HSPU)

variations to Multi plane pressing (MPPr) variations not only represents increases in

strength but also increases in the degree of neuromuscular activation needed to correctly

execute these exercises.

A long time GB student perhaps best described GB GST training as "... a method of

progressing from simple to complex exercises with ever increasing degrees of neuromuscular activation ..."

## **FSAS, FBAS and FLS**

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

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

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

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

## **Preparatory and Specific Elements**

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

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

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

## Exercise Notation

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

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

## **Integrated Mobility**

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

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

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

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

## Continuing Education

### GymnasticBodies.com Forum

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

### Graduate Studies

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

### GB Online Coaching

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

### GB Seminar

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

**GymnasticBodies  
Everyday Champions  
Foundational Strength Levels**

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



Foundation One

# DETAILS

## Getting Started

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

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

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

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

## **No Giant Sets**

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

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

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

## Warming Up

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

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

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

## **Individual Recovery Varies**

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

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

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

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

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

# Weekly Workout Schedules

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

## 3 Day Schedule

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

## 4 Day Schedule

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

## 5 Day Schedule

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

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

## **Mastery**

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

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

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

## THE MASTERY TEMPLATES

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

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

Each of the exercises though out this entire GB Foundation Course will show what the standard for mastery is and you should then choose your mastery template accordingly.

These mastery templates are provided in complete detail next.



## 60 Second Mastery Template

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

s = seconds

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

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

## 30 Second Mastery Template

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

s = seconds

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

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

## 10 Second Mastery Template

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

s = seconds

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

There are no F1 elements that use this template

## 60 Repetition Mastery Template

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

r = repetitions

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

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

## 15 Repetition Mastery Template

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

r = repetitions

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

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

## 10 Repetition Mastery Template

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

r = repetitions

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

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

## 5 Repetition Mastery Template

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

r = repetitions

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

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

## Training Cycles

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

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

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

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

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




## 3 Day Training/12 Week Cycle Example

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

(continue) 

## 3 Day Training/12 Week Cycle Example

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


(continue) 

## 3 Day Training/12 Week Cycle Example

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


## 4 Day Training/12 Week Cycle Example

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

(continue) 

## 4 Day Training/12 Week Cycle Example

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


(continue) 

## 4 Day Training/12 Week Cycle Example

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


## 5 Day Training/12 Week Cycle Example

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

(continue) 

## 5 Day Training/12 Week Cycle Example

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

(continue) 



## 5 Day Training/12 Week Cycle Example

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

**Foundation One**

# FSAS

**Fundamental Straight Arm Strength**



# Front Lever 1

FL/PE1



**Bent Hollow  
Body Hold  
(bHBH)**

**FL/PE1**

**Mastery =  
5x60s**

**Focus Points:**

- 1) Keep the lower back pressed firmly into the ground
- 2) Keep the feet and shoulders off the ground during the set

FL/PE1>iM



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

**Focus Points:**

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

FL/PE2



## Bent Hollow Body Rock (bHBR)

FL/PE2

Mastery =  
5x60r

### Focus Points:

- 1) An arched lower back will prevent a smooth roll
- 2) Keep the chin pulled downward toward the chest

FL/PE2>iM



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

**Focus Points:**

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

FL/PE3



## Straddle Hollow Body Hold (sHBH)

FL/PE3

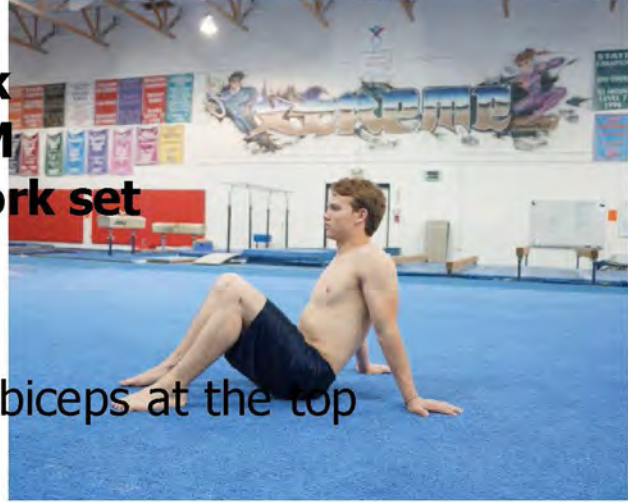
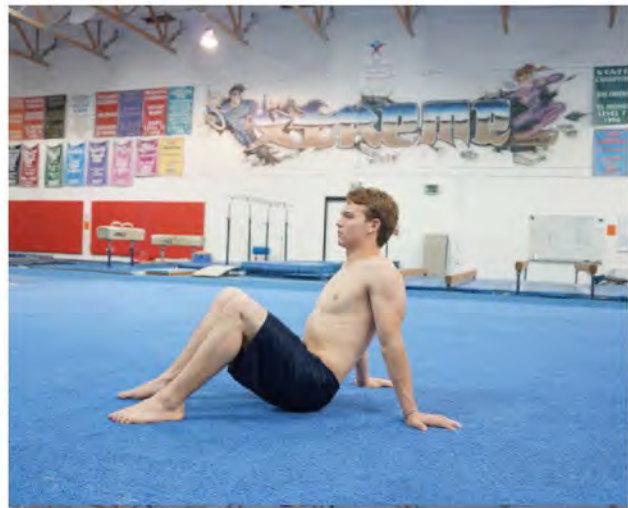
### Focus Points:

- 1) A wider straddle will quite strongly target the hips
- 2) Do not allow the lower back to arch

