

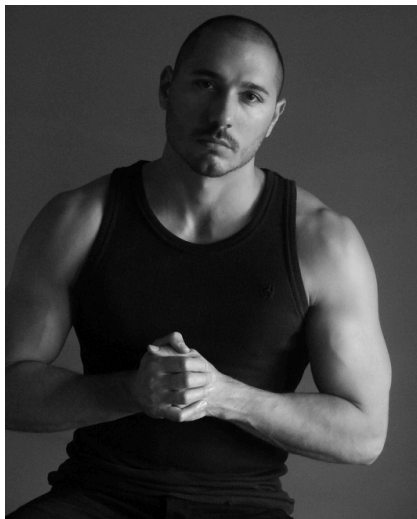


METHOD BOOK

ENSO BODYWEIGHT STRENGTH SYSTEM

A Mindful & Progressive Method For Functional Strength & Mobility

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Introduction

Have you ever heard that you cannot build a strong physique or grow muscle mass if you train using only your bodyweight? Why is it then that gymnasts can have such muscular, powerful and proportionate bodies when they almost only train with their bodyweight?

The truth is that your body doesn't get stronger, more powerful or doesn't look fitter because of the tools you use. The only thing your body recognizes is resistance, and it doesn't matter whether that resistance is caused by dumbbells, pulleys or your own body weight. It is possible to reach almost any of your fitness goals using little to no equipment at all, as long as you put adequate stress on your body.

There is an almost infinite number of exercises and variations you can use to apply the right resistance to the right muscles, whether your goal is endurance, muscle size, fat loss, strength etc...

In fact, focusing on bodyweight training might be the best way to reach all of these goals at the same time, especially with a method like ours.

The Enso Bodyweight Strength System helps us train strength, endurance and mobility. While it may seem like we do not care much about looks, there is something important to understand here. Some of us care a lot, some of us care less, but as long as we focus on strength, endurance, and mobility, we all end up with a great looking physique as a result of this training, just like gymnasts. This means that whether your goal is purely aesthetic or not at all, you will look great anyway.

Training with our bodyweight means that we always put pressure on our whole body at the same time, engaging our core and every muscle of our body, as well as our nervous system. This is a very effective way to burn fat and also a great metabolism booster that will make your body burn fat faster for several hours after a session. In the same way, training strength will increase your metabolism for several hours after a session, which we call the after-burn effect.

Introduction

Strength endurance exercises will force you to burn more calories during the exercise.

Both strength training and strength endurance training will increase muscle mass as the demand for strength increases in your training.

The other great advantage of training like a gymnast and that can hardly be found anywhere else is how proportionately your body transforms. If you follow a balanced method like ours, you very seldom isolate muscles and therefore the risk of imbalance, both physiologically and aesthetically, disappears. Your body becomes lean and perfectly proportionate, without you putting much thought into it as you would with regular training regimens.

In conclusion, it can be said that calisthenics training is the most straightforward way to build an athletic physique since it is the most natural form of training and every single part of your body improves at the same time, thus guaranteeing you grow muscle or get lean with optimal body proportions.

A Mindful And Progressive Method

As you will quickly understand in the following chapters, Enso Bodyweight Strength System is a mindful and progressive method for everyone who wants to get fit, strong and healthy. This method requires minimal equipment and follows a simple yet very effective approach to bodyweight training to give you tremendous results, no matter your goals, no matter your level. Here are some of our core principles that will be explained further in this book:

- The Enso System believes the fastest and surest way to get results is to make you truly fit by focusing on strength and mobility, whether your goal is to lose weight, build muscle, or improve your overall health.
- Our method always puts your health first and uses bodyweight training to build super fit bodies while never compromising safety and considering each individual's condition.
- One of our golden rules is to never skip steps. By learning to train at the right pace, we ensure we always have strong enough foundations to progress consistently, and with a risk of injury close to zero.
- Our training system requires very little and inexpensive equipment and in fact, most beginner and intermediate exercises can be done with no equipment at all or just a few resistance bands.

The Philosophy Behind Our Name

In Zen, an Enso is a circle that is hand-drawn to express a moment when the mind is free to let the body create.

The Enso symbolizes strength, elegance, personal development, simplicity, mindfulness. It is characterised by a minimalism born of Japanese aesthetics and is an expression of self through movement.

The circle may be open or closed. In our case, the circle is incomplete, allowing for movement and development towards mastery of our craft.

Although a Zen master can usually draw a better Enso than a beginner, this is of very little importance. Anyone can practice it regardless of their level, and what is important is self development.

Calisthenics (another name for bodyweight training) is a form of strength training that uses a variety of movements (often derived from gymnastics), to increase strength, flexibility, and improve posture, body composition and overall fitness.

The word calisthenics comes from the ancient Greek words for beauty and strength.

The way we practice calisthenics in our community has a lot in common with the philosophy of the Enso.

We train to develop our strength and overall fitness with minimal equipment, and pursue mastery of our bodies through movement. We strive for perfection and push ourselves to become stronger and fitter everyday, but always mindfully and intelligently.

We trust and enjoy the process of going through each required step, in order to get long term results and benefits without ever hurting ourselves.



The Philosophy Behind Our Name

Calisthenics movements are also a way for us to express ourselves and get creative with our bodies, just like gymnasts and other performers.

Masters can perform these movements more beautifully, but anyone can practice calisthenics regardless of their level. Just like with drawing the Enso, we are not concerned with one's level of mastery, but rather with self development and becoming better than we were yesterday.

When you train with us, you'll build your dream body, you'll enjoy long term health benefits, you'll finally be able to do a push-up, hold a handstand or whatever your goal may be, and you will love the process of training pain-free, safely, and moving more and more freely.

Who Is This For?

A common concern that we hear about bodyweight training or calisthenics is that it is a type of training which is "too hard". This statement is seldom true and when it comes to Enso Bodyweight Strength System, it simply couldn't be further from the truth.

The intensity of bodyweight training can vary greatly on a scale from close to zero resistance to almost impossible. But most of our exercises are actually in the very beginner to intermediate range. In fact, our system is one of the safest and most appropriate option for complete beginners and even rehabilitation patients.

That said, this method can also help elite athletes get stronger and unlock new performance possibilities.

So the short answer is that this system is really for everyone.

Anyone who wishes to get fit, strong, mobile, anyone who wants to be healthier, and anyone who wants to feel, move or even sleep better can train with our system regardless of their current level and background.

What makes this system unique is its ability to adapt to individuals.

The second reason why we believe it is for everyone is because this training can help you reach any goal whether it is losing weight, increasing muscle mass, or getting fitter and stronger.

You just need to remember one rule: diet will determine whether you gain or lose weight. Consuming less calories than you burn will make you lose weight, and the opposite will make you gain weight.

Once you understand this, you will be ready to use our training to increase your metabolism (and burn even more calories), increase muscle mass, and gain strength.

Remember your body does not react differently whether you use your bodyweight, free weights or machines. It only recognizes resistance and you are about to learn exactly how to adjust it in your bodyweight training.

Minimal Or No Equipment

Our system requires very little and often no equipment at all, which is another reason why it is easily accessible to anyone. This equipment is usually very affordable, easy to carry and can often be replaced by elements of your environment.

Here is the complete list of equipment explained, as well as their alternatives when applicable. Don't worry if some of them sound daunting, most won't be necessary for beginner and intermediate levels.

- Pull-bar: this one is a staple and it is hard to replace, however it is possible to use the top frame of a door to perform basic exercises like hangs and pull-ups)

- Dip bars (parallel bars): another very important piece of equipment, however it is easier to replace than the pull-up bar in most cases.

To perform dips, knee or leg raises, swings etc... it is possible to replace them with 2 chairs facing each other.

To perform Australian pull-ups, a dip bar can be replaced by the edge of a table.

- Suspension handles (TRX-like): Although it is hard to make up for the comfort provided by the handles, there are very good alternatives.

A towel wrapped around a pole can be used to perform rows, it is also possible to use multi-purpose straps and fixed them on a stairs rail or a hook at home.

- Parallettes (elevated handles place on the floor): a signature tool of calisthenics and gymnastics. They can be replaced by simple push-up handles in most cases, however some exercises will require the sturdiness of real parallettes for safety reasons.

Minimal Or No Equipment

- Resistance Bands: we use rubber-made longer resistance bands here (as opposed to the shorter model usually used for legs). Unfortunately resistance bands do not offer any practical alternative, but they are usually inexpensive and easy to find.
- Box: the box is a versatile tool that we use when we need an elevated surface. We can place our hands on it for exercises like inclined push-ups, or our feet for exercises like declined push-ups. We can also use it for a variety of leg exercises. Fortunately, it can easily be replaced by any other elevated surface like a bench, a step or a table.
- Gymnastics Rings: this is the ultimate strength building tool. Gymnastics Rings allow us to perform almost every upper body exercise while adding instability and challenging our mobility. They make it possible to train muscles that are usually not engaged with other tools and increase our overall strength and control. There is no substitute for rings and it is strongly recommended to get a pair for yourself. Luckily they are usually inexpensive.
- Stopwatch: timing our "holds" is very important, not only to measure progress but also to choose the exercise progression that's suitable for us. You most likely have this function on your phone.

The Dual Strength Method

As you will notice in the next chapters, our scheme of sets and reps often falls into either one of 2 categories: 3 sets of 5 repetitions, and 3 sets of 15 repetitions.

We call this the Dual Strength Method.

It is commonly accepted that 3 to 5 sets of 3 to 5 reps at high intensity are optimal for building strength, and that 3 sets of 15 to 20 reps at moderate intensity work best for building strength endurance.

You might wonder then why we spend most of our time working with 3 sets of 15 reps even when our main focus is to build strength.

This is because there are 2 more variables to take into account when training with your bodyweight.

The first one is that to be able to perform many bodyweight exercises and move our body in ways we haven't before, we not only need to train our muscle strength, but we also need to train our brain and nervous system to perform these new movement patterns. This becomes possible through a high number of repetitions.

The second variable is the fact that calisthenics and gymnastics moves require a lot more strength and support from the tendons, ligaments and joints than other forms of training. It is essential to train these elements as safely and progressively as possible, since they can take a lot of time both to improve and to recover in case of injury.

These are the 2 reasons why we spend more time in the strength endurance range, rather than in the basic strength range. The strength endurance to basic strength ratio is usually around 2:1.

Finally, we prefer to wait until we are fully comfortable with an exercise before we move onto a harder progression.

