

**PLANCHE PRO 1.0 - ACCUMULATION**

Week 1

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		3	12 - 15s	2
SA 1	A2	Hollow Body Hold		3	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	1 min total	self directed
SA 1	D1	Scapula Pushup		3	8 - 10	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	8 - 10	2
BA 1	A2	Bird Dog		3	8 - 10 L/R	
BA 1	B1	Weighted Pushup		3	10 - 12	3
BA 1	C1	Pike Pushup		3	6 - 10	2
BA 1	D1	W Wall Slide		3	6 - 8	1
BA 1	D2	Whippet		3	10 - 12	
SA 2	A1	Planche		3	12 - 15s	2
SA 2	A2	Hollow Body Hold		3	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1 min total	self directed
SA 2	D1	Scapula Pushup		3	8 - 10	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	6 - 8	2
BA 2	A2	Reverse Hyper		3	6 - 10	
BA 2	B1	Handstand Pushup		accumulation	20 total	self directed
BA 2	C1	Band Pull Apart		3	10 - 12	1
BA 2	D1	W Wall Slide		3	6 - 8	1
BA 2	D2	Whippet		3	10 - 12	

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Week 2

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		3	12 - 15s	2
SA 1	A2	Hollow Body Hold		3	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	1 - 1.5 min total	self directed
SA 1	D1	Scapula Pushup		3	8 - 10	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	8 - 10	2
BA 1	A2	Bird Dog		3	8 - 10 L/R	
BA 1	B1	Weighted Pushup		3	10 - 12	3
BA 1	C1	Pike Pushup		3	6 - 10	2
BA 1	D1	W Wall Slide		3	6 - 8	1
BA 1	D2	Whippet		3	10 - 12	
SA 2	A1	Planche		3	12 - 15s	2
SA 2	A2	Hollow Body Hold		3	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1 - 1.5 min total	self directed
SA 2	D1	Scapula Pushup		3	8 - 10	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	6 - 8	2
BA 2	A2	Reverse Hyper		3	6 - 10	
BA 2	B1	Handstand Pushup		accumulation	25 total	self directed
BA 2	C1	Band Pull Apart		3	10 - 12	1
BA 2	D1	W Wall Slide		3	6 - 8	1
BA 2	D2	Whippet		3	10 - 12	

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Week 3

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		4	12 - 15s	2
SA 1	A2	Hollow Body Hold		4	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	1 - 1.5 min total	self directed
SA 1	D1	Scapula Pushup		3	8 - 10	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	8 - 10	2
BA 1	A2	Bird Dog		3	8 - 12 L/R	
BA 1	B1	Weighted Pushup		4	8 - 10	3
BA 1	C1	Pike Pushup		3	6 - 10	2
BA 1	D1	W Wall Slide		3	8 - 10	1
BA 1	D2	Whippet		3	10 - 12	
SA 2	A1	Planche		3	12 - 15s	2
SA 2	A2	Hollow Body Hold		3	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1 - 1.5 min total	self directed
SA 2	D1	Scapula Pushup		3	8 - 10	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	6 - 8	2
BA 2	A2	Reverse Hyper		3	8 - 12	
BA 2	B1	Handstand Pushup		accumulation	25 - 30 total	self directed
BA 2	C1	Band Pull Apart		3	12 - 15	1
BA 2	D1	W Wall Slide		3	8 - 10	1
BA 2	D2	Whippet		3	10 - 12	

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Week 4

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		4	12 - 15s	2
SA 1	A2	Hollow Body Hold		4	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 1	D1	Scapula Pushup		3	10 - 12	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	8 - 10	2
BA 1	A2	Bird Dog		3	8 - 12 L/R	
BA 1	B1	Weighted Pushup		4	8 - 10	3
BA 1	C1	Pike Pushup		3	6 - 10	2
BA 1	D1	W Wall Slide		3	8 - 10	1
BA 1	D2	Whippet		3	10 - 12	
SA 2	A1	Planche		4	12 - 15s	2
SA 2	A2	Hollow Body Hold		4	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 2	D1	Scapula Pushup		3	10 - 12	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	6 - 8	2
BA 2	A2	Reverse Hyper		3	8 - 12	
BA 2	B1	Handstand Pushup		accumulation	25 - 30 total	self directed
BA 2	C1	Band Pull Apart		3	12 - 15	1
BA 2	D1	W Wall Slide		3	8 - 10	1
BA 2	D2	Whippet		3	10 - 12	

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Week 5

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		4	12 - 15s	2
SA 1	A2	Hollow Body Hold		4	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 1	D1	Scapula Pushup		3	10 - 12	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	8 - 12	2
BA 1	A2	Bird Dog		3	10 - 15 L/R	
BA 1	B1	Weighted Pushup		3	12 - 15	3
BA 1	C1	Pike Pushup		3	8 - 12	2
BA 1	D1	W Wall Slide		3	10 - 12	1
BA 1	D2	Whippet		3	10 - 12	
SA 2	A1	Planche		4	12 - 15s	2
SA 2	A2	Hollow Body Hold		4	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 2	D1	Scapula Pushup		3	10 - 12	1
SA 2	D2	45° DB Anterior Raise		3	12 - 15	
BA 2	A1	Planche Pushup		3 - 4	4 - 5	2 / 3
BA 2	A2	Reverse Hyper		3	12 - 15	
BA 2	B1	Handstand Pushup		accumulation	30 - 35 total	self directed
BA 2	C1	Band Pull Apart		3	15 - 20	1
BA 2	D1	W Wall Slide		3	10 - 12	1
BA 2	D2	Whippet		3	10 - 12	