Mastery =  
5x60s



FL/PE3>iM



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

**Focus Points:**

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

FL/PE4



**Straddle Hollow  
Body Rock  
(sHBR)**

**FL/PE4**

**Mastery =  
5x60r**

**Focus Points:**

- 1) Do not allow the feet to lift more than 6-12 inches at most
- 2) Keep the arms in place by the hips at all times

FL/PE4>iM



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

**Focus Points:**

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

FL/PE5



## Hollow Body Hold (HBH)

FL/PE5

Mastery =  
5x60s

### Focus Points:

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

FL/PE5>iM



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

**Focus Points:**

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

FL/PE6



## Hollow Body Rock (HBR)

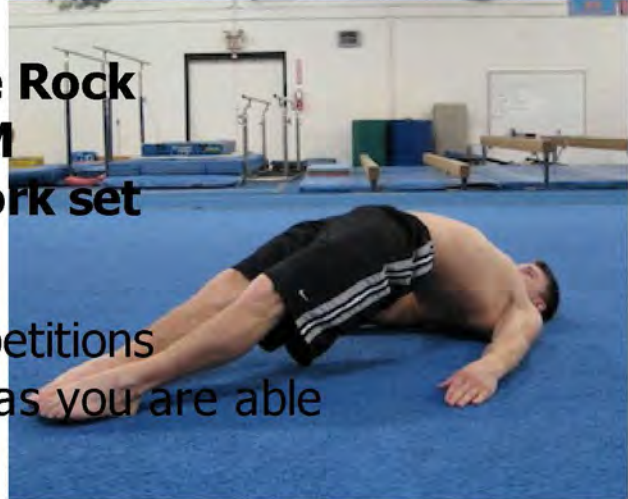
FL/PE6

Mastery =  
5x60r

### Focus Points:

- 1) Notice the smoothness of this athlete's roll
- 2) Arms may also be placed down next to the hips

