

A shirtless man in black shorts and sneakers is performing a front lever on a black pull-up bar. He is holding the bar with both hands, and his body is horizontal and parallel to the ground. The background is a white brick wall.

FRONT LEVER TUTORIAL

FRONT LEVER

ABOUT

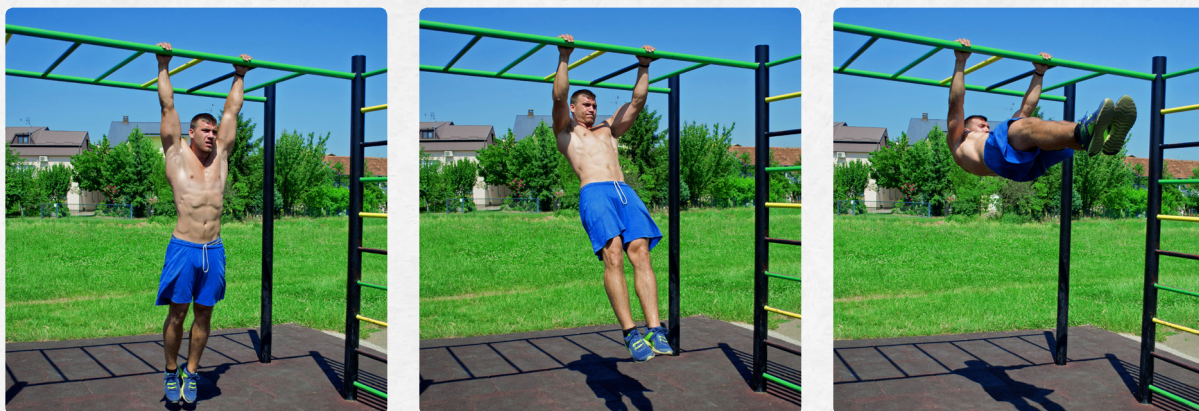
The Front lever is one of the most difficult bodyweight/calisthenics exercises of all time. It is extremely hard because you have to have a very strong core to pull it off.

This exercise works your upper body and your abs the most and it will give you the strength and the stability you always wished for!

Since the Front lever is so hard, Madbarz has created a progression tutorial containing crucial exercises that will help you progress to the flawless Front lever.

FRONT LEVER

HOW TO PERFORM THE FRONT LEVER



Grip the pull up bar with your hand a little wider than the shoulder-width apart.

While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.

Tighten every muscle in your body, with your legs straight and closed together and your feet pointed start lifting your entire body to a point where it's parallel to the ground.

Be careful not to bend your elbows, keep them straight all the time.

FRONT LEVER PHASES

This front lever progression tutorial has 3 phases and it consists of exercises that will make you progress to the perfect front lever.

3 PHASES

TUCK
ADVANCE
FULL

TABELS AND INFO

BEFORE YOU START

Do each exercise in the recommended number of series first! To be exact: do the reps in one exercise, take a 20 - 30 second break, then repeat the same exercise until all series are finished. Take a 2 minute break to then move on to the next exercise.

| Phase 1 & 2 | Phase 3 | |
|------------------|------------------|--|
| 3 times per week | 2 times per week | Training frequency |
| 20 - 30 sec | 20 - 30 sec | Break between same exercises (series) |
| 2 minutes | 2 minutes | Break between different exercises |

PHASE 1

TUCK

| Exercise | Week 1 | | Week 2 | | Week 3 | |
|---------------------------|--------|--------|--------|--------|--------|--------|
| | Series | Reps | Series | Reps | Series | Reps |
| Skin the cat | 4 | 8 | 3 | 12 | - | - |
| Tuck front lever hold | 5 | 12 sec | 4 | 24 sec | 1 | 60 sec |
| Tuck front lever negative | 5 | 10 | 5 | 12 | 5 | 12 |
| Dragon flag | 4 | 2 | 4 | 4 | 4 | 5 |

WHEN ARE YOU READY FOR PHASE 2

When you're at your last training at Week 3 in phase 1, you need to be able to repeat the same number of repetitions and series from week 3 for 6 continuous trainings (also train 3 times per week). Once you're able to perform 6 continuous trainings you're ready to move on to the Phase 2 "Advance".