For basic strength training, we will usually train a harder exercise once we are able to complete 3 sets of 10 reps with the current exercise.

For strength endurance, we will wait until we can perform 3 sets of 20 reps with the current exercise.

These last 2 rules are explained by another of our core principles: mindful and step by step progression.

Step By Step

“Step by step” could be the subtitle of our method. While training and progressing step by step might sound like an obvious thing, it is also one of the easiest to forget.

Now more than ever, we want everything fast. We are all guilty of it and for a good reason: almost everything is actually made more convenient and faster day by day. Whether it is buying, learning, watching or getting food delivered, businesses around us keep surprising us by making it easier and faster than ever.

One problem: we tend to expect this in every aspect of our life, which is often unrealistic. As much as society and technology keep progressing, our bodies just can't evolve in the same way. It takes time for our body to progress, adapt, and change so that we can reach our fitness goals. It is hard but it's also what makes it so rewarding when we get there.

However, while there is no shortcut, there is surely a way to reach your goals which is the fastest of all. That way is the slow way. There are 2 main reasons why you should trust the slow way, but let's first explain what we mean by slow.

Training the slow way, or step by step, doesn't mean training lightly, or only a few times per week and expecting to see the same results as people who train hard. It doesn't mean becoming overly patient and delaying your goals either. You need to stay eager to reach your goals, you need to remember why you train, you can be impatient and you should train to reach those goals as fast as possible... Just not too fast.

The first reason why you should never skip steps is safety. It is obvious and nobody wants to get hurt, yet many of us rush things, skip warm-ups or mobility workouts, and increase the intensity of their workouts way too fast. The most common type of injury in fitness happens more unexpectedly than you might know. It is often the result of not enough rest between training sessions, increasing the intensity of your workouts before your connective tissue (tendons and ligaments) have time to adapt, a level of mobility that doesn't match your strength gains etc...

Step By Step

In most cases it is the combination of several or all of these factors at once. This underlying injury grows for weeks and months before striking sneakily and putting you to a forced rest period. Think of it as a snake and always be wary of it. You can't cheat your body so stick to your program and don't rush.

The second reason why you should progress step by step is because this is actually the only way to truly make gains on the long term. Our system puts you through proper warm-ups, mobility exercises, strength exercises to ensure you get your basics right, and progress steadily while giving enough time for your muscles, nervous system and connective tissue to adapt. If you do not train all these aspects of your body and master the basics, you will always hit plateaus (progress stops) and you will always have to go back to the basics and work your way up again. There is nothing more frustrating than going back to a lower level of training because we have skipped the basics.

As a brief reminder, the proper way to train as fast as recommended and without skipping steps is to start from a program that is manageable, and repeat each week of training until they become easy. A very simple way to know when you are ready to move onto the next phase is when you can complete the current phase of your training with perfect form, and without any discomfort in your joints.

Not skipping steps will ensure you never have to regress and learn the basics again, and will guard you from sneaky injuries. Although you may feel like you are making quick progress in the beginning, plateaus and injuries will force you to start again and waste more time than you thought you saved.

This is why the fastest way is the slow way.



What To Expect

The Enso Bodyweight Strength System was developed to build strength, mobility and aesthetics simultaneously, as would gymnastics do, minus the risks associated with flips and the need for a gymnasium to train.

The primary focus of our training is strength. Our concept of strength includes both the ability to lift heavy and perform physical work for an extended time.

The secondary aim of our training is to build fully functional bodies that can move through wide ranges of motion and through all planes. Planes of motion are basically the directions in which your body moves.

As a natural result, our body sheds fat and builds muscle. This method can develop our physique in the most proportionate and harmonious way thanks to our working with every single muscle in every angle. This growth will only be limited by how much we eat and how much we train.

So what to expect after 6 months?

This obviously depends on where you start, but our programs are designed to make you train as much and as often as you need (not more) depending on your level. This means that if you follow our method diligently, you should be experiencing the same kind of changes no matter what your current level is.

The first big change you will experience is strength. You will feel deeper, “realer” strength in your daily life and if you try lifting weights again. This is due to the fact that for 6 months you will have trained not only your primary muscles but also the smaller muscles which are called stabilizers and are actually greater in number. Lifting weights and using machines seldom work these muscles and it becomes a big problem when you are faced with a real life situation or playing a sport. Real and functional strength comes from primary muscles and stabilizers working in unison.

We are confident that you will feel a great difference in what we call “real strength” after 6 months training with our system, and that it will improve your daily life and performance in whatever sport you engage in, even weightlifting.



What To Expect

The second thing you can expect is a great improvement in mobility. You might first think of stretching when you hear the word mobility, and it is true that we always recommend and include relevant stretches in each session of our programs. However, the greatest mobility benefits will actually be found in our strength exercises. It is again thanks to our working in all planes of motion. Strength and flexibility are closely related and producing a strength effort in a certain angle increases flexibility in that angle. Since you will be performing repetitions in all angles and through the full range of motion, your overall flexibility will improve without you even giving much thought about it. This is what we call mobility and functional strength.

You can be sure to experience those changes in your everyday life if you have been training the Enso method for a few weeks, and it will be obvious to people around you as well if you have been training for a few months.

The third big change you will see is of course in the mirror. This might be the main reason you start training with us and you might be wondering why we seem to focus a lot on strength and performance. We strongly believe the best way to look the fittest you can ever look is to become the fittest you have ever been. The most straightforward and surest way to look good is to train to be good. As mentioned before, a big advantage of calisthenics and bodyweight training is that your body will naturally develop in a proportionate and harmonious way. You really don't need to worry about which part you should train more than another as you would in traditional gym training. Just follow your program and see how your muscles grow or how toned you get. Remember your gender will determine how much muscle you grow and you don't need to worry about getting too big if you are a female. If you are a male, be ready to see muscles you never knew existed.

What To Expect

One important thing to note here is that nutrition will play a huge role in your body composition. If you wish to lose weight and get lean, make sure you are in a calorie deficit (consume less than you burn), and if your goal is to gain muscle, eating more protein and being in a calorie surplus will be required (consume more than you burn). To help you with the exact amount of calories you should consume for your goal, we have a calorie calculator on our app and it is available on the free plan. This will calculate exactly how many calories you need with top accuracy.

Are you ready for the big change? Please share your transformation with us, we will be happy to get you featured on all our platforms. Remember to tag us and use the hashtag #ensocalisthenics.



Designing Programs

As general rule of thumb, we recommend designing programs that include balanced elements of pull, push, core and leg strength and mobility, although the proportion of each element in your training can be adapted to your needs.

After determining which amount of care and focus you will give to each element, the first thing you need to do is choose how many times a week you will train and how you will spread your exercises across your training week. It is better to train at least twice a week since training less often than this will only maintain your current fitness level without really helping you reach your goals. We also strongly advise not to train more than 5 times as this will not allow you to recover enough and will slow your progress and eventually lead you to injury.

3 times a week is great for beginner and intermediate levels, and 4 times a week works best for advanced level.

Please make sure you avoid training strength more than 2 days in a row too. If you really want to train 3 days in a row, one of these sessions should be dedicated to mobility, cardio or both.

The next thing you need to consider is which exercises you will train and at which intensity.

We usually train pure strength 30% of the time, and strength endurance 70% of the time.

To train pure strength, you will need to pick an exercise that challenges you for 3 to 5 reps, and perform 3 to 5 sets of 3 to 5 reps with long rest periods (up to 5 minutes if needed). Repetitions for strength training should always be done with great form, and if that is not possible you will need to pick an easier exercise. Rest times are also longer because you should make sure you recover enough to perform all your sets and reps properly.

Designing Programs

To train strength endurance, you will need to pick exercises that challenge you for 15 to 20 reps, and perform 3 to 4 sets of 15 to 20 reps. Of course your form should still be great, but if your last reps don't look perfect it is still acceptable, as this kind of training is meant to be tiring and the intensity is lower and therefore safer than with strength training.

Static holds (when we hold a position for a certain time) should be trained below your maximum capacity. This means you should pick a variation that you can hold for at least 10 seconds and also that you should not hold it until failure, as this will not be optimal for building strength. You should be able to complete 3-5 holds for the same amount of time.

Static holds can also be used for strength endurance training. In this case, try to pick a variation that challenges you for 30 seconds to 1 minute and try to hold it longer and longer. 3 sets should be enough.

Finally, make sure you include cardio and mobility training on some days, as these are equally important as training your strength. Pure strength won't take you far if you can't move properly or are not able to endure physical activities due to poor cardiovascular health.

You will find all the exercises sorted by category and level in the next chapters.

Pure Strength

3 sets of 5 repetitions (or 3 sets of 10 to 15 seconds for static holds).

Rest 3 minutes, 5 minutes maximum if still sore.

The hardest exercise that can be performed at this volume without compromising form.

Note: being only able to do 3 or 4 repetitions is acceptable and is often a sign that you are working with a suitable exercise for pure strength gains.

Strength Endurance

3 sets of 15 repetitions (or 3 sets of 30 seconds to 1 minute for static holds).

Rest 1 minute 30 seconds.

The hardest exercise that can be performed at this volume without compromising form.

Note: a slightly less optimal form is acceptable for the last 3 repetitions, and is often a sign that you have picked the right exercise.

Hypertrophy (Focus on Muscle Mass Gains)

4 sets of 10 repetitions (although static holds can produce hypertrophy, we do not normally use them for this goal).

Rest between 45 seconds and 1 minute.

The hardest exercise that can be performed at this volume without compromising form.

Note: going to failure (not being able to perform an additional repetition at all) is exceptionally accepted. Form will probably not be perfect in this case but can be overlooked as long as movement is deemed safe and range of motion is kept the same (going from point A to point B without shortcut).

Exercise Type Ratio

A regular workout will usually only include pure strength and strength endurance exercises, with a ratio of 1 strength exercise for 2 strength endurance exercises, and a total number of exercises of 3 to 5.

A workout with the goal of hypertrophy will usually consist of 4 to 5 exercises, with a relevant volume (sets and repetitions) as described earlier.

Please bear in mind that every type of exercise does increase muscle mass. A hypertrophy workout just slightly emphasizes on size gains.

Mobility

Mobility refers to the ability to move efficiently thanks to one's strength and flexibility. Strength and flexibility go hand in hand and usually improve one another during proper training.

Enso Bodyweight Strength System is designed to maximize mobility gains through its specific warm-up routine of dynamic stretches, our exercises based on movement, and static stretches performed at the end of each workout.