FL/PE6>iM



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

**Focus Points:**

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



# Straddle Planche 1



sPL/PE1



## Scapular Shrug

sPL/PE1

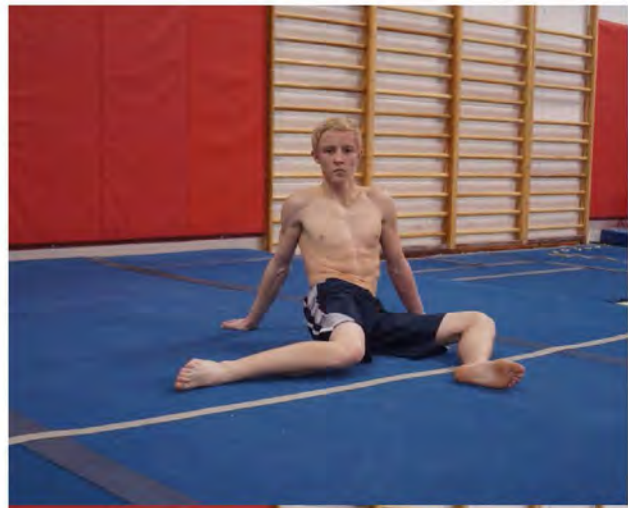
Mastery =

5x15r

### Focus Points:

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

sPL/PE1>iM



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

**Focus Points:**

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

sPL/PE2



**Forearm Plank**  
**sPL/PE2**  
**Mastery =**  
**5x60s**

**Focus Points:**

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

sPL/PE2>iM

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

**Focus Points:**

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



sPL/PE3



**Plank (PLK)**  
**sPL/PE3**  
**Mastery =**  
**5x60s**

**Focus Points:**

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

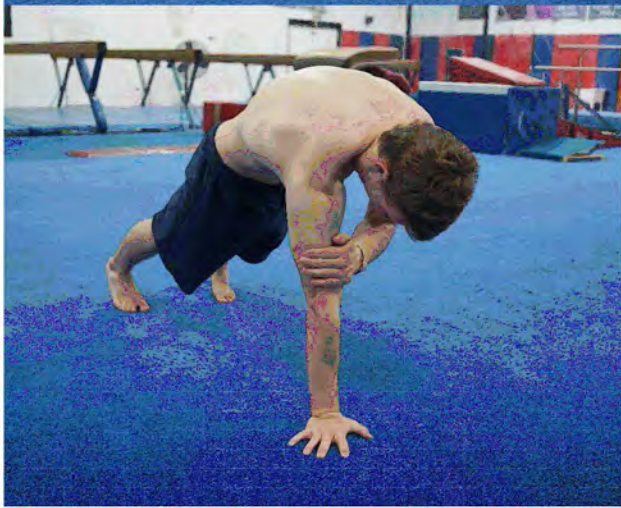
sPL/PE3>iM

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

**Focus Points:**

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





sPL/PE4

**Single Arm  
Plank**

sPL/PE4

**Mastery =  
5x30s (each  
arm)**

**Focus Points:**

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

sPL/PE4>iM

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

**Focus Points:**

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







sPL/PE5

**Planche Lean  
(PLL)**

sPL/PE5

**Mastery =  
5x30s**

**Focus Point:**

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

sPL/PE5>iM

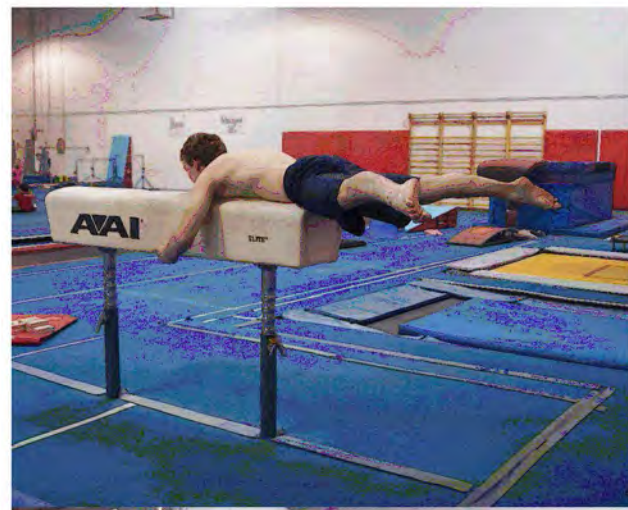
## Prone Half Straddle Planche Hold

sPL/PE5>iM

10s after each work set

### Focus Points:

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





sPL/PE6

## Elevated Planche Lean (ePLL)

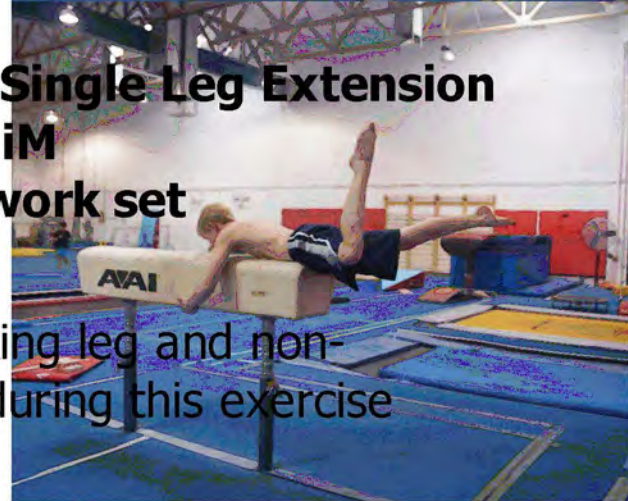
sPL/PE6

### Focus Points:

- 1) Place a furniture slider under the feet to reduce friction
- 2) Lean forward until the hips are over the hands

Mastery =  
5x30s

sPL/PE6>iM



## Prone Half Straddle Planche Single Leg Extension

sPL/PE6>iM

10r after each work set

### Focus Point:

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



# Side Lever 1

SL/PE1



## Arch Body Hold (ABH)

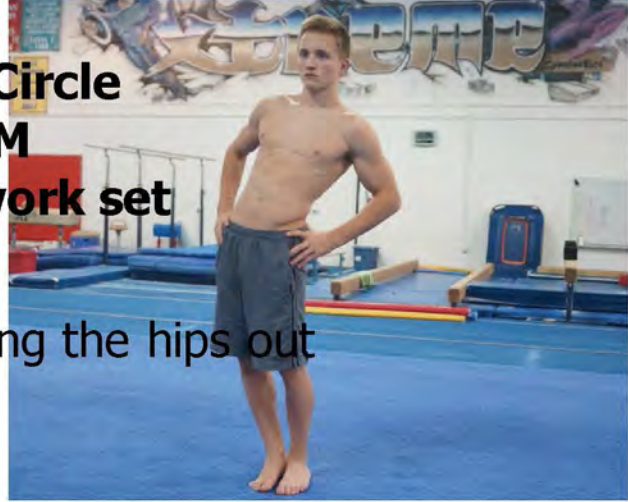
SL/PE1

Mastery =  
5x60s

### Focus Points:

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

SL/PE1>iM



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

**Focus Point:**

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

SL/PE2



## Arch Body Rock (ABR)

SL/PE2

Mastery =  
5x60r

### Focus Points:

- 1) Roll up onto the chest as well as the thighs
- 2) A bumpy roll indicates insufficient arch



SL/PE2>iM



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

**Focus Points:**

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

# SL/PE3

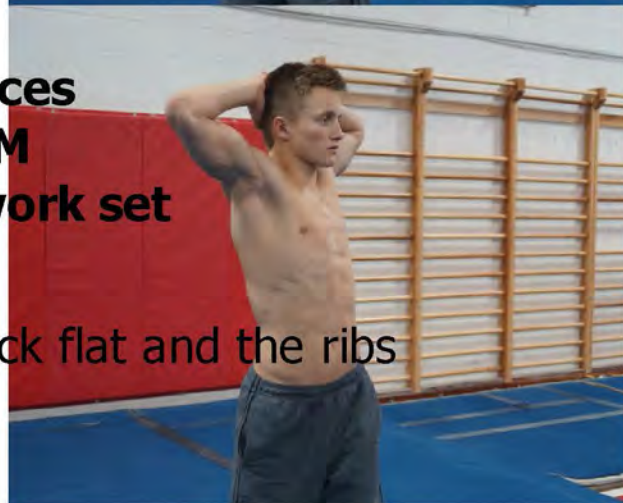


**Arch Up (AU)**  
**SL/PE3**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

SL/PE3>iM



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

**Focus Point:**

- 1) Keep the elbows pulled back, the back flat and the ribs pulled down at all times

# SL/PE4



**Curl Up**  
**SL/PE4**  
**Mastery =**  
**5x15r**

## **Focus Points:**

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

SL/PE4>iM



## Standing Weighted Oblique Stretch

SL/PE4>iM

30s after each work set

### Focus Points:

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

SL/PE5



**Straddle  
Reverse Leg  
Lift**

**SL/PE5**

**Mastery =  
5x15r**

**Focus Points:**

- 1) Lift the heels all the way to horizontal
- 2) Pause briefly at the top of each repetition

