

HUMAN FLAG



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ABOUT

The Human flag is without a doubt one of the most impressive bodyweight exercises. It may look easy to do but it requires an enormous amount of strength to be able to pull it off flawlessly. Human flag is a full body exercise that effects the shoulders, arms and the core the most.

If you have enough strength and you execute it properly, the human flag can look quite impressive as it gives off an illusion of defying gravity. As it is quite difficult to master and it takes a lot of practice, Madbarz has created a tutorial that guides you through different phases of the Human flag. Once you complete this tutorial you will be more than ready to do the perfect Human flag!

HUMAN FLAG PHASES

This tutorial has 5 phases, each phase lasts for 1 month and it consists of exercises that will make you progress to the full human flag.

5 PHASES

**SEPARATION FROM
THE GROUND**

SWING TO FLAG

LOWERING DOWN

ADVANCE FLAG

FULL FLAG

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 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.

Instructions of all exercises can be found at the end of the this progression tutorial.

PHASE 1 SEPARATION FROM THE GROUND

Break between same exercises (series)*

20 sec

Break between different exercises

2 minutes

Exercise	Week 1		Week 2		Week 3		Week 4	
	Series	Reps	Series	Reps	Series	Reps	Series	Reps
Tuck hold	5	12 sec	5	12 sec	4	24 sec	1	60 sec
Shoulder rotation	4	8	4	8	3	12	3	12
Side plank *each side	5	15 sec	5	15 sec	4	30 sec	2	30 sec
Swing plank	1	20 sec	1	20 sec	1	40 sec	1	60 sec

PHASE 2

SWING TO FLAG

Break between same exercises (series)*

20 sec

Break between different exercises

2 minutes

Exercise	Week 1		Week 2		Week 3		Week 4	
	Series	Reps	Series	Reps	Series	Reps	Series	Reps
Swing to flag	4	2	4	4	4	5	2	10
Jump to flag	5	3	5	6	4	10	2	15
Shoulder rotation	3	12	3	12	3	12	3	12
Tuck hold	1	60 sec	1	60 sec	1	60 sec	1	60 sec

PHASE 3

LOWERING DOWN

Break between same exercises (series)*

20 sec

Break between different exercises

2 minutes

Exercise	Week 1		Week 2		Week 3		Week 4	
	Series	Reps	Series	Reps	Series	Reps	Series	Reps
Butterfly	5	max hold	5	max hold	5	max hold	5	max hold
Lowering into the flag	5	3	5	5	4	7	3	10
Swing to flag	2	10	2	10	2	10	2	10
Jump to flag	2	15	2	15	2	15	2	15

PHASE 4

ADVANCE FLAG

Break between same exercises (series)*

20 sec

Break between different exercises

2 minutes

Exercise	Week 1		Week 2		Week 3		Week 4	
	Series	Reps	Series	Reps	Series	Reps	Series	Reps
Advance flag	-	max hold	-	max hold	-	max hold	-	max hold
Knee raises	5	10	5	15	5	20	5	25
Oblique knee raises (each side)	5	6	5	12	4	18	4	25
Leg raises to the bar	5	max out	5	max out	5	max out	5	max out
Leg raises to the bar and hold	5	max hold	5	max hold	5	max hold	5	max hold
Butterfly	5	max hold	5	max hold	5	max hold	5	max hold
Lowering into the flag	3	10	3	10	3	10	3	10

PHASE 5

FULL FLAG

Break between same exercises (series)*

20 sec

Break between different exercises

2 minutes

Exercise	Week 1		Week 2		Week 3		Week 4	
	Series	Reps	Series	Reps	Series	Reps	Series	Reps
Advance flag	-	max hold	-	max hold	-	max hold	-	max hold
Leg raises to the bar	5	max out	5	max out	5	max out	5	max out
Lowering into the flag	3	10	3	10	3	10	3	10
Windshield wipers (each side)	5	4	5	6	5	8	5	10
Jump to flag and max hold	5	max sec	5	max sec	5	max sec	5	max sec

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

TUCK HOLD



- » Position your hands on the bars, the distance between your two arms is up to you to choose but your arms should form around a 90° angle.
- » Lock your elbows to keep your arms in a straight line. Bend your upper body in the hips and lean towards the bars. Your head and feet should be facing the bars in front of you. This is your starting position.
- » Once you have a firm grip of the bars, contract your arms and core and slowly separate your feet from the ground while transferring your weight to your upper body. Lower down into the starting position slowly and repeat for the recommended number of repetitions.

SHOULDER ROTATION



- » Position your hands on the bars, the distance between your two arms is up to you to choose but your arms should form around a 90° angle.
- » Lock your elbows to keep your arms in a straight line. Bend your upper body in the hips and lean towards the bars. Your head and feet should be facing the bars in front of you. This is your starting position.
- » Start rotating your torso and opening it up to the side. Repeat for the recommended number of repetitions.