Additionally, our method includes a number of preparation and rehab routines to increase mobility and well-being, especially for major joints like shoulders and knees.

All routines and mobility exercises are further described in the exercises chapter of this book.

Form

Form is a major component of bodyweight training and it is essential to understand the impact it can have on both results and safety.

Our body has its way to always look for shortcuts and perform actions with the least effort possible. When working out, this basically translates into executing exercises and completing repetitions in the easiest way possible without you even noticing. This is also known as bad form.

Bad form is your enemy. It transforms a challenging exercise into something more easily achievable and you guessed it, this is not how you progress.

By allowing you to complete exercises that would normally be too difficult, it tricks you into thinking you are stronger than you actually are.

This is where the real problems arise. First of all, you will soon find yourself hitting a plateau, meaning you will simply stop progressing. This is because you got tricked into thinking you could skip the basics and lost a great opportunity to build strong foundations. The second and more worrying issue is that you might end up getting hurt trying to perform an exercise which is too hard. In both cases, regression and a big waste of time await you. Always keep good form, and don't skip the basics.

Straight Arms & Legs

You will often read in the instructions that you need to keep your arms or legs straight, and as it may sound like a detail, it is actually not!

When an exercise requires the arms or legs to be straight, it is important to stay mindful of this throughout the exercise, and for different but equally important reasons.

First of all, developing straight-arm strength might be a mandatory requirement for advanced exercises like the levers, the planche or the handstand to name a few. Failing to train simple exercises without keeping your arms straight won't build enough of what we call straight-arm strength, which essentially comes from the biceps. You will feel like you are progressing because your other muscles get stronger, but you will later hit a plateau and have to train the basics again if you want to unlock harder moves.

Being forced to train only the basics when we have reached a relatively advanced level is not always fun.

Keeping our legs straight on the other hand is more about developing flexibility and mobility.

If your goal is to perform a pistol squat for example, strength won't be enough and you won't be able to do it if you can't keep your front leg perfectly straight.

Another main reason to learn to keep your legs straight is purely aesthetic. This might not seem important for some, but it is for many, and an L-sit with perfectly straight legs definitely doesn't look the same as an L-sit with legs slightly bent.

Finally, if you have to remember one thing from this chapter, remember this: almost straight is not straight! Arms straight means elbows locked, legs straight means knees locked. Always.

There can be different reasons depending on the exercise but overall, keeping your arms and legs perfectly straight when instructed makes for a fully functional and strong body.

Warm-up

We always follow a full warm-up routine before we start any workout.

We warm up every joint mostly to prevent injuries, but also to make sure we are able to perform exercises with a full range of motion, which is important if we want to gain strength and mobility.

We always warm up in the full range of motion, which means we always move every joint as far as they can go. This is to prepare the body for every position it could take during or between exercises. Injuries can happen unexpectedly when moving in ways the body is not used to.

We've all heard about someone who injured themselves because of a "wrong move". In fact, there is no wrong move, there are only moves we were not prepared for.

No matter our level of fitness, we are always at risk of an injury that could have easily been avoided if only we had warmed up properly.

So if you are going to skip any part of our workouts, please make sure it's not the warm-up.

Our standard warm-up routine and more specific joint warm-up can be found in the exercises chapter.

Rest Time

Rest times will vary depending on different factors explained below.

Please keep in mind that fat loss and muscle growth will be a natural by-product of strength and strength endurance training. Bodyweight training for strength and endurance might even be the best way to build a body that looks fit, lean and proportionate.

But as we mentioned earlier, we are mainly concerned with performance when we train. This means completing our sets and reps are more important for us than trying to get tired (although sometimes we choose to train until failure, which means exhaustion).

Therefore, we need to make sure we rest just enough to be able to complete our repetitions with proper form. As you know, you don't feel the same everyday, and you don't feel the same after your first set and your last set either. This is why setting an arbitrary rest time seems irrelevant to us.

However, there are a few rules you should remember to make sure you never rest too long or too little.

When training strength endurance (15-20 reps), we usually prefer to keep our rest time between 45 seconds to 1 minute 30 seconds.

When training for pure strength (3-5 reps), it is better to make sure our muscles have fully recovered before attempting another set, but without cooling down. Rest time should be around 3 to 5 minutes.

When training for muscle growth, it is better to keep rest periods below 1 minute.

Fat loss will occur when performing all these types of training, and will naturally be accelerated with muscle mass and metabolism increase. Cardio will also be of great help if our goal is to lose fat.

Body Angle and How To Adjust Resistance

There is a common misconception that calisthenics exercises are sometimes too hard and not for everyone. Unlike weight training, where adjusting the difficulty of an exercise is as easy as adding or removing weight, bodyweight exercises don't seem to be adaptable to each individual.

This couldn't be further from the truth.

In fact, there is a simple trick that offers a virtually infinite number of different degrees of resistance: body angle.

Using our bodyweight as resistance means we are using gravity, which affects the difficulty of an exercise depending on our body angle.

With inclined exercises (head above feet level and body straight), the higher the shoulders, the easier the exercise.

With declined exercises (head below feet level and body straight), the higher the feet, the harder the exercise.

A horizontal body angle is considered medium difficulty.

Every change in the body angle affects the difficulty of an exercise in one way or another, even if it is only one degree (°).

Let's take a look at a few examples:

- Push-ups are considered medium difficulty. Placing your hands on a surface at 50cm above the floor will make the exercise easier. Placing your hands 1m above the floor will make it even easier.

On the other hand, elevating your feet on a 50cm high surface will reverse the angle and make the exercise harder. Placing your feet 1m above the floor will make it even harder.

- Australian Pull-ups are considered medium difficulty. Using a bar which is 1m50 high will make this exercise relatively easy for most people. Using a bar as low as 80cm will make the exercise much harder.

Remember that a 5cm difference in your body angle will make a big difference in the resistance of the exercise. This makes it possible to adjust an exercise to virtually every level. You can refer back to this post every time one of our programs suggests a higher or lower body angle than a previous workout.

Cardio

What type of cardio should you do and how fast should you go?

The answer to the first question is very simple: you should do the type of cardio you like the most (or dislike the least). You may have heard that the best vegetable is the one you eat, the same goes for cardio training. If you don't like running, you will never stick to it and will never train cardio. If you like rowing, then please go ahead and row.

Of course, individual limitations like knee pain or tendinitis must be taken into account. You may avoid running if you have known knee issues, and you should let your tendinitis heal before you can start rowing. You just need to find something you can and see yourself doing on the long term, and start moving.

How fast you should go will depend on your current condition. In our method, we are not concerned with running a marathon or breaking records, we just want to keep a healthy heart.

Generally, you can use the talking method: if you can talk comfortably without having to catch your breath, you are going too slow. If you cannot talk at all, you are going too fast. Try and find a pace where you can talk but still need to catch your breath after each sentence.

And please reassess yourself often. You will improve, your tolerance for cardio exercise will increase, and you will need to increase the pace accordingly over time to make sure you always challenge yourself.

If you still can't find any type of cardio you like, then there is a lot of tricks you can use like watching series or listening to podcasts while you train.

Anyway please remember the hardest part is to start, after that it gets easy. You just have to trust us on this one.

Recovery Management

If you are not yet familiar with recovery and rest management, we wouldn't even recommend you start training before being really clear about this topic.

First of all, it is very important to understand that you do not progress when you train, but when you rest and recover from your session.

This is why planning rest and recovery should be done with at least as much care as you plan your training.

Let's start with the primary and most effective way to recover: rest. Nothing can replace sleep and rest, not even the most sophisticated and most expensive treatments out there. If you don't sleep and let your body rest enough, there is nothing that can make up for it and no matter how hard you try, you'll end up endangering both your progress and your health.

How much rest is enough or how often you should train will of course depend on your current fitness level. However, it might not differ as much as you think and you will still need to rest a lot even when you reach an advanced level or don't feel tired from your sessions.

In general, it is recommended not to train strength more than 3 times a week if you are a complete beginner and you should never train 3 days in a row.

For intermediate levels, training strength 3 or 4 times a week and adding one session dedicated to mobility and cardio work should allow you to make progress as fast as you can while also letting you get enough rest. Please make sure you don't train strength 3 days in a row and that you don't train the same muscle groups 2 days in a row either.

For advanced levels, a maximum of 5 sessions a week is recommended and if you plan to train strength 3 days in a row, please make sure you train different muscles every time.

Recovery Management

Also keep in mind that simply training different muscles every day doesn't exempt you from taking rest days. Your body will need a full rest day every 2 or 3 days to make sure it recovers properly before resuming training. Remember you progress and get stronger when you rest, not when you train, and if you keep training every day you will only keep adding stress to your body without giving it time to adapt. This will lead to what we call detraining and possibly injury.

Once you have a proper rest schedule planned, you might start looking into additional ways to improve and speed up recovery. Again, the next most effective ways to recover won't be the most sophisticated ones. Stretching, walking and proper nutrition will be of great help and might be all you need to fully recover between your workouts.

If you still want or need to optimize your recovery process, you could try ice baths, foam rolling, massage guns, compression therapy, saunas etc... These are actually great for relaxing, and being relaxed and releasing stress definitely helps in healing and helping muscles and other parts of your body recover.

To conclude, we could say that recovery management is actually pretty simple and more straight-forward than what we tend to hear or read from marketing messages. Sleep first, don't train too often, and then only you can explore other forms of recovery and see what works or doesn't work for you.

If you really take time off and get your full hours of sleep, you will find that additional recovery methods actually make little to no difference for the non-professional athlete.

Identify Pain

We all know the saying “no pain, no gain”, but with the wrong pain, the opposite might be true.

It is important to accept that results won't come easy and that we need to work hard, but it is equally important to know which kind of pain we are talking about if we want to progress safely and avoid injury.

Can you tell the difference between the burning feeling due to muscle fatigue and the sharp pain of an injury? Probably. What about the difference between a sore muscle and a slight tear? This one is less obvious.

Resting until the feeling disappears might seem like a solution, but it's not that simple. Sore muscles are a normal part of training, it doesn't always happen but when it does it usually lasts for a few days or more. We cannot always rest until the feeling disappears, because that would mean missing a lot of sessions unnecessarily. This is why we need to be mindful and aware of our body and train ourselves to recognize pain so we know when to rest and when it is safe to keep training.