SL/PE5>iM



## Standing Weighted Oblique Reps

SL/PE5>iM

5r after each work set

### Focus Point:

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

# SL/PE6



## Reverse Leg Lift (RLL)

SL/PE6

Mastery =

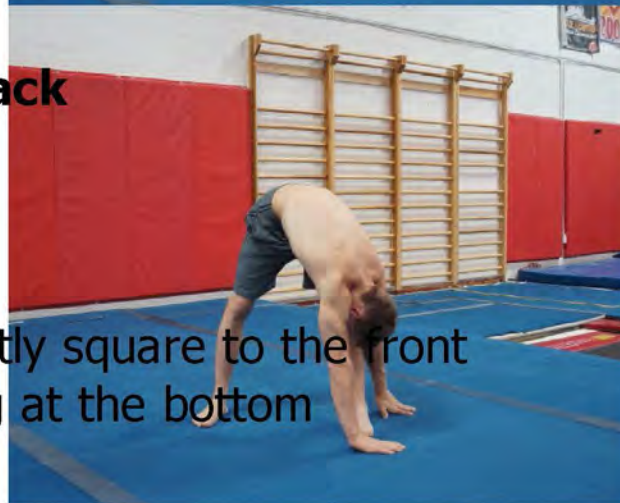
5x15r

### Focus Point:

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



SL/PE6>iM



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

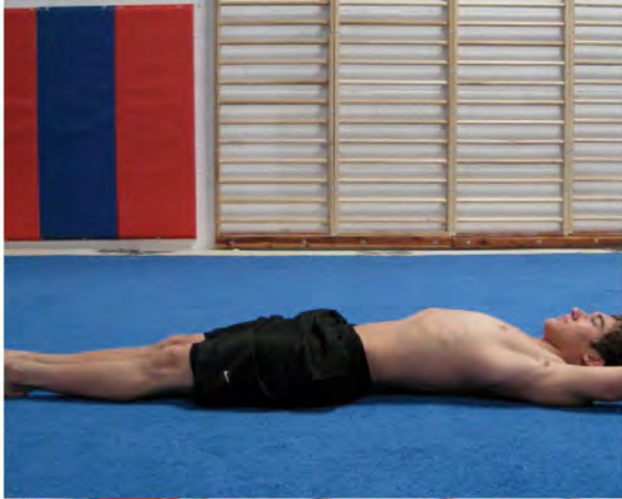
**Focus Points:**

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



**Manna 1**

MN/PE1



**Tuck Up**  
**MN/PE1**  
**Mastery =**  
**5x15r**

**Focus Points:**

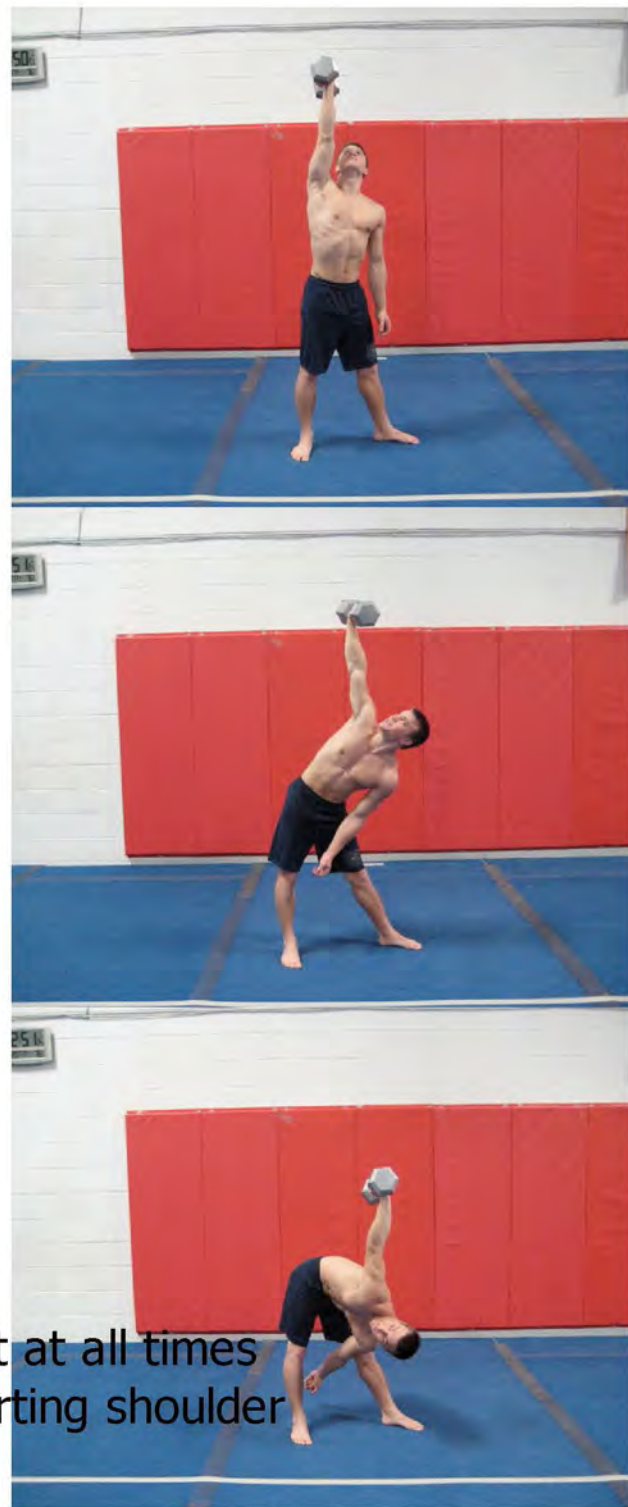
- 1) Pull the knees all the way to the chest
- 2) Lay down completely flat in between repetitions