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Week 6

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		4	12 - 15s	2
SA 1	A2	Hollow Body Hold		4	30 - 45s	
SA 1	B1	Pseudo Planche Lean		3	15 - 20s	2
SA 1	C1	L-Sit		accumulation	2 - 2.5 min total	self directed
SA 1	D1	Scapula Pushup		3	12 - 15	1
SA 1	D2	45° DB Anterior Raise		3	12 - 15	
BA 1	A1	Pseudo Planche Pushup		3	8 - 12	2
BA 1	A2	Bird Dog		3	10 - 15 L/R	
BA 1	B1	Weighted Pushup		3	12 - 15	3
BA 1	C1	Pike Pushup		3	8 - 12	2
BA 1	D1	W Wall Slide		3	12 - 15	1
BA 1	D2	Whippet		3	12 - 15	
SA 2	A1	Planche		4	12 - 15s	2
SA 2	A2	Hollow Body Hold		4	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	2 - 2.5 min total	self directed
SA 2	D1	Scapula Pushup		3	12 - 15	1
SA 2	D2	45° DB Anterior Raise		3	12 - 15	
BA 2	A1	Planche Pushup		3 - 4	4 - 5	2 / 3
BA 2	A2	Reverse Hyper		3	12 - 15	
BA 2	B1	Handstand Pushup		accumulation	30 - 40 total	self directed
BA 2	C1	Band Pull Apart		3	15 - 20	1
BA 2	D1	W Wall Slide		3	12 - 15	1
BA 2	D2	Whippet		3	12 - 15	

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Week 7

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		4	12 - 15s	2
SA 1	A2	Hollow Body Hold		4	30 - 45s	
SA 1	B1	Pseudo Planche Lean		4	15 - 20s	2
SA 1	C1	L-Sit		accumulation	2 - 2.5 min total	self directed
SA 1	D1	Scapula Pushup		3	12 - 15	1
SA 1	D2	45° DB Anterior Raise		3	12 - 15	
BA 1	A1	Pseudo Planche Pushup		4	8 - 10	2
BA 1	A2	Bird Dog		3	10 - 15 L/R	
BA 1	B1	Weighted Pushup		3	12 - 15	3
BA 1	C1	Pike Pushup		3	8 - 12	2
BA 1	D1	W Wall Slide		3	12 - 15	1
BA 1	D2	Whippet		3	12 - 15	
SA 2	A1	Planche		4 - 5	12 - 15s	2 / 3
SA 2	A2	Hollow Body Hold		4	30 - 45s	
SA 2	B1	Pseudo Planche Lean		3	15 - 20s	3
SA 2	C1	L-Sit		accumulation	2 - 2.5 min total	self directed
SA 2	D1	Scapula Pushup		3	12 - 15	1
SA 2	D2	45° DB Anterior Raise		3	12 - 15	
BA 2	A1	Planche Pushup		3 - 4	4 - 6	2 / 3
BA 2	A2	Reverse Hyper		3	12 - 15	
BA 2	B1	Handstand Pushup		accumulation	30 - 40 total	self directed
BA 2	C1	Band Pull Apart		3	15 - 20	1
BA 2	D1	W Wall Slide		3	12 - 15	1
BA 2	D2	Whippet		3	12 - 15	

**PLANCHE PRO 1.0 - ACCUMULATION**

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DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		1	max test	3
SA 1	B1	Planche		2	12 - 15s	2
SA 1	B2	Hollow Body Hold		2	30 - 45s	
SA 1	C1	Pseudo Planche Lean		2	15 - 20s	2
SA 1	D1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 1	E1	Scapula Pushup		2	12 - 15	1
SA 1	E2	45° DB Anterior Raise		2	12 - 15	
BA 1	A1	Pseudo Planche Pushup		2	8 - 10	2
BA 1	A2	Bird Dog		2	10 - 15 L/R	
BA 1	B1	Weighted Pushup		2	12 - 15	3
BA 1	C1	Pike Pushup		2	8 - 12	2
BA 1	D1	W Wall Slide		2	12 - 15	1
BA 1	D2	Whippet		2	12 - 15	
SA 2	A1	Planche		2 - 3	12 - 15s	2 / 3
SA 2	A2	Hollow Body Hold		2	30 - 45s	
SA 2	B1	Pseudo Planche Lean		2	15 - 20s	3
SA 2	C1	L-Sit		accumulation	1.5 - 2 min total	self directed
SA 2	D1	Scapula Pushup		2	12 - 15	1
SA 2	D2	45° DB Anterior Raise		2	12 - 15	
BA 2	A1	Planche Pushup		2 - 3	4 - 6	2 / 3
BA 2	A2	Reverse Hyper		2	15	
BA 2	B1	Handstand Pushup		accumulation	20 total	self directed
BA 2	C1	Band Pull Apart		2	20	1
BA 2	D1	W Wall Slide		2	12 - 15	1
BA 2	D2	Whippet		2	12 - 15	