So here are a few key points for you to identify the kind of pain you want to avoid:

- 1) Burn feeling after a workout: usually felt in the whole muscle group, doesn't really hurt and doesn't affect movement. Do not worry about this.
- 2) Sore muscles: usually felt a day after a workout, also felt in a whole muscle group. The pain occurs mostly during movement and feels like we just finished a set. Nothing to worry about either but it's better to wait 2 days before training the same muscle group again.
- 3) Muscle injury: of course if the injury is serious you will know something is wrong, but if it is only a light one, you might ignore it and continue training and likely make it worse. This pain is usually localized and can be felt when pressing on a particular spot. Certain moves will also send a sharp thrill from the muscle to the surrounding areas. Discontinue training this part for about 3 weeks and slowly resume exercise.

Identify Pain

4) Connective tissue injury: we are talking about something more serious here. Ligaments and tendons are parts of your body you really don't want to injure, and for one simple reason: healing them takes months. Also, if you ever hurt them you will feel the pain and suffer in many daily activities. It can be felt as a sharp pain in the joints, or a painful tightness, and sometimes it feels very similar to muscle soreness but it is localized in the joints and is much more painful during moves involving these joints.

Discontinue training this part for weeks until the pain has completely disappeared, then resume training with light load and more repetitions.

Pain is a part of training but injury shouldn't be. At Enso Calisthenics, we pride ourselves in providing training where the risk of injury is close to 0, as long as exercises, recovery time, and gradual progressions are all followed as instructed.

Here's a final tip to avoid hurting yourself: don't chase pain, don't chase fatigue, chase challenge instead.

Concentric, Isometric, Eccentric

Concentric, isometric and eccentric are words you may have heard before without really understanding what they mean, or you may not know why it is important to differentiate the three.

Dynamic exercises are exercises where you perform repetitions of one or several moves, as opposed to exercises that may only require to hold a position for a desired length of time.

Repetitions usually involve moving a body part in one direction, and then moving that part in the opposite direction to the return to the original position. Example: a push-up consists in bringing the chest to the floor (going down), and pushing the chest back to the original position (going up). These are the 2 phases we will describe first.

The concentric phase is often defined as the shortening of the muscle being trained, and the eccentric phase as the lengthening of the muscle being trained. Not clear? I know, and this is why this chapter had to be included in this book.

When you perform an exercise, you are usually aware of which muscles you are using, or at least you are aware of which part of the exercise requires more effort.

The part which requires more effort, which requires more contraction, and which really engages the muscles being trained is called the concentric phase. Example: pushing your body up when performing a push-up, or pulling your body up when performing a pull-up.

The opposite part which is a bit more “relaxing” and could be compared to “loading” is called the eccentric phase. Example: Bringing your chest to the floor during a push-up, lowering your body down during a pull-up.

Attention: the eccentric phase doesn't always mean returning to the original position. Example: If you are doing squats, to return to the original position you need to contract your leg muscles to push your body up and this is where you are really engaging strength and producing the effort. It is the concentric phase that brings you back to the original (standing) position.

Concentric, Isometric, Eccentric

Concentric phase: effort, eccentric phase: loading before producing effort again.

So what is the isometric phase? It's the most simple one. The isometric phase is simply the part between the concentric and eccentric phases, when your body is not moving.

Now that you know and can name the 3 phases of an exercise, you may wonder why we even need to know this when all we want is to train, not worry about terminology.

Well, you need to know this because these different parts need to be treated differently and you will often receive instructions that only apply to one phase or another.

First of all, it is very important to know when to breathe during an exercise and here is a universal tip for you now that you know what these words mean: inhale during the eccentric phase, exhale during the concentric phase. Read that again, never forget it.

Another good reason to know these words is because sometimes you will be asked to perform repetitions with a specific tempo. You might be asked to take 1 second for the concentric phase, 1 second for the isometric phase, and 2 seconds for the eccentric phase. Example: to perform a push-up, take 2 seconds to lower your chest to the floor, pause for 1 second at the bottom, take 1 second to push yourself back up. By the way, you should actually try this.

And another one: did you know that “negatives” were great for building strength? Negatives consist in performing only the eccentric phase of an exercise which is currently too difficult for you, and doing so as slowly as you can. Example: if you can't do a pull-up, start with your chin above the bar and lower your body as slowly as you can (at least 5 seconds if possible), you will gain pulling strength much faster.

This technique can be applied to almost every exercise, you just need to remember what the eccentric phase is.

Gymnastics Rings

As you progress through our method and programs, you will be prescribed more and more ring exercises. While these little tools might seem as daunting as they are intriguing at first, gradually incorporating them into your training will bring great rewards.

You may have seen people shaking a lot using them, sometimes until they fall, and this may have stopped you from trying the same (this was probably a good idea). But have you ever wondered what makes people shake? Besides the obvious – yes, rings are attached to straps and are very unstable – what is it that makes some of us shake so much when others seem to be levitating smoothly? There must be another variable.

This other variable, you guessed it, is us.

The reason why we perform differently on rings is because we are not equally prepared. During movement or static positions, our body uses primary muscles which produce much of our strength, and smaller muscles used to stabilize our body (conveniently called stabilizer muscles).

When we are more or less able to perform an exercise or hold a position on the rings but keep shaking, this means our primary muscles are strong enough but our stabilizers can't keep up and struggle to support our body. We might be able to do 20 dips on parallel bars and not even 1 on rings because bars are too stable to engage our stabilizers.

Training with rings ensures there is no imbalance between our primary muscles strength and our stabilizer muscles strength, and allows us to use our full potential in unstable environments and can also potentially reduce our risk of injury.

It is always a good idea once you are able to perform an exercise comfortably on a stable surface to try and do it on gymnastics rings, as long as proper progressions are followed. Training with this kind of method will make sure your strength gains are always adequately supported by your stabilizers and that you can produce maximal force in all kinds of environment.

Gymnastics Rings

This is why gymnastics rings are thought to be one of the most comprehensive strength tools out there.

Another great advantage of training with rings is that it will develop smaller muscles in proportion to your bigger muscles, which in turn will make you look perfectly proportionate and more ripped. Again, think gymnast body.

With that being said, you should not rush into it without solid foundations and following our recommended progressions. It would be too bad to hurt yourself while training specifically to avoid it!

Do not discard other tools either, every piece of equipment in a gym has its purpose. However, every bodyweight training gym without rings is incomplete.

Hollow Body Position

The hollow body position is a core foundation of bodyweight training that we must master if we want to be able to progress and perform advanced and some intermediate moves and positions.

In this position, the body is slightly curved in and we contract the core and other muscles as hard as possible to make our whole body as tough as one block.

We start by laying on our back with our body straight, then lift our feet and upper back off the floor, with legs straight and pointing, and arms straight and pointing behind us. To hold this position, we must contract our abs and glutes as hard as we can to make sure our body stays perfectly strong and solid.

The only parts that should remain on the floor are our lower back and bum, and we should strive to hold our legs and upper back up.

It may look simple at first and this is why it is easy to do it wrong and miss out on all the benefits of the hollow body position. Our body should be so tough that pushing on one end would make the other end go up, just like the base of a rocking chair. This means that if someone pushed your feet down, your hands would naturally go up by balancing on your lower back and bum.

Mastering this position will make your core strong enough to endure advanced gymnastics moves and make you more efficient at all kinds of exercises like pull-ups, handstands, front levers etc...

It prepares us for the instability of rings and inverted positions, as well as the gravity challenges that come with levers and static holds.

If holding this position is still too hard, it is possible to start with an easier variation with arms in front of you, or by performing reps. Once you get stronger, you can start holding the regular hollow body position for longer and longer. Remember to always stay as strong as a block when training this or it won't count and won't help you progress and build the strongest core you ever had.

EXERCISES

How To Use The Exercises List

Now that you have learnt how to design efficient and safe programs, the next step is to put that new knowledge into practice. The second part of this book will give you an extensive list of exercises with video links that you can use to create your first programs. They are sorted by category (Pull, Push, Core, Legs, Mobility, and Handstand), and by level in ascending order with Level 1 being the easiest.

Start by identifying your levels of strength and strength endurance for pull, push, core and leg exercises. Please refer back to the "Designing Programs" chapter of this book if you are not sure how to assess your levels. In short, you should be able to perform 3 to 5 perfect reps of an exercise to consider it your strength level and 12 to 15 reps with almost perfect form to consider it your strength endurance level. If you can't do it, try an easier intensity. If you can perform more reps than we just mentioned, try a higher intensity.

This will require a bit of trial and error, but once you have identify your 2 levels for each of the 4 categories, simply perform exercises within that level range, while respecting the guidelines explained in "Designing Programs". As you progress and get stronger, you will simply need to perform exercises one level above. Remember to never skip steps and read the "Step By Step" chapter of this book carefully to understand when to level up your training.

Please note that you should always start your workouts with the Standard Full Body Warm-up and end them with stretches relevant to the workout. You can also add more warm-up drills if needed. These exercises and video links can all be find in the Mobility category.

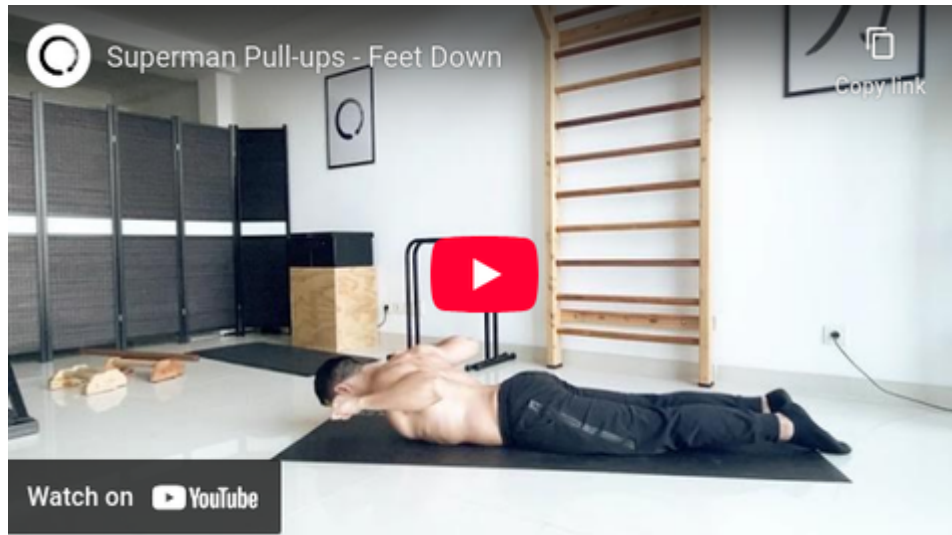
NEW in this edition of the book: you can now assess your level by using our strength level assessment grids in the appendix.