MN/PE1>iM

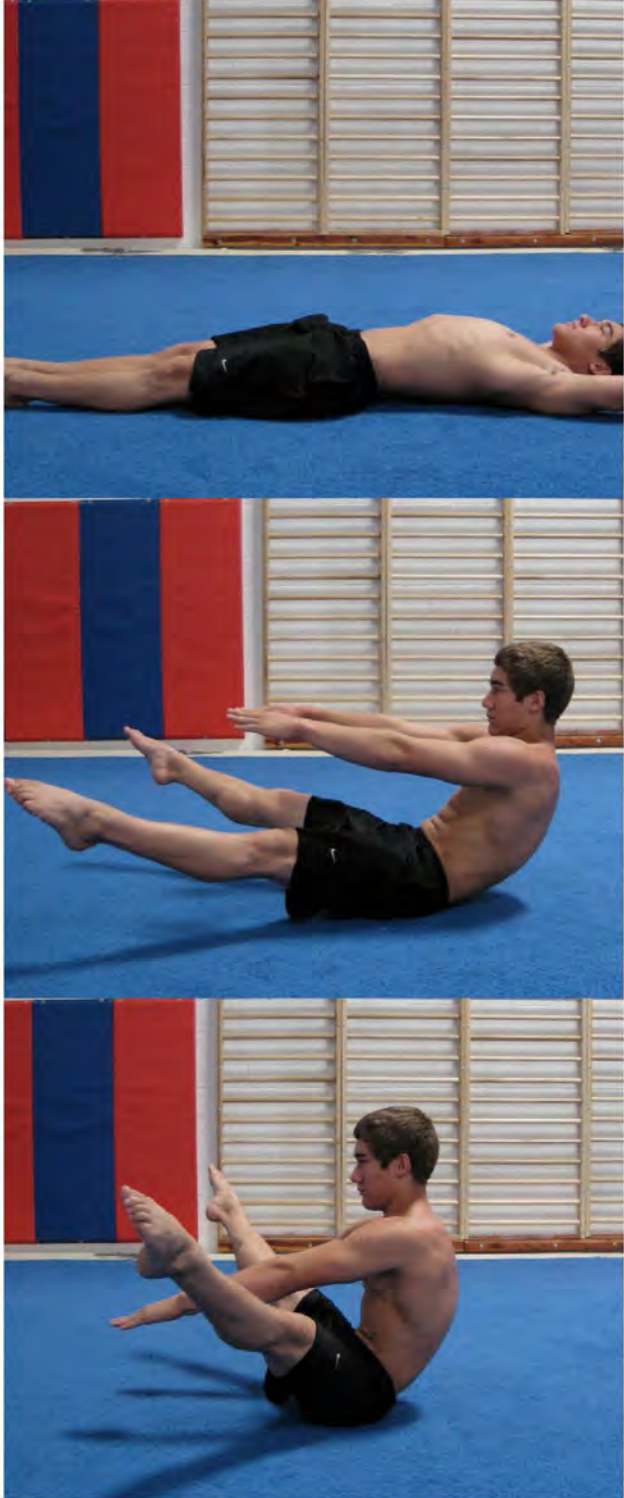
**Stiff Leg Windmill**  
**MN/PE1>iM**  
**5r after each work set**

**Focus Points:**

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



MN/PE2



**Straddle-Up**  
**MN/PE2**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

MN/PE2>iM

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

**Focus Points:**

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



MN/PE3



**V-up**  
**MN/PE3**  
**Mastery =**  
**5x15r**

**Focus Points:**

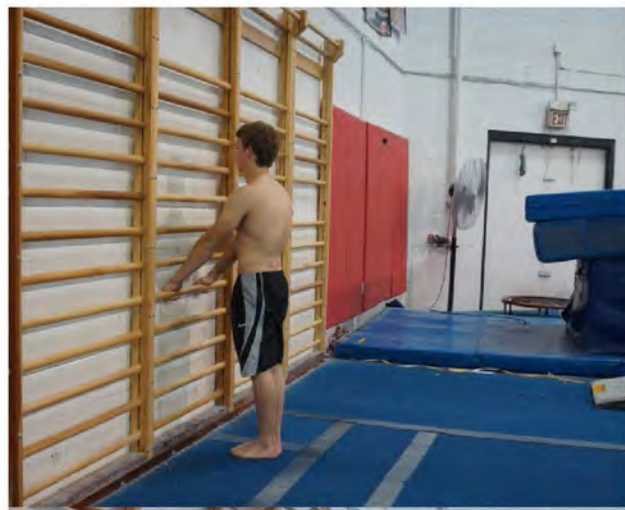
- 1) Keep the back flat and the chest high
- 2) Pike as much as possible at the top of each repetition

MN/PE3>iM

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

**Focus Points:**

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





MN/PE4



## Half Tuck Hanging Leg Lift

MN/PE4

### Focus Points:

Mastery = 5x5r

- 1) Keep the lower back pressed back firmly into the wall
- 2) 'Pull' the knees up, do not swing or kick them up

MN/PE4>iM



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

**Focus Points:**

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

MN/PE5



## Half Hanging Leg Lift MN/PE5

**Focus Points:** Mastery = 5x5r

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

MN/PE5>iM

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

**Focus Points:**

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



MN/PE6



## Negative Hanging Leg Lift (nHLL)

MN/PE6

Mastery = 5x5x10s

### Focus Points:

- 1) Each negative should require 10 seconds to descend
- 2) Completely straighten the knees at the top of each rep

