

**PLANCHE PRO 1.0 - INTENSIFICATION**

Week 1

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		3	3 - 4	2
SA 1	A2	Hollow Body Hold		3	20 - 30s	
SA 1	B1	Planche		3	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	6 - 8 + 10s	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	6 - 8	2
BA 1	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 1	B1	Handstand Pushup		3	4 - 6	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	8 - 10	1
BA 1	D2	Whippet		3	6 - 8 + 10s	
SA 2	A1	L -Sit to Planche		3	3 - 4	2
SA 2	A2	Hollow Body Hold		3	20 - 30s	
SA 2	B1	Planche		3	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	6 - 8 + 10s	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	4 - 6	2
BA 2	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 2	B1	Handstand Pushup		3	4 - 6	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 10	2
BA 2	D1	Dynamic Y		3	8 - 10	1
BA 2	D2	Whippet		3	6 - 8 + 10s	

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Week 2

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		4	3 - 4	2
SA 1	A2	Hollow Body Hold		4	20 - 30s	
SA 1	B1	Planche		3	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	6 - 8 + 10s	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		3	6 - 8	2
BA 1	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 1	B1	Handstand Pushup		3	4 - 6	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	8 - 10	1
BA 1	D2	Whippet		3	6 - 8 + 10s	
SA 2	A1	L -Sit to Planche		3	3 - 4	2
SA 2	A2	Hollow Body Hold		3	20 - 30s	
SA 2	B1	Planche		3	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	6 - 8 + 10s	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	4 - 6	2
BA 2	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 2	B1	Handstand Pushup		3	4 - 6	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 10	2
BA 2	D1	Dynamic Y		3	8 - 10	1
BA 2	D2	Whippet		3	6 - 8 + 10s	

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Week 3

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		4	3 - 4	2
SA 1	A2	Hollow Body Hold		4	20 - 30s	
SA 1	B1	Planche		3	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	6 - 8 + 20s	1
SA 1	D2	45° DB Anterior Raise		3	10 - 12	
BA 1	A1	Pseudo Planche Pushup		4	6 - 8	2 / 3
BA 1	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 1	B1	Handstand Pushup		3 - 4	4 - 6	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	8 - 10	1
BA 1	D2	Whippet		3	6 - 8 + 20s	
SA 2	A1	L -Sit to Planche		3	3 - 4	2
SA 2	A2	Hollow Body Hold		3	20 - 30s	
SA 2	B1	Planche		3	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	6 - 8 + 20s	1
SA 2	D2	45° DB Anterior Raise		3	10 - 12	
BA 2	A1	Planche Pushup		3	4 - 6	2
BA 2	A2	Bird Dog		3	6 - 8 + 10s L/R	
BA 2	B1	Handstand Pushup		3 - 4	4 - 6	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 10	2
BA 2	D1	Dynamic Y		3	8 - 10	1
BA 2	D2	Whippet		3	6 - 8 + 20s	

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Week 4

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		5	3 - 4	2 / 3
SA 1	A2	Hollow Body Hold		4	20 - 30s	
SA 1	B1	Planche		3	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	6 - 8 + 20s	1
SA 1	D2	45° DB Anterior Raise		3	12 - 15	
BA 1	A1	Pseudo Planche Pushup		4	6 - 8	2 / 3
BA 1	A2	Bird Dog		3	8 - 10 + 10s L/R	
BA 1	B1	Handstand Pushup		3 - 4	4 - 6	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	10 - 12	1
BA 1	D2	Whippet		3	6 - 8 + 20s	
SA 2	A1	L -Sit to Planche		3	3 - 4	2
SA 2	A2	Hollow Body Hold		3	20 - 30s	
SA 2	B1	Planche		4	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	6 - 8 + 20s	1
SA 2	D2	45° DB Anterior Raise		3	12 - 15	
BA 2	A1	Planche Pushup		4	3 - 4	2
BA 2	A2	Bird Dog		3	8 - 10 + 10s L/R	
BA 2	B1	Handstand Pushup		3 - 4	4 - 6	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 10	2
BA 2	D1	Dynamic Y		3	10 - 12	1
BA 2	D2	Whippet		3	6 - 8 + 20s	

[www.planche.pro](http://www.planche.pro)

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Week 5

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		4	3 - 4	2
SA 1	A2	Hollow Body Hold		4	30 - 40s	
SA 1	B1	Planche		3	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 1	D2	45° DB Anterior Raise		3	12 - 15	
BA 1	A1	Pseudo Planche Pushup		4	4 - 5	2 / 3
BA 1	A2	Bird Dog		3	8 - 10 + 10s L/R	
BA 1	B1	Handstand Pushup		3 - 4	3	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	10 - 12	1
BA 1	D2	Whippet		3	8 - 10 + 20s	
SA 2	A1	L -Sit to Planche		3	4 - 6	2
SA 2	A2	Hollow Body Hold		3	30 - 40s	
SA 2	B1	Planche		4	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 2	D2	45° DB Anterior Raise		3	12 - 15	
BA 2	A1	Planche Pushup		4	3 - 4	2 / 3
BA 2	A2	Bird Dog		3	8 - 10 + 10s L/R	
BA 2	B1	Handstand Pushup		3 - 4	3	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 12	3
BA 2	D1	Dynamic Y		3	10 - 12	1
BA 2	D2	Whippet		3	8 - 10 + 20s	