EXERCISES

PULL - LEVEL 1

Superman Pull-ups - Feet Down



1. Start by lying face down on the floor
2. Lift your chest off the floor with your arms straight and in front of you
3. Tuck your chin down
4. Pull your hands back to your shoulders
5. Return to the original position

Tips: Keep all the muscles of your body engaged at all times to give you more power and train your core.

EXERCISES

PULL - LEVEL 1

Resistance Band Face Pulls



1. Wrap a band around a bar or a hook at shoulders height
2. Grab the band with your hands at shoulders width
3. Pull the band to your neck while making sure your body remains still
4. Return to the original position

Tips: Start with a very light resistance band and work your way up to higher resistances if necessary. Contracting your core will give you more stability and will make this exercise more effective.

EXERCISES

PULL - LEVEL 1

Towel Rows



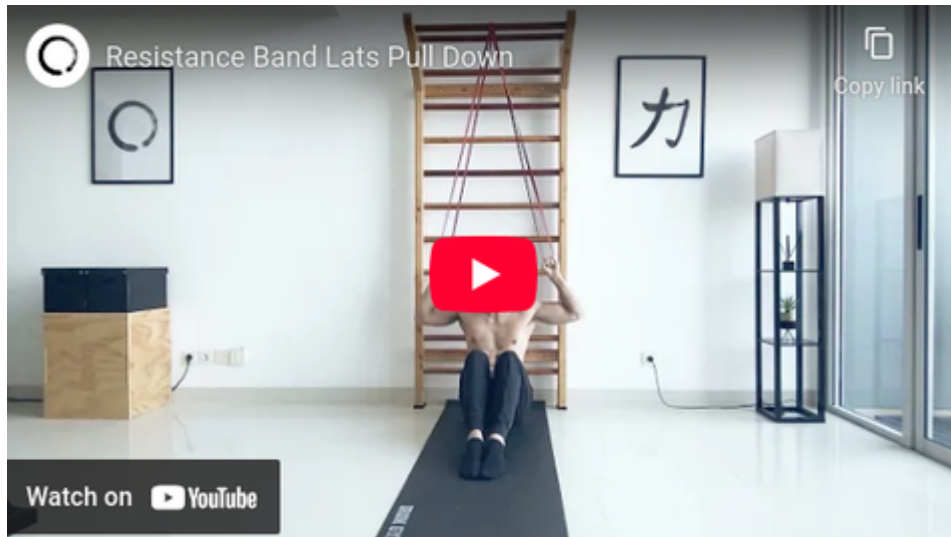
1. Wrap a towel around a pole or anything strong enough to support your bodyweight
2. Grab each end of the towel
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up and forward, bringing your hands to the side of your body
6. Lower down your body until your arms are straight again
7. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 1

Resistance Band Lats Pull Down



1. Place a resistance band above a bar or hook and let both ends hang down
2. Grab both ends of the band
3. Sit down right below the band, it should be high enough so that your arms are fully extended above your head
4. Pull the band down and bring your hands to shoulders level
5. Return to the original position

Tips: Make sure the band is high enough, you should feel it pulling your hands up at the starting position. Imagine the band is a bar that you are pulling behind your neck and keep your back upright.

EXERCISES

PULL - LEVEL 2

TRX Rows Hammer Grip



1. Grab your handles with a hammer grip
2. Start with your arms straight
3. Your body should also be straight and strong
4. Pull your body up and forward, bringing your hands to the side of your body
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 2

TRX Rows Overhand Grip



1. Grab your handles with an overhand grip
2. Start with your arms straight
3. Your body should also be straight and strong
4. Pull your body up and forward, bringing your hands to the side of your body
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 2

TRX Rows Underhand Grip



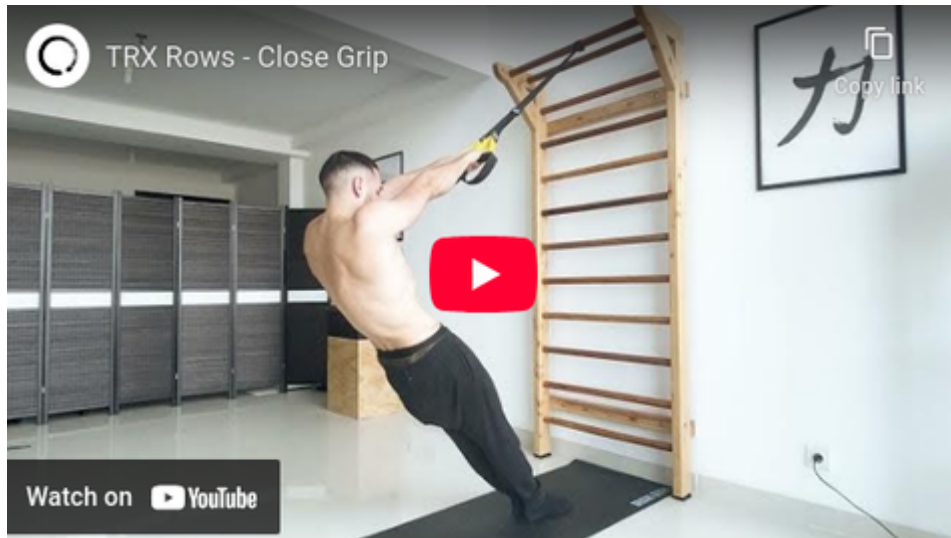
1. Grab your handles with an underhand grip
2. Start with your arms straight
3. Your body should also be straight and strong
4. Pull your body up and forward, bringing your hands to the side of your body
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 2

TRX Rows Close Grip



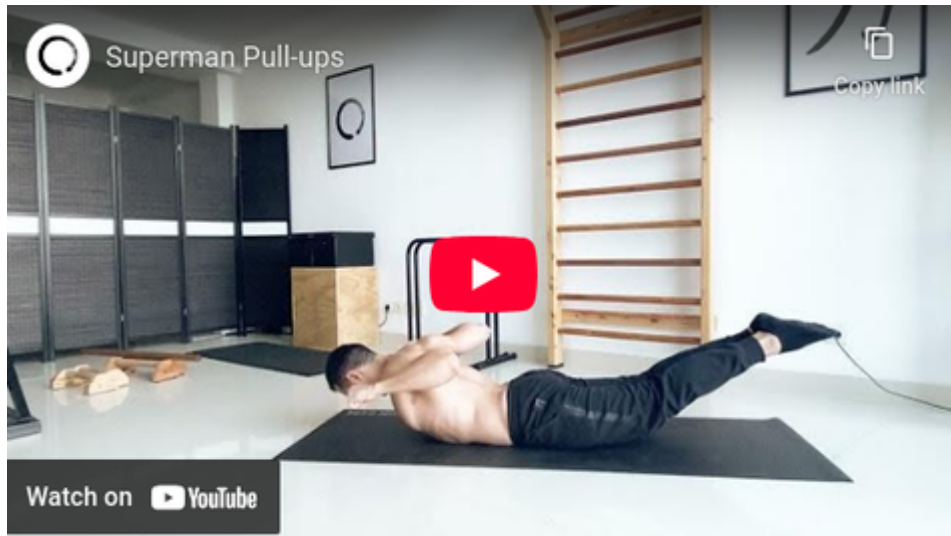
1. Grab your handles with an overhand grip and hands together (close grip)
2. Start with your arms straight
3. Your body should also be straight and strong
4. Pull your body up and forward, bringing your hands to the side of your body
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 2

Superman Pull-ups



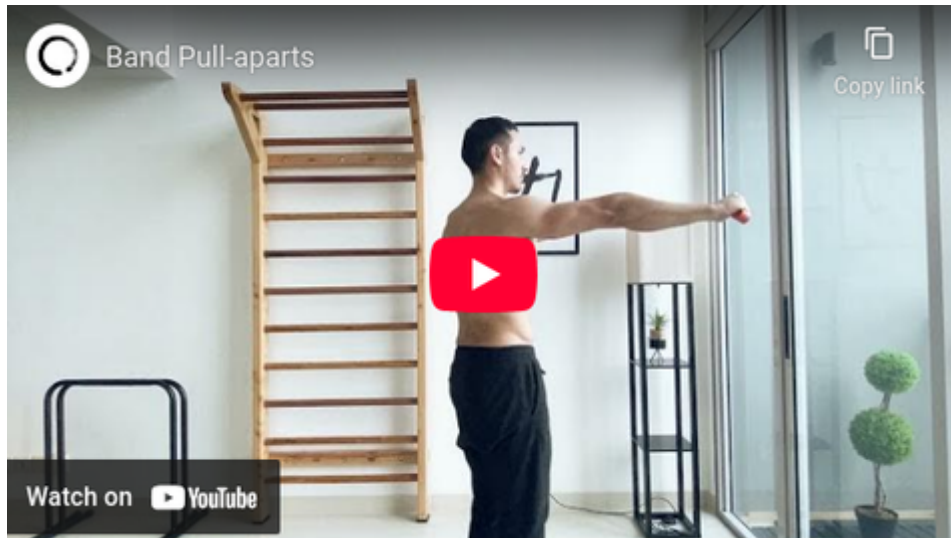
1. Start by lying face down on the floor
2. Lift your feet up
3. Lift your chest off the floor with your arms straight and in front of you
4. Tuck your chin down
5. Pull your hands back to your shoulders
6. Return to the original position

Tips: Keep all the muscles of your body engaged at all times to give you more power and train your core.

EXERCISES

PULL - LEVEL 2

Band Pull-aparts



1. Grab both ends of the resistance band firmly
2. Bring your hands in front of you at shoulder height
3. Your arms should stay straight and parallel to the floor at all times
4. Stretch the band by pulling your hands as far back as you can
5. Return to the original position

Tips: Make sure your arms stay straight and horizontal at all times. Your hands should never be above shoulder height. Think about squeezing your shoulder blades together as you pull the band.

EXERCISES

PULL - LEVEL 3

TRX Rows One Arm



1. Grab a handle with one hand and an overhand grip
2. Wrap your other hand around your body to help you keep your shoulders facing forward
3. Start with your arm straight
4. Your body should also be straight and strong
5. Pull your body up and forward, bringing your hand to the side of your body
6. Lower down your body until your arm is straight again
7. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 3

Vertical Band Pull-aparts



1. Grab both ends of the resistance band firmly
2. Bring your hands high above your shoulders
3. Your arms should stay straight and in line with your body at all times
4. Stretch the band by pulling your hands to the side, down to your shoulders level. If done correctly, the band should touch the back of your neck
5. Return to the original position

Tips: Make sure your arms stay straight at all times. Your hands should stay in your body's axis, they shouldn't move forward or backward, only laterally.