MN/PE6>iM



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

**Focus Points:**

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

**Foundation One**

**FLS**

**Fundamental Leg Strength**



# Single Leg Squat 1



SLS/PE1



**Deck Squat**  
**SLS/PE1**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

SLS/PE1>iM



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

**Focus Points:**

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

SLS/PE2



**Cossack Squat**  
**SLS/PE2**  
**Mastery =**  
**5x10r**

**Focus Points:**

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

SLS/PE2>iM



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

**Focus Points:**

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

SLS/PE3



**Side-to-Side  
Squat (STS)**

**SLS/PE3**

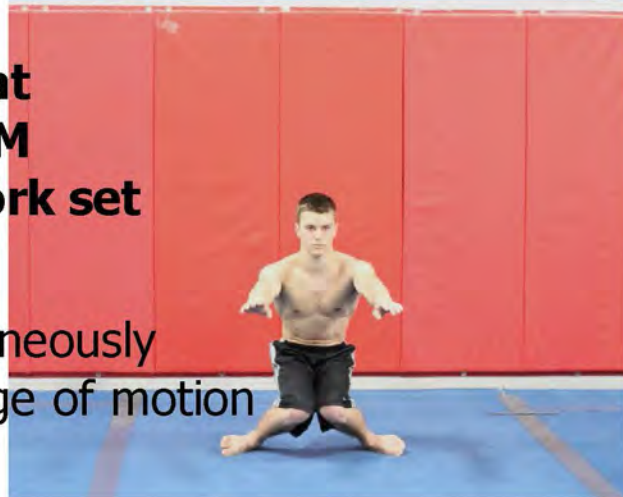
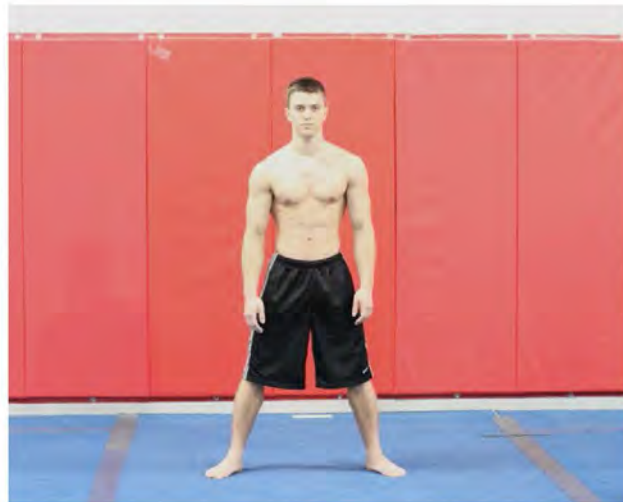
**Mastery =**

**5x10r**

**Focus Points:**

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

SLS/PE3>iM



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

**Focus Points:**

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

SLS/PE4



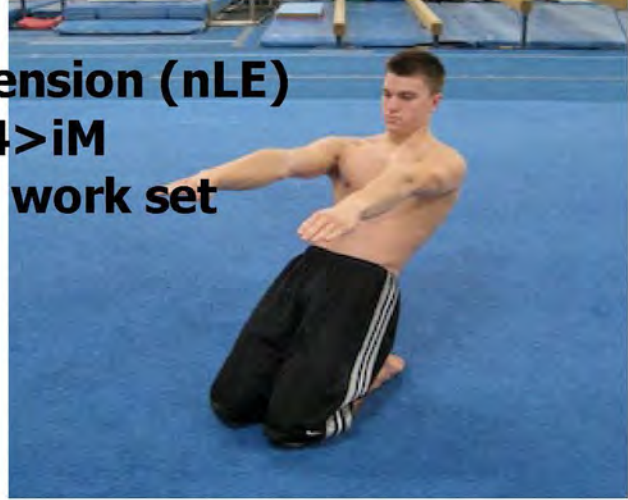
**Speed Skater  
Squat (SSS)  
SLS/PE4**