PHASE 2

ADVANCE

| Exercise | Week 1 | | Week 2 | | Week 3 | | Week 4 | |
|------------------------------------|--------|------|--------|------|--------|------|--------|------|
| | Series | Reps | Series | Reps | Series | Reps | Series | Reps |
| Tuck front lever negative | 4 | 5 | - | - | - | - | - | - |
| Advanced tuck front lever hold | 3 | 10 | 5 | 12 | 5 | 12 | 4 | 24 |
| Advanced tuck front lever negative | 4 | 5 | 4 | 6 | 4 | 7 | 4 | 7 |
| Advanced tuck front lever pull | 4 | 5 | 4 | 6 | 4 | 7 | 4 | 7 |
| Dragon flag | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 |
| Tuck front lever extension | - | - | 4 | 5 | 4 | 10 | 4 | 15 |
| Dragon flag extension | - | - | 2 | 2 | 2 | 2 | 4 | 4 |
| Advanced tuck front lever pull up | - | - | - | - | 4 | 2 | 4 | 2 |

WHEN ARE YOU READY FOR PHASE 3

When you're at your last training at Week 4 in phase 2, you need to be able to repeat the same number of repetitions and series from week 4 for 6 continuous trainings (also train 3 times per week). Once you're able to perform 6 continuous trainings you're ready to move on to the Phase 3 "Full".

PHASE 3

FULL

This is the time when you should be able to hold the Front lever. If you still can't do it just continue with the following routines and you'll be able to do it sooner or later. Now you no longer progress through the weeks like in the first two phases, instead you should perform the following exercises regularly as a part of your workout routine.

| Exercise | Series | Reps |
|--------------------------------|--------|------|
| Tuck front lever extension | 4 | 15 |
| Advanced tuck front lever hold | 5 | 24 |
| Front lever negative | 2 | 5 |
| Front lever raises | 2 | 5 |
| Dragon flag | 4 | 5 |
| Dragon flag extension | 2 | 5 |

TIPS AND RISKS

Be sure to warm up and stretch the shoulder muscles and your core to prevent injuries like hamstring straining or shoulder dislocation.

EXERCISE INSTRUCTIONS

SKIN THE CAT



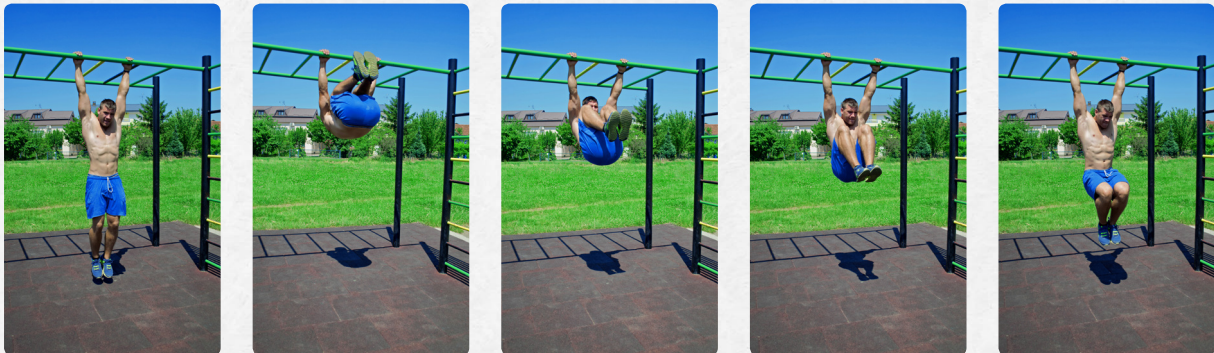
- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees, continue pulling up and raising your hips. Rotate your body until you flip your feet through the arms and your body over your head.
- » Continue to move the feet around until you reach a position where your feet are down toward the ground with your arms fully extended. Lift your hips up again and flip back into the starting position. Repeat for the recommended number of repetitions.

TUCK FRONT LEVER HOLD



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart.
- » While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground.
- » Hold this position for a few seconds and lower into the starting position. Repeat for the recommended number of repetitions.

TUCK FRONT LEVER NEGATIVE



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart.
- » While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground.
- » Slowly start to lower your legs into the starting position. Do this in a slow and controlled manner. Repeat for the recommended number of repetitions.