EXERCISES

PULL - LEVEL 3

Dead Hang with Resistance Band



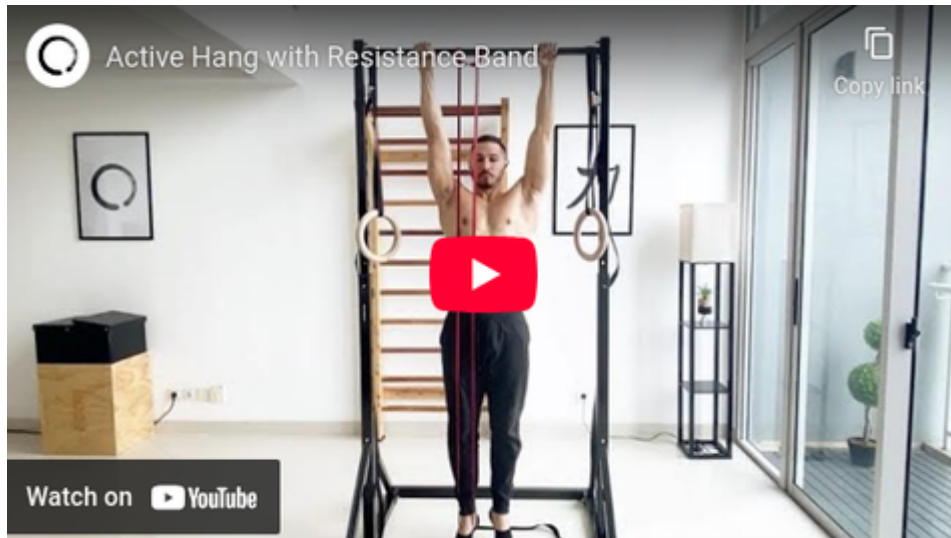
1. Tie the band to the bar
2. Put ONE foot on the band
3. Grab the bar with an overhand grip
4. Keep your shoulders up and let your body sink down
5. Keep your arms straight
6. Take your feet off the floor
7. Hold for the desired time

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions.

EXERCISES

PULL - LEVEL 3

Active Hang with Resistance Band



1. Tie the band to the bar
2. Put ONE foot on the band
3. Grab the bar with an overhand grip
4. Pull your shoulders down (depression), this will naturally lift your body up
5. Keep your arms straight
6. Take your feet off the floor
7. Hold for the desired time

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions. Read the article "Shoulder Position" if you need a better understanding of what depressed shoulders mean.

EXERCISES

PULL - LEVEL 3

Resistance Band Sitting Rows



1. Sit on the floor with your back upright and your legs straight and together
2. Place the middle of the band behind your feet
3. Grab both ends of the band
4. Pull your hands as far back as you can, your hands should reach the sides of your body
5. Return to the original position

Tips: The band should have a resistance level light enough for you to pull your hands to your body. Focus on pulling your elbows behind you.

EXERCISES

PULL - LEVEL 4

Dead Hang



1. Grab the bar with an overhand grip
2. Keep your shoulders up and let your body sink down
3. Keep your arms straight
4. Take your feet off the floor
5. Hold for the desired time

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions.

EXERCISES

PULL - LEVEL 4

Active Hang



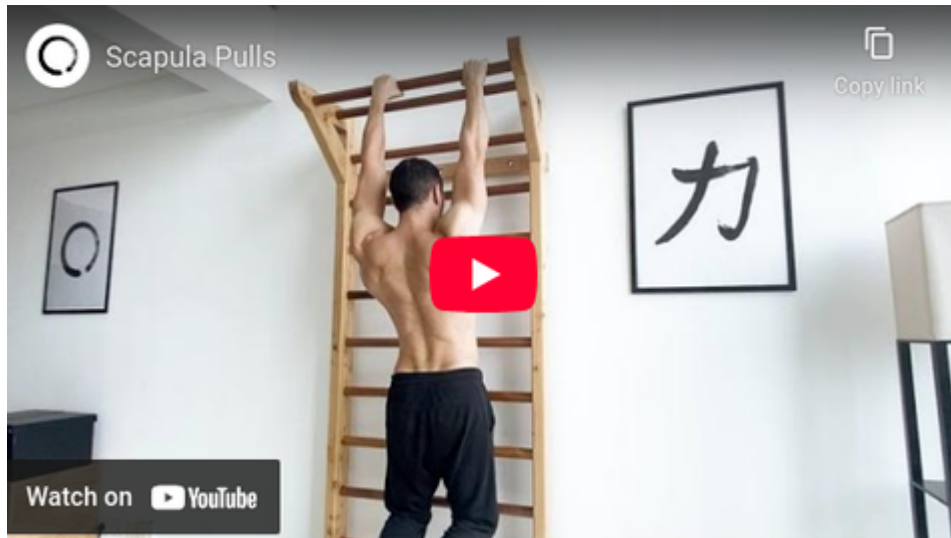
1. Grab the bar with an overhand grip
2. Pull your shoulders down, this will naturally lift your body up
3. Keep your arms straight
4. Take your feet off the floor
5. Hold for the desired time

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions.

EXERCISES

PULL - LEVEL 4

Scapula Pulls



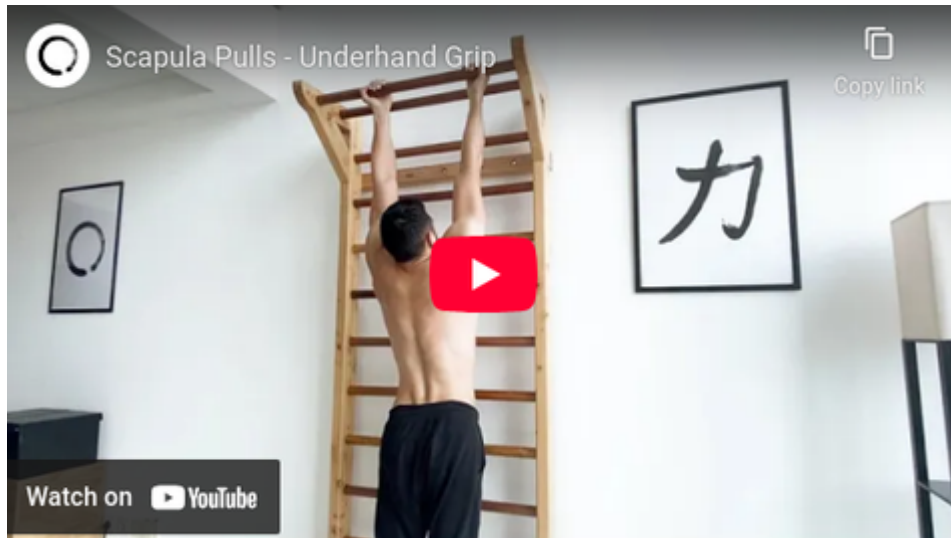
1. Grab the bar with an overhand grip
2. Keep your arms straight
3. Take your feet off the floor
4. Pull your shoulders down, this will naturally lift your body up
5. Return to the original Position

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions. Focus on pulling the shoulder blades down and not moving any other part of your body. Your arms should remain straight throughout the exercise.

EXERCISES

PULL - LEVEL 4

Scapula Pulls Underhand Grip



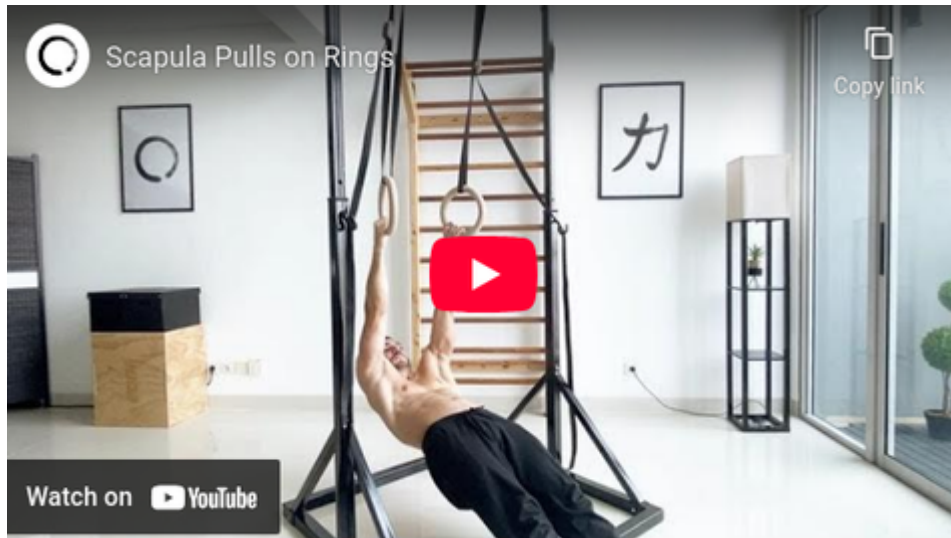
1. Grab the bar with an underhand grip
2. Keep your arms straight
3. Take your feet off the floor
4. Pull your shoulders down, this will naturally lift your body up
5. Return to the original Position

Tips: Make sure you wrap your thumbs around the bar as this will increase your grip strength and prepare you for future progressions. Focus on pulling the shoulder blades down and not moving any other part of your body. Your arms should remain straight throughout the exercise.