**Mastery = 5x5r**

**Focus Points:**

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

SLS/PE4>iM



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

**Focus Points:**

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



SLS/SE1



## Hawaiian Squat (HaS)

SLS/SE1

**Mastery = 5x5r**

### Focus Points:

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

SLS/SE1>iM



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

**Focus Points:**

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

**Foundation One**

# **FBAS**

**Fundamental Bent Arm Strength**



# Hollow Back Press 1

HBP/PE1



## **Incline Pushup**

**HBP/PE1**

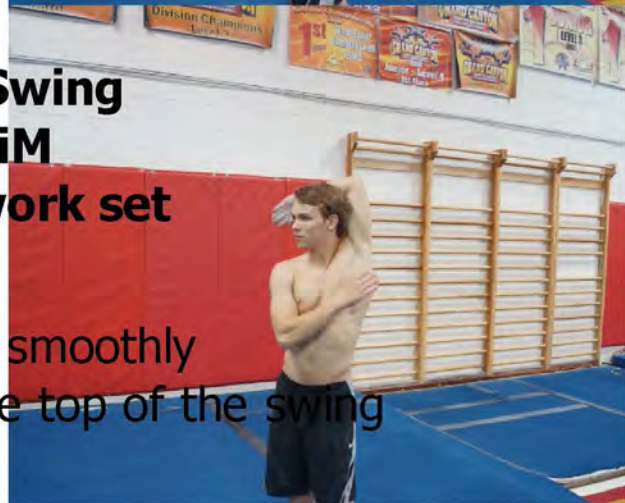
**Mastery =**

**5x15r**

### **Focus Points:**

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

HBP/PE1>iM



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

**Focus Points:**

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

HBP/PE2

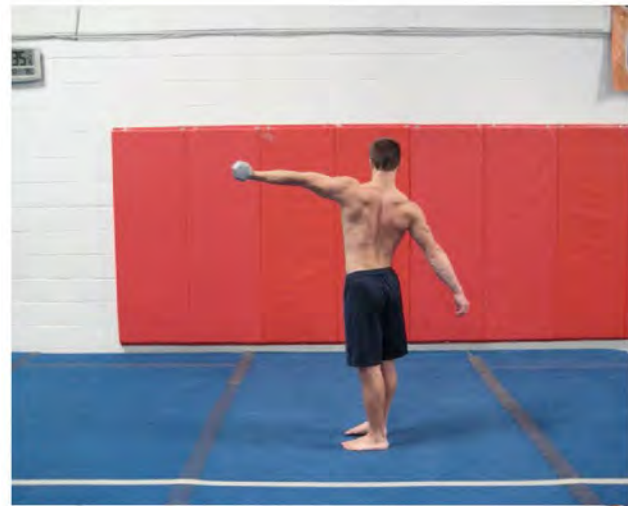


**Pushup**  
**HBP/PE2**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

HBP/PE2>iM



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

**Focus Points:**

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





HBP/PE3

**Pseudo Planche  
Pushup (PPP)**

**HBP/PE3**

**Mastery =  
5x10r**

**Focus Points:**

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

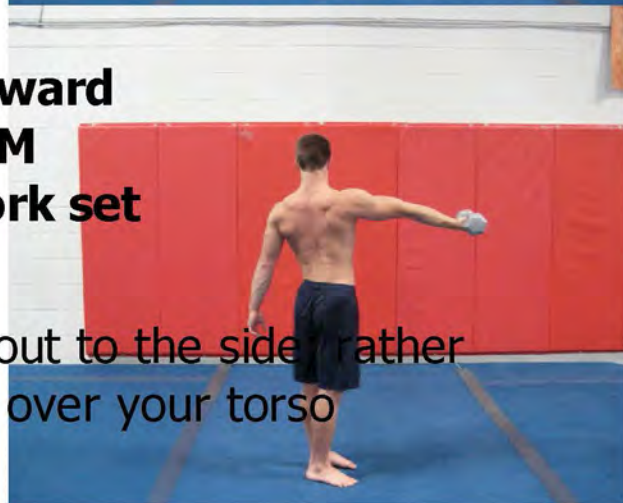
HBP/PE3>iM



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

**Focus Point:**

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





HBP/PE4

**Bench Dip**  
**HBP/PE4**  
**Mastery =**  
**5x10r**

**Focus Point:**

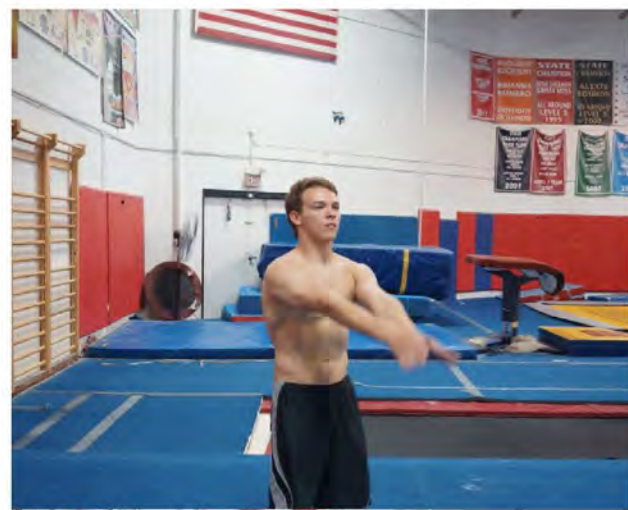
1) Initially you may find that you prefer descending only to 90 degrees until your shoulder mobility improves

HBP/PE4>iM

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

**Focus Points:**

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





HBP/PE5

**Negative  
Parallel Bar Dip  
HBP/PE5  
Mastery =  
5x5rx10s**

**Focus Point:**

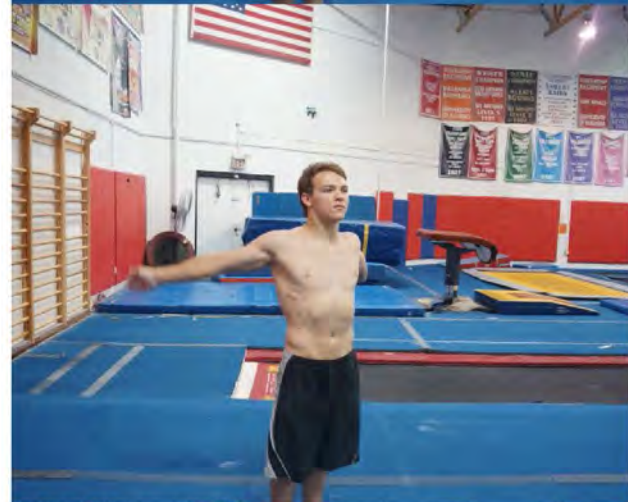
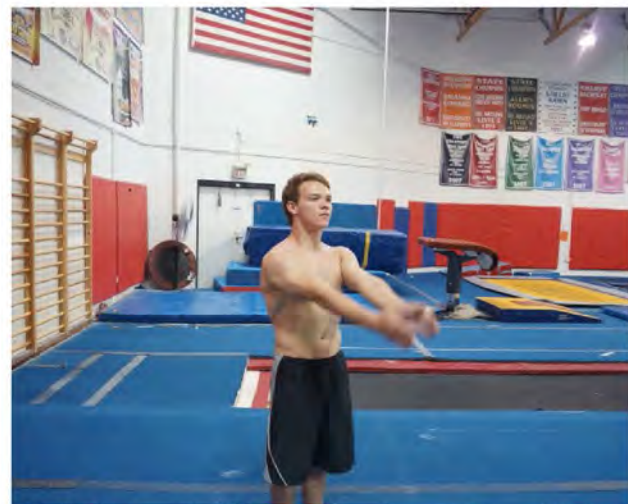
1) A single repetition is comprised of a 10 second descent, thus each set contains 50 seconds total time under tension