DRAGON FLAG



- » Start off by lying down on a bench or a hard surface and locking your arms in a fixed position.
- » Engage your whole body, brace your core and tighten your legs – keep them together.
- » With your muscles engaged lift your body up into the shoulder stand position by bracing yourself with your arms.
- » In a slow and controlled manner start lowering your body down into a position where you aren't allowing any body part to touch the ground except your upper back. This is the dragon flag position.
- » Slowly lift your body up into the shoulder stand position and repeat this exercise for the recommended number of repetitions.

ADVANCED TUCK FRONT LEVER HOLD



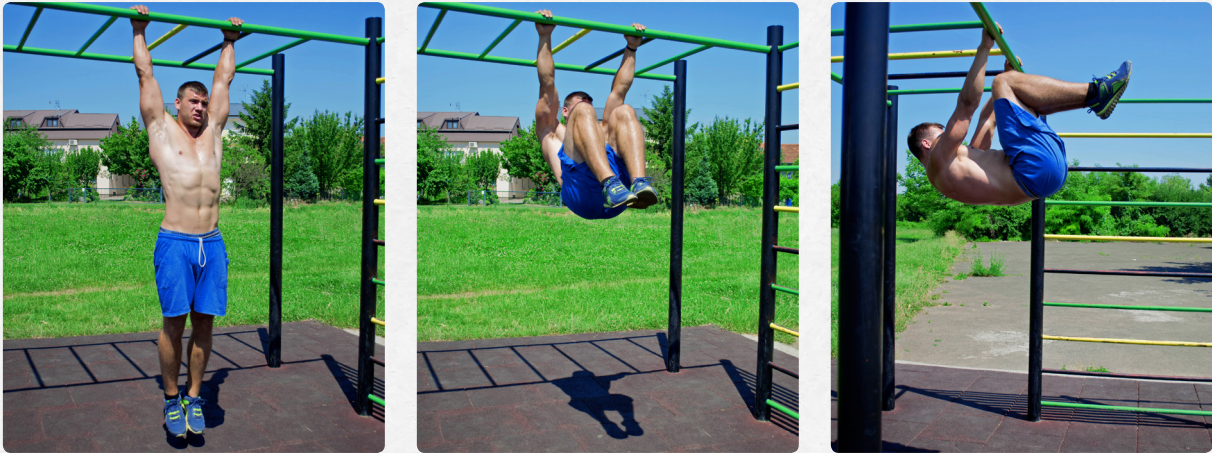
- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground.
- » Straighten your back as much as you can, don't round it. The back must be flat as if you were lying on the ground. Push your knees away from your chest for some 8-12 inches (20-30 cm). Hold this position for a few seconds and lower into the starting position. Repeat for the recommended number of repetitions.

ADVANCED TUCK FRONT LEVER NEGATIVE



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground. Straighten your back as much as you can, don't round it. The back must be flat as if you were lying on the ground.
- » Push you knees away from your chest for some 8-12 inches (20-30 cm). Slowly start to lower your legs into the starting position. Do this in a slow and controlled manner. Repeat for the recommended number of repetitions.

ADVANCED TUCK FRONT LEVER PULL



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground.
- » Straighten your back as much as you can, don't round it. The back must be flat as if you were lying on the ground. Push your knees away from your chest for some 8-12 inches (20-30 cm).
- » Lower down into the starting position and repeat for the recommended number of repetitions.

ADVANCED TUCK FRONT LEVER PULL UP



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground. Straighten your back as much as you can, don't round it. The back must be flat as if you were lying on the ground. Push your knees away from your chest for some 8-12 inches (20-30 cm).
- » In this position start pulling yourself up with your hands as if you were doing the pull up while trying to maintain the form in this tucked position. Repeat for the recommended number of repetitions.

TUCK FRONT LEVER EXTENSION



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees. Continue pulling up with your knees tucked in until you've reached a position where your body is parallel to the ground.
- » Start pulsing your knees out in short and explosive movements to a point where your thighs are in a vertical position. Repeat for the recommended number of repetitions.