EXERCISES

PULL - LEVEL 4

Scapula Pulls on Rings



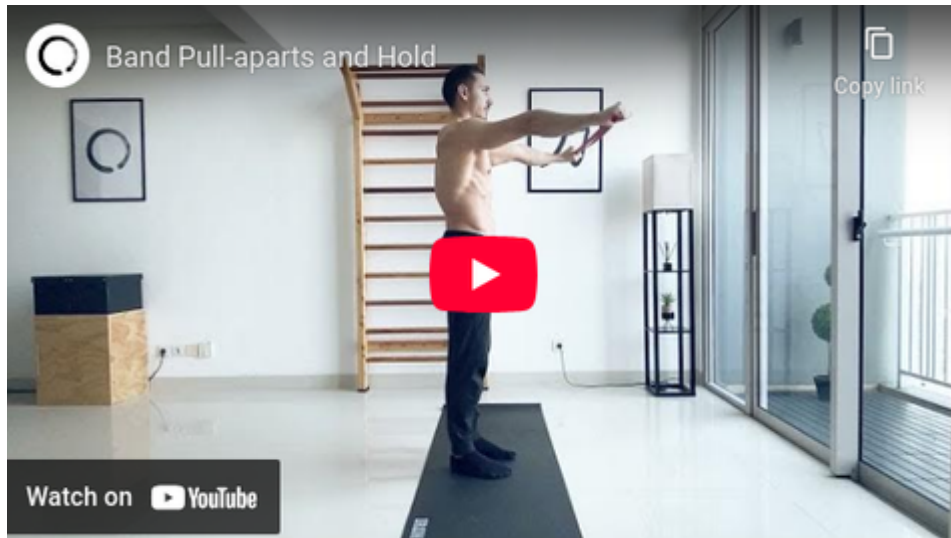
1. Grab the rings with a hammer grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your shoulders back while keeping your arms straight, this will naturally lift your body up
5. Return to the original position

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on squeezing the shoulder blades together and make sure you don't move any other body part.

EXERCISES

PULL - LEVEL 4

Band Pull-aparts and Hold



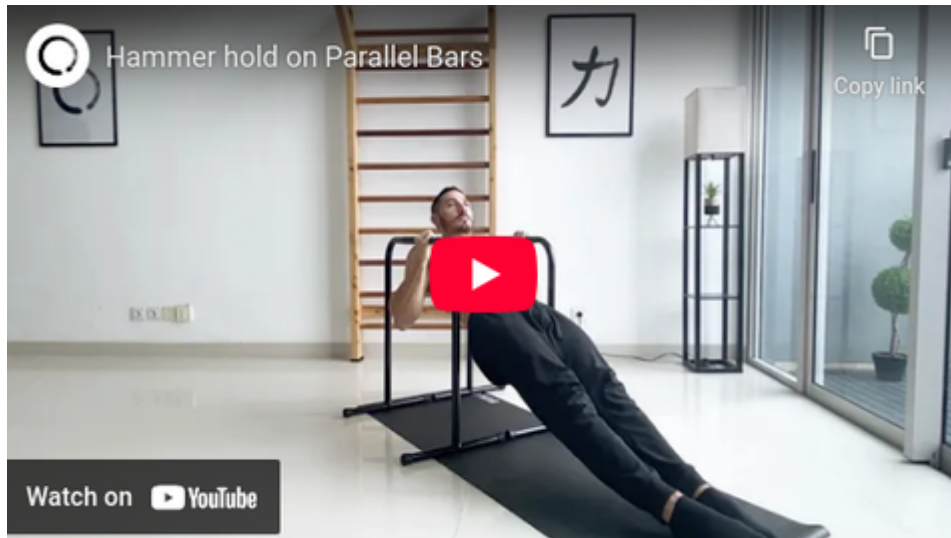
1. Grab both ends of the resistance band firmly
2. Bring your hands in front of you at shoulder height
3. Your arms should stay straight and parallel to the floor at all times
4. Stretch the band by pulling your hands as far back as you can
5. Hold for 5 seconds
6. Return to the original position

Tips: Make sure your arms stay straight and horizontal at all times. Your hands should never be above shoulder height. Think about squeezing your shoulder blades together as you pull the band.

EXERCISES

PULL - LEVEL 5

Hammer Hold on Parallel Bars



1. Start between 2 parallel bars
2. Grab each bar with your hands above the lower chest and your arms completely straight
3. Your body should also be straight and strong
4. Pull your body up, bringing your hands just below your shoulders
5. Hold for the desired time

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Australian Pull-up Hold



1. Place your body under a low bar, the bar should be above your chest
2. Grab the bar with an overhand grip
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up, bringing the bar to your chest
6. Hold this position for the desired time

Tips: The higher the bar, the easier the exercise gets, and vice versa. Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Australian Chin-up Hold



1. Place your body under a low bar, the bar should be above your chest
2. Grab the bar with an underhand grip
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up, bringing the bar to your chest
6. Hold this position for the desired time

Tips: The higher the bar, the easier the exercise gets, and vice versa. Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Parallel Bars Rows



1. Start between 2 parallel bars
2. Grab each bar with your hands above the lower chest and your arms completely straight
3. Your body should also be straight and strong
4. Pull your body up, bringing your hands just below your shoulders
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Australian Pull-ups



1. Place your body under a low bar, the bar should be above your chest
2. Grab the bar with an overhand grip
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up, bringing the bar to your chest
6. Lower down your body until your arms are straight again
7. Keep your body straight throughout the exercise

Tips: The higher the bar, the easier the exercise gets, and vice versa. Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Australian Chin-ups



1. Place your body under a low bar, the bar should be above your chest
2. Grab the bar with an underhand grip
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up, bringing the bar to your chest
6. Lower down your body until your arms are straight again
7. Keep your body straight throughout the exercise

Tips: The higher the bar, the easier the exercise gets, and vice versa. Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Australian Pull-ups - Close Grip



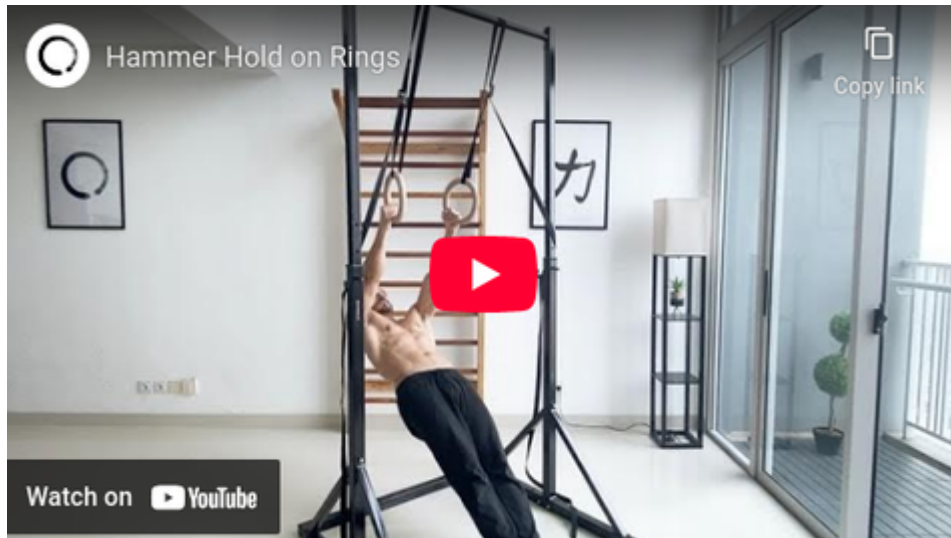
1. Place your body under a low bar, the bar should be above your chest
2. Grab the bar with an overhand grip and hands together (close grip)
3. Start with your arms straight
4. Your body should also be straight and strong
5. Pull your body up, bringing the bar to your chest
6. Lower down your body until your arms are straight again
7. Keep your body straight throughout the exercise

Tips: The higher the bar, the easier the exercise gets, and vice versa. Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 5

Hammer Hold on Rings



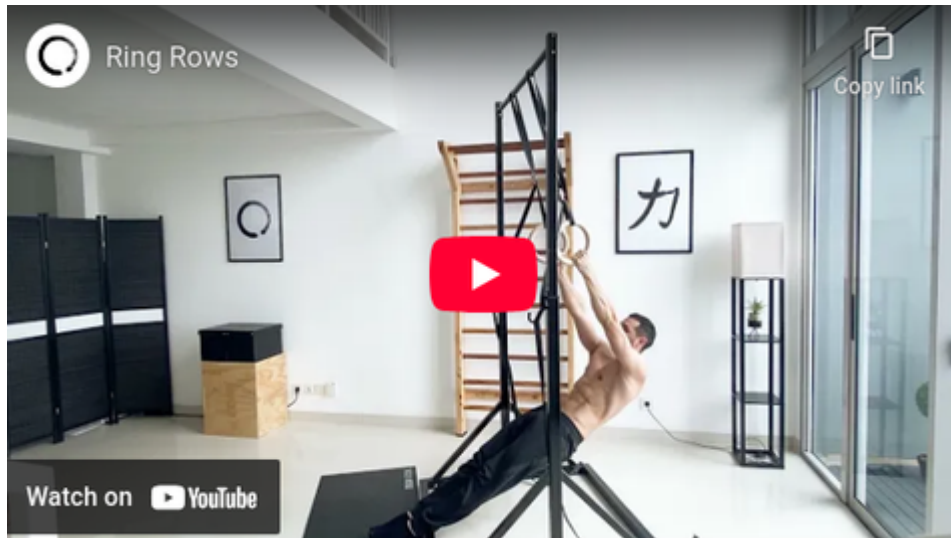
1. Grab the rings with a hammer grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and forward, bringing the rings to your upper chest
5. Hold this position for the desired time

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength.

EXERCISES

PULL - LEVEL 5

Rows on Rings



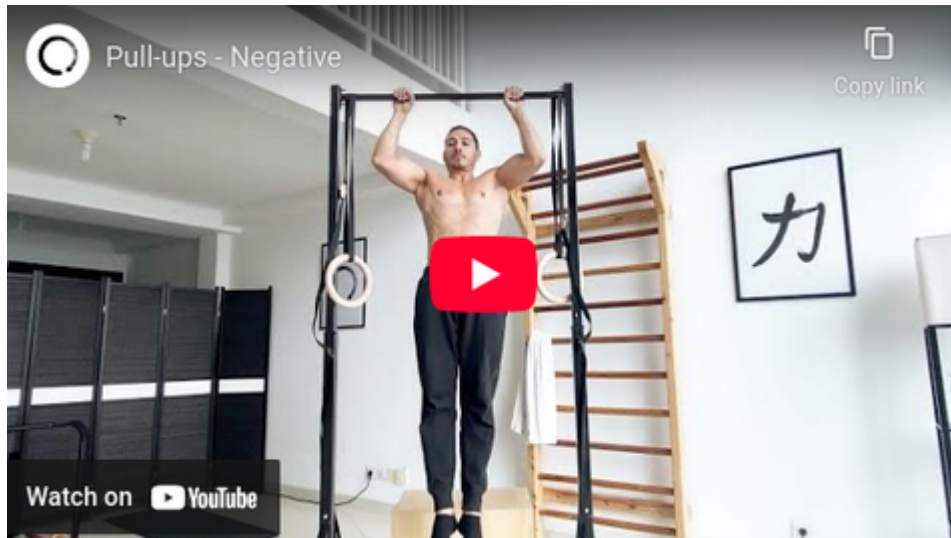
1. Grab the rings with a hammer grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and forward, bringing the rings to your upper chest
5. Lower down your body until your arms are straight again
6. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength.