HBP/PE5>iM

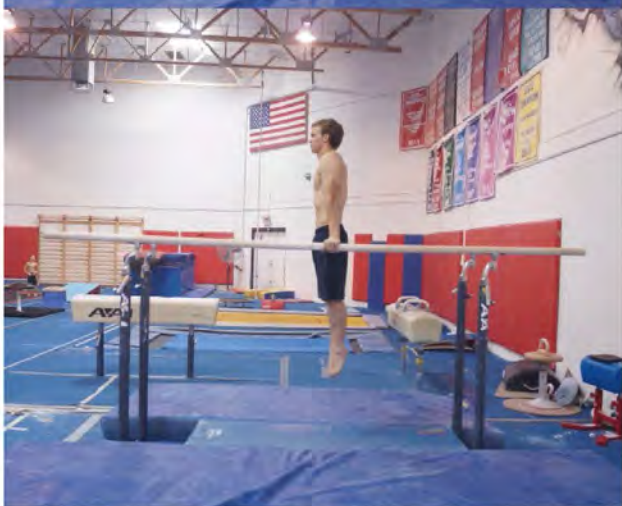
**Double Arm Circle Forward**  
**HBP/PE5>iM**  
**10r after each work set**

**Focus Point:**

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



HBP/PE6



**Parallel Bar Dip**  
**HBP/PE6**  
**Mastery = 5x5r**

**Focus Point:**

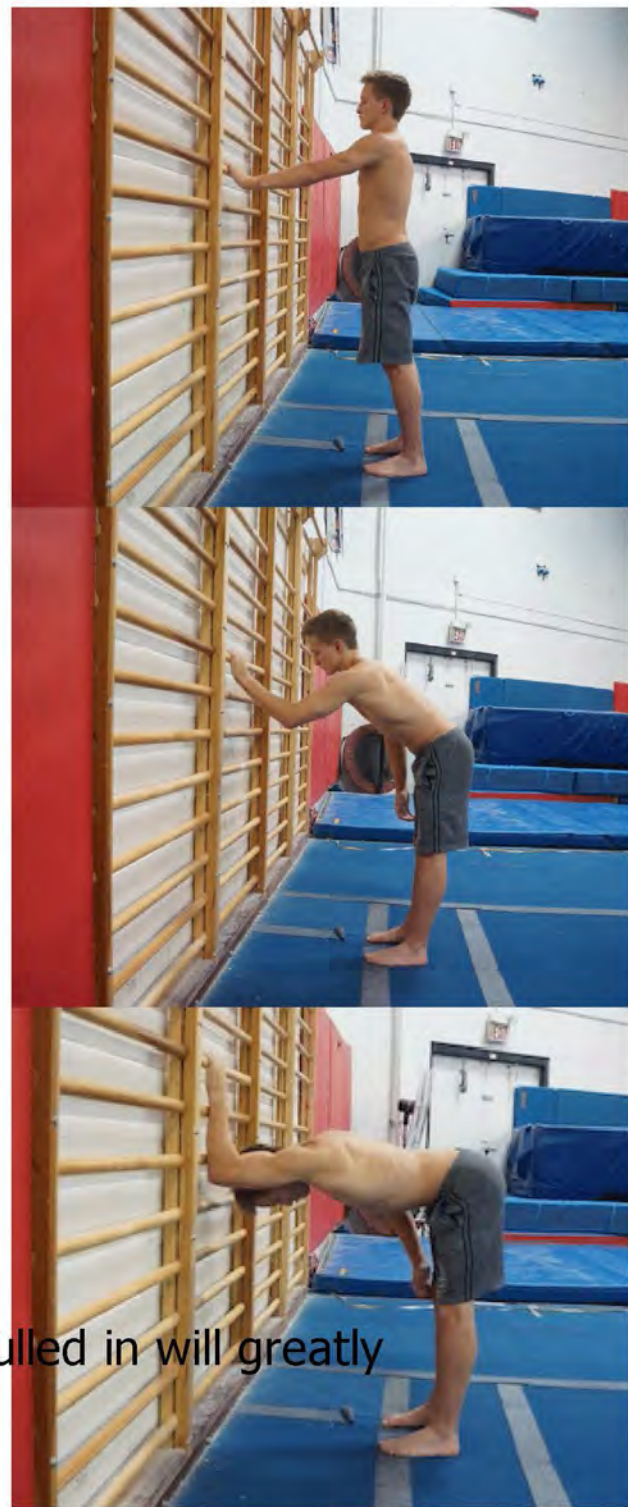
1) The shoulders should be reasonably close to the hands at the bottom of each repetition

HBP/PE6>iM

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

**Focus Point:**

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







# Rope Climb 1

RC/PE1



**Hinge Row**  
**RC/PE1**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

RC/PE1>iM

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

**Focus Points:**

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



RC/PE2



**Incline Row**  
**RC/PE2**  
**Mastery =**  
**5x15r**

**Focus Points:**

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

RC/PE2>iM

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

**Focus Point:**

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



RC/PE3



## Ground Rows

RC/PE3

Mastery =

5x10r

### Focus Point:

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

RC/PE3>iM

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

**Focus Point:**

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





RC/PE4

## **Elevated Row**

**RC/PE4**

**Mastery =**

**5x10r**

### **Focus Points:**

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



RC/PE4>iM

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

**Focus Point:**

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



RC/PE5



**Bulgarian Row**  
**RC/PE5**  
**Mastery = 5x5r**

**Focus Points:**

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

RC/PE5>iM

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

**Focus Point:**

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



RC/PE6



## **Bent Arm Chin Hang**

**RC/PE6**

**Mastery =  
5x60s**

### **Focus Points:**

- 1) Chin over the bar is the minimum acceptable height
- 2) Do not allow the neck or chin to touch the bar

RC/PE6>iM

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

**Focus Points:**

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