DRAGON FLAG EXTENSION



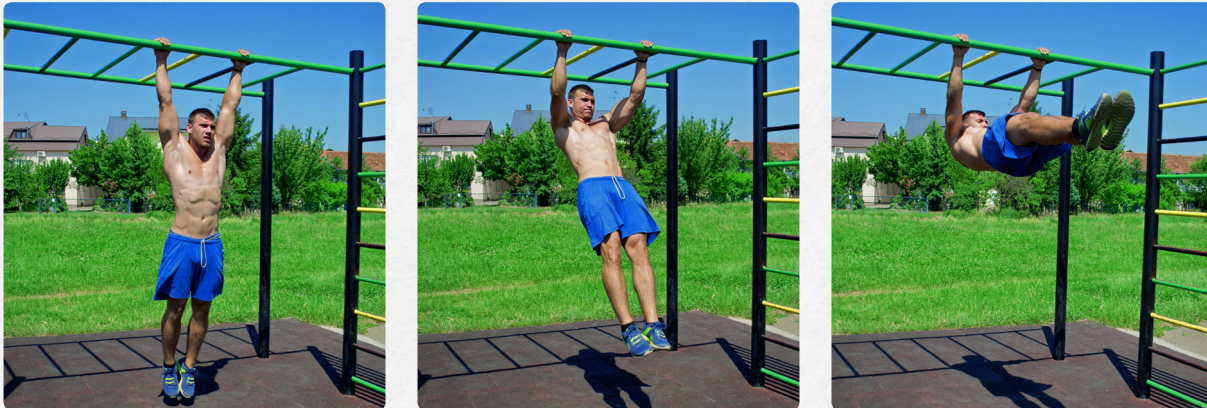
- » Start off by lying down on a bench or a hard surface and locking your arms in a fixed position.
- » Engage your whole body, brace your core and tighten your legs – keep them together.
- » With your muscles engaged lift your body up into the shoulder stand position by bracing yourself with your arms.
- » In a slow and controlled manner start lowering your body down to a point where you've lowered your entire back and hips to the ground but your legs are still lifted.
- » From this point straighten your body by lifting up your hips and lower back with your legs extended – you're in the dragon flag position now.
- » Slowly lift your body up into the shoulder stand position and repeat this exercise for the recommended number of repetitions.

FRONT LEVER NEGATIVE



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Pull your legs up by bending them in the knees and start straightening them while lifting them up vertically to a point where you're in a upside down position.
- » From this reversed position start lowering the legs down with your entire body contracted and engaged, your legs fully extended and closed together.
- » Lower the legs down to the starting position and repeat this exercise for the recommended number of repetitions.

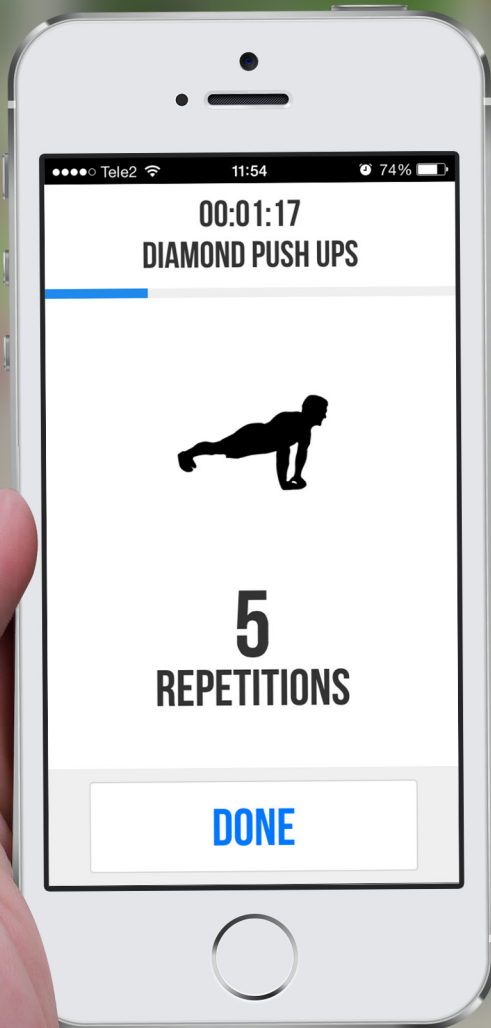
FRONT LEVER RAISES



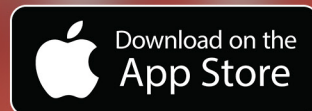
- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Tighten every muscle in your body, with your legs straight and closed together and your feet pointed start lifting your entire body to a point where it's parallel to the ground.
- » In a slow and controlled manner lower down to a starting position and then repeat for the recommended number of repetitions.

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KRISTIЈAN MUSIC**

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Madbarz Workout App



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