SIDE PLANK (EACH SIDE)



- » Lie down on your right side resting on your forearm with your legs straight.
- » Place your elbow right underneath your shoulder and your feet on top of each other.
- » Contract your core and lift your hips up to the point where your body forms one straight line from your shoulders to your feet. Keep your head and neck in alignment and your upper hand resting on your body.
- » Hold the position for the recommended time, then release and do the same on the left side.

SWING PLANK



- » Start off in an elbow plank position - keep your elbows directly under your shoulders.
- » Keep your head, neck and spine in a neutral position with your eyes on the floor in front of you.
- » Keep your legs tight and squeeze your glutes to stabilize your body, don't let your hips sag. Your body should form one straight line from your head to your toes.
- » Start swinging your hips from left to right. Try to barely touch the ground with your hips when swinging from one side to the other. Do this for the recommended time.

SWING TO FLAG



- » Position yourself in the starting human flag position (see Tuck hold exercise) with your shoulders rotated so your torso is opened up to the side.
- » Once you have a firm grip of the bars, contract your arms and core, rotate your torso and open it up to the side while you swing your legs up towards the flag position.
- » Repeat this swinging exercise for the recommended number of repetitions.

JUMP TO FLAG



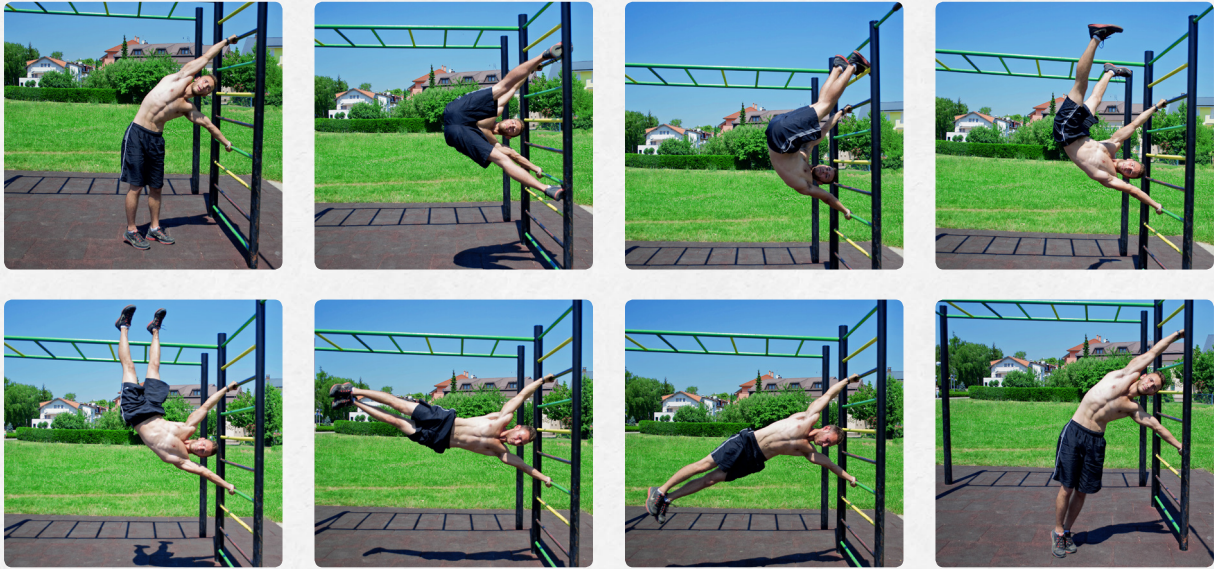
- » Position yourself in the starting human flag position (see Tuck hold exercise).
- » Once you have a firm grip of the bars, contract your arms and core, rotate your torso and open it up to the side while you throw/swing your upper leg up towards the flag position with the lower leg following.
- » Repeat this swinging exercise for the recommended number of repetitions.

BUTTERFLY



- » Position yourself in the starting human flag position (see Tuck hold exercise) with your shoulders rotated so your torso is opened up to the side.
- » With your arms and core contracted swing your legs up towards the bars and climb up so your feet are up over your head. This is your starting position.
- » Keep a distance between your legs and slowly start to separate them from the bars until your legs reach the position where they are facing up to the sky in one straight line. Hold this position as long as you can.

LOWERING INTO THE FLAG



- » Position yourself in the starting human flag position (see Tuck hold exercise) with your shoulders rotated so your torso is opened up to the side.
- » With your arms and core contracted swing your legs up towards the bars and climb up so your feet are up over your head.
- » Keep a distance between your legs and slowly start to separate them from the bars.
- » Lower your legs through the flag position down towards the ground. Repeat for the recommended number of repetitions.

ADVANCE FLAG



- » Position yourself in the starting human flag position (see Tuck hold exercise) with your shoulders rotated so your torso is opened up to the side.
- » Once you have a firm grip of the bars, contract your arms and core, rotate your torso and open it up to the side.
- » Throw your legs up into the flag position with your knees bent. Hold this position as long as you can.