EXERCISES

PULL - LEVEL 5

Pull-up Negatives



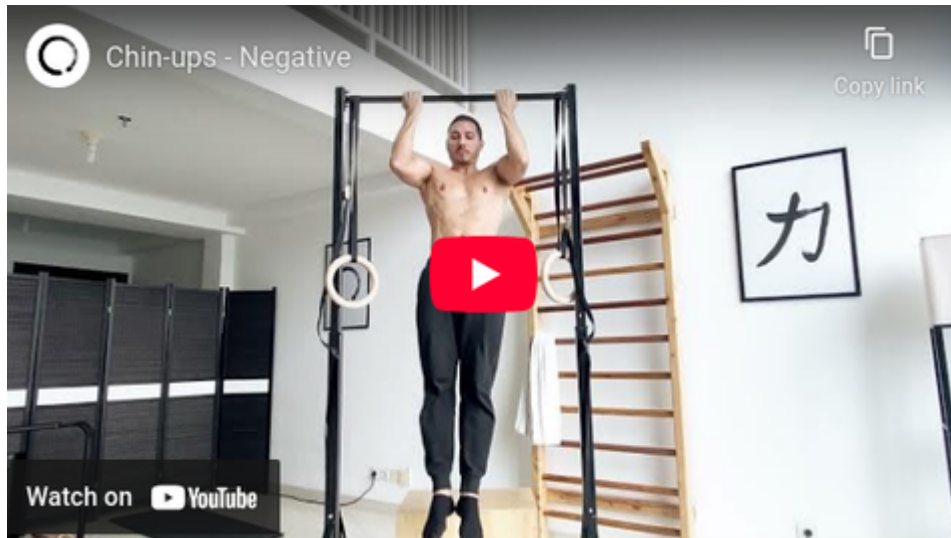
1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an overhand grip
3. Jump to bring your chin above the bar
4. Lower down your body as slowly as possible until your arms are straight

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. The slower your body moves down the more strength you will gain.

EXERCISES

PULL - LEVEL 5

Chin-up Negatives



1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an underhand grip
3. Jump to bring your chin above the bar
4. Lower down your body as slowly as possible until your arms are straight

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. The slower your body moves down the more strength you will gain.

EXERCISES

PULL - LEVEL 6

Pull-up Hold



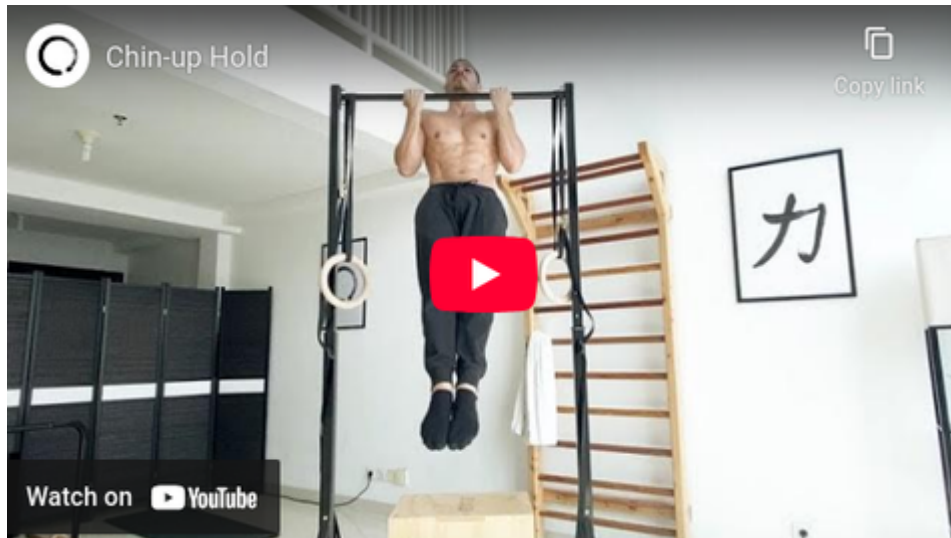
1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an overhand grip
3. Jump to bring your chin above the bar
4. Take your feet off the support and hold your body in the air while keeping your chin above the bar
5. Hold for the desired time and return to the support

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 6

Chin-up Hold



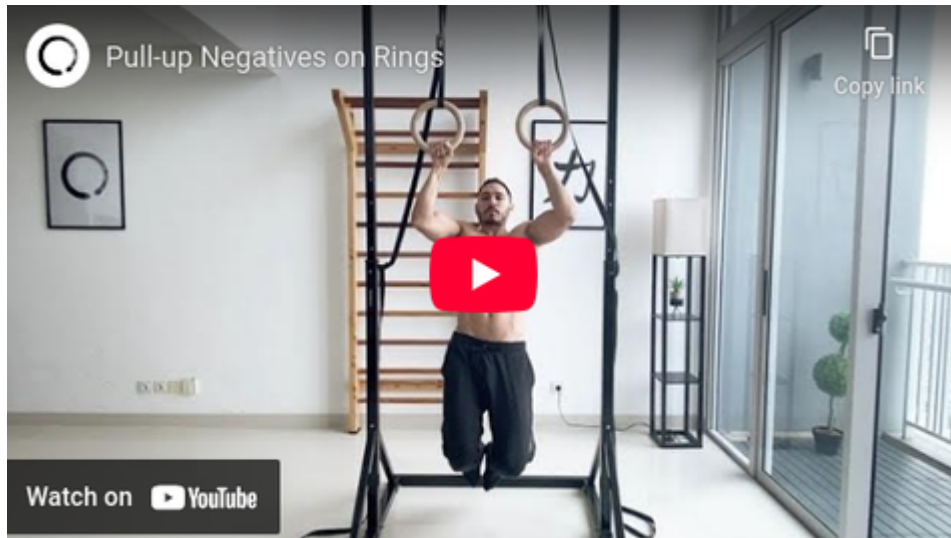
1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an underhand grip
3. Jump to bring your chin above the bar
4. Take your feet off the support and hold your body in the air while keeping your chin above the bar
5. Hold for the desired time and return to the support

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 6

Pull-up Negatives on Rings



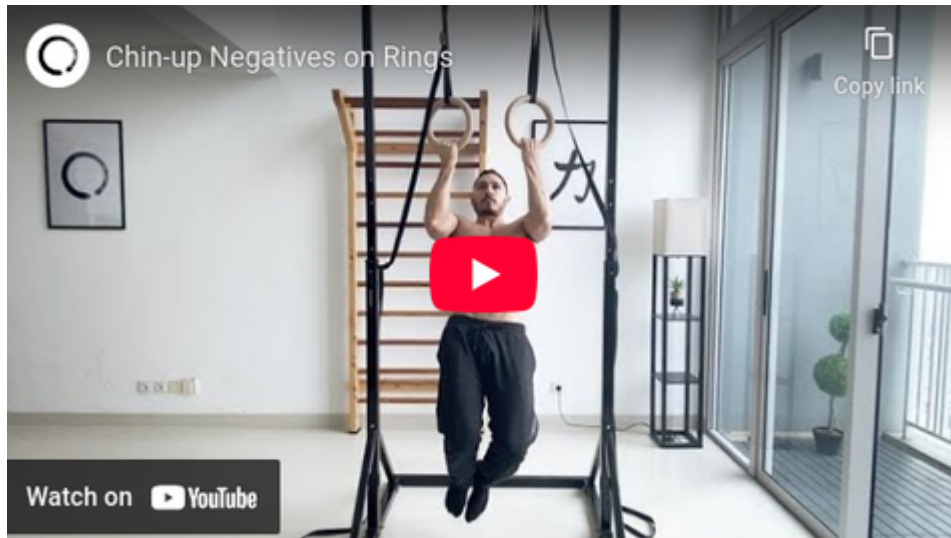
1. Start on an elevated surface or bring the rings down so that your head is as close to the rings as possible
2. Grab the rings with an overhand grip
3. Jump to bring your chin above the rings
4. Lower down your body as slowly as possible while keeping the hands facing forward until your arms are straight

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. The slower your body moves down the more strength you will gain.

EXERCISES

PULL - LEVEL 6

Chin-up Negatives on Rings



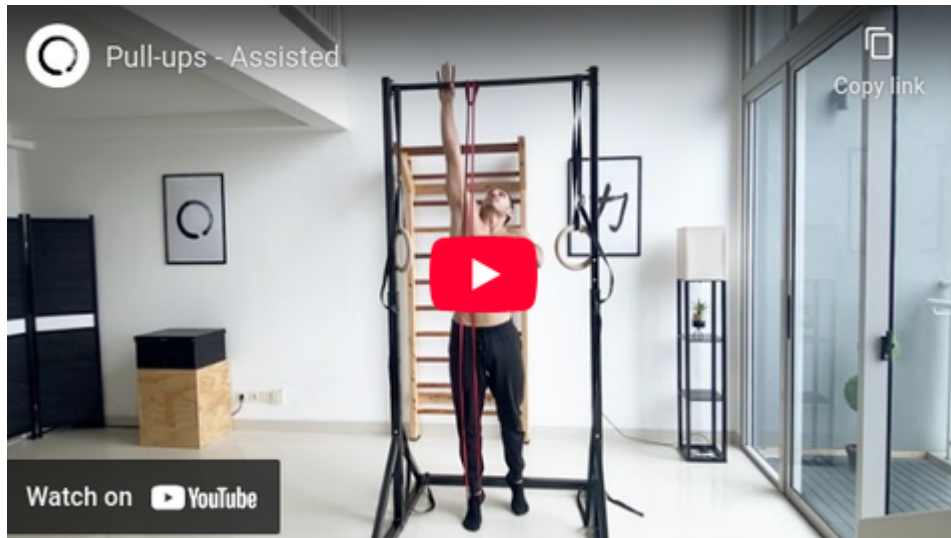
1. Start on an elevated surface or bring the rings down so that your head is as close to the rings as possible
2. Grab the rings with an underhand grip
3. Jump to bring your chin above the rings
4. Lower down your body as slowly as possible while keeping the hands facing forward until your arms are straight

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. The slower your body moves down the more strength you will gain.

EXERCISES

PULL - LEVEL 6

Pull-ups - Assisted