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Week 6

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		4	3 - 4	2
SA 1	A2	Hollow Body Hold		4	30 - 40s	
SA 1	B1	Planche		3 - 4	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 1	D2	45° DB Anterior Raise		3	8 - 10	
BA 1	A1	Pseudo Planche Pushup		3	4 - 5	2
BA 1	A2	Bird Dog		3	10 - 12 + 10s L/R	
BA 1	B1	Handstand Pushup		4 - 5	3	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	10 - 15	1
BA 1	D2	Whippet		3	8 - 10 + 20s	
SA 2	A1	L -Sit to Planche		3	4 - 6	2
SA 2	A2	Hollow Body Hold		3	30 - 40s	
SA 2	B1	Planche		5	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 2	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 2	D2	45° DB Anterior Raise		3	8 - 10	
BA 2	A1	Planche Pushup		5	3 - 4	2 / 3
BA 2	A2	Bird Dog		3	10 - 12 + 10s L/R	
BA 2	B1	Handstand Pushup		4 - 5	3	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 12	3
BA 2	D1	Dynamic Y		3	10 - 15	1
BA 2	D2	Whippet		3	8 - 10 + 20s	

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Week 7

DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	L -Sit to Planche		4 - 5	3 - 4	2 / 3
SA 1	A2	Hollow Body Hold		4	30 - 40s	
SA 1	B1	Planche		3 - 4	8 - 10s	3
SA 1	C1	Pseudo Planche Lean		3	8 - 10s	3
SA 1	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 1	D2	45° DB Anterior Raise		3	8 - 10	
BA 1	A1	Pseudo Planche Pushup		4	4 - 5	2 / 3
BA 1	A2	Bird Dog		3	1	
BA 1	B1	Handstand Pushup		4 - 5	3	3
BA 1	C1	Weighted Pushup		3	8 - 10	3
BA 1	D1	Dynamic Y		3	10 - 15	1
BA 1	D2	Whippet		3	8 - 10 + 20s	
SA 2	A1	L -Sit to Planche		3 - 4	4 - 6	2
SA 2	A2	Hollow Body Hold		3 - 4	30 - 40s	
SA 2	B1	Planche		5	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		3 - 4	8 - 10s	3
SA 2	D1	Scapula Pushup		3	8 - 10 + 20s	1
SA 2	D2	45° DB Anterior Raise		3	8 - 10	
BA 2	A1	Planche Pushup		5	3 - 4	2 / 3
BA 2	A2	Bird Dog		3	10 - 12 + 10s L/R	
BA 2	B1	Handstand Pushup		4 - 5	3	3
BA 2	C1	Pseudo Planche Pushup		3	8 - 12	3
BA 2	D1	Dynamic Y		3	10 - 15	1
BA 2	D2	Whippet		3	8 - 10 + 20s	

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DAY	LETTER	EXERCISE	INTENSITY	SETS	REPS	REST (Min)
SA 1	A1	Planche		1	max test	3
SA 1	B1	L -Sit to Planche		2 - 3	3 - 4	2 / 1
SA 1	B2	Hollow Body Hold		2	30 - 40s	
SA 1	C1	Planche		2	8 - 10s	3
SA 1	D1	Pseudo Planche Lean		2	8 - 10s	self directed
SA 1	E1	Scapula Pushup		2	8 - 10 + 20s	1
SA 1	E2	45° DB Anterior Raise		2	8 - 10	
BA 1	A1	Pseudo Planche Pushup		2	4 - 6	2
BA 1	A2	Bird Dog		2	10 - 12 + 10s L/R	
BA 1	B1	Handstand Pushup		2	4 - 6	3
BA 1	C1	Weighted Pushup		2	8 - 10	3
BA 1	D1	Dynamic Y		2	10 - 15	1
BA 1	D2	Whippet		2	8 - 10 + 20s	
SA 2	A1	L -Sit to Planche		2	4 - 6	2
SA 2	A2	Hollow Body Hold		2	30 - 40s	
SA 2	B1	Planche		2 - 3	8 - 10s	3
SA 2	C1	Pseudo Planche Lean		2	8 - 10s	3
SA 2	D1	Scapula Pushup		2	8 - 10 + 20s	1
SA 2	D2	45° DB Anterior Raise		2	8 - 10	
BA 2	A1	Planche Pushup		2 - 3	3 - 4	2
BA 2	A2	Bird Dog		2 - 3	10 - 12 + 10s L/R	
BA 2	B1	Handstand Pushup		1	4 - 6	3
BA 2	C1	Pseudo Planche Pushup		2	8 - 12	3
BA 2	D1	Dynamic Y		2	10 - 15	1
BA 2	D2	Whippet		2	8 - 10 + 20s	