KNEE RAISES



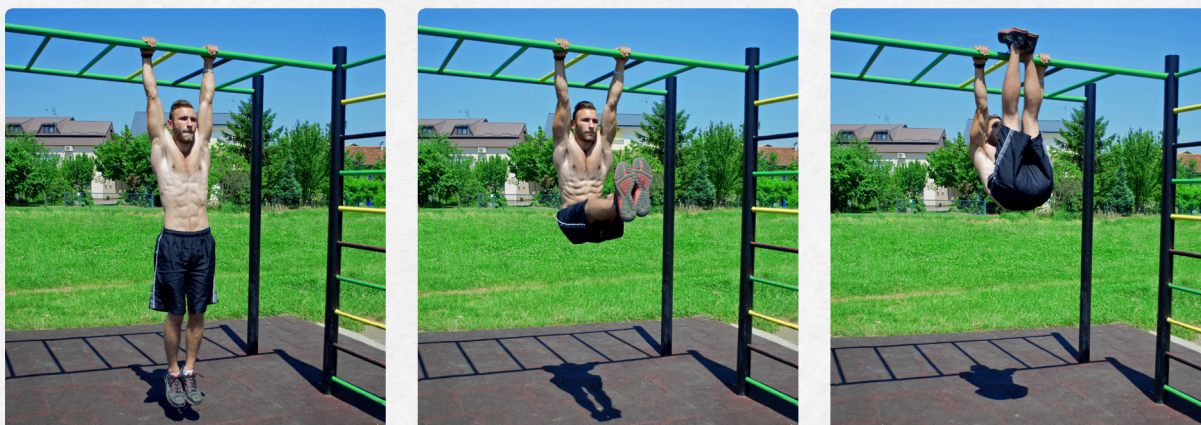
- » Grip the pull up bar with your hands a little wider than the shoulder-width apart.
- » While you're hanging from the bar strike your chest out – this is your starting position.
- » Keep your legs together and start to bend your knees while pulling them up towards your chest.
- » Repeat the recommended number of repetitions.

OBLIQUE KNEE RAISES (EACH SIDE)



- » 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 – this is your starting position.
- » Keep your legs together and start to bend your knees while pulling them up to the left side until you raise your hips up.
- » Quickly flip your legs to the right side with your hips rotating. Do this move in a quick but controlled manner.
- » Repeat the recommended number of repetitions.

LEG RAISES TO THE BAR



- » 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 – this is your starting position.
- » Keep your legs straight and closed together. Start lifting your legs up until they reach the bar. It is important not to bend knees at any point.
- » Repeat the recommended number of repetitions.

LEG RAISES TO THE BAR AND 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 – this is your starting position.
- » Keep your legs straight and closed together. Start lifting your legs up until they reach the bar. It is important not to bend knees at any point. Hold this position as long as you can.

WINDSHIELD WIPERS



- » 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 – this is your starting position.
- » Keep your legs straight and closed together. Lift your legs up until they reach the bar. It is important not to bend knees at any point.
- » Start shifting your legs from right to left by rotating your hips. Your legs are in a good position once they are parallel to the ground.

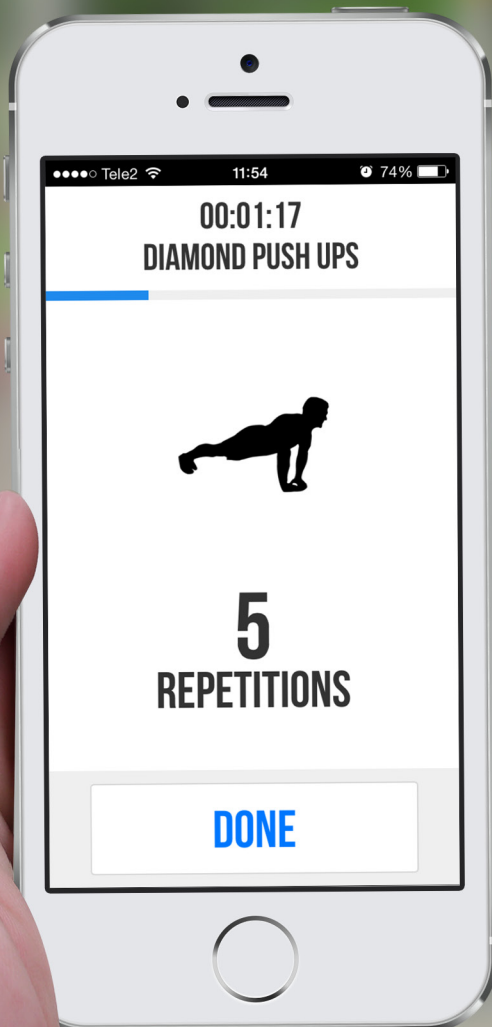
JUMP TO THE FLAG AND MAX HOLD



- » Position yourself in the starting human flag position (see Tuck hold exercise).
- » Once you have a firm grip of the bars, contract your arms and core, rotate your torso and open it up to the side while you throw/swing your upper leg up towards the flag position with the lower leg following.
- » Throw your legs into the position where your whole body is perfectly aligned in one straight line. Hold this position as long as you can.

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MADBARZ



Madbarz Workout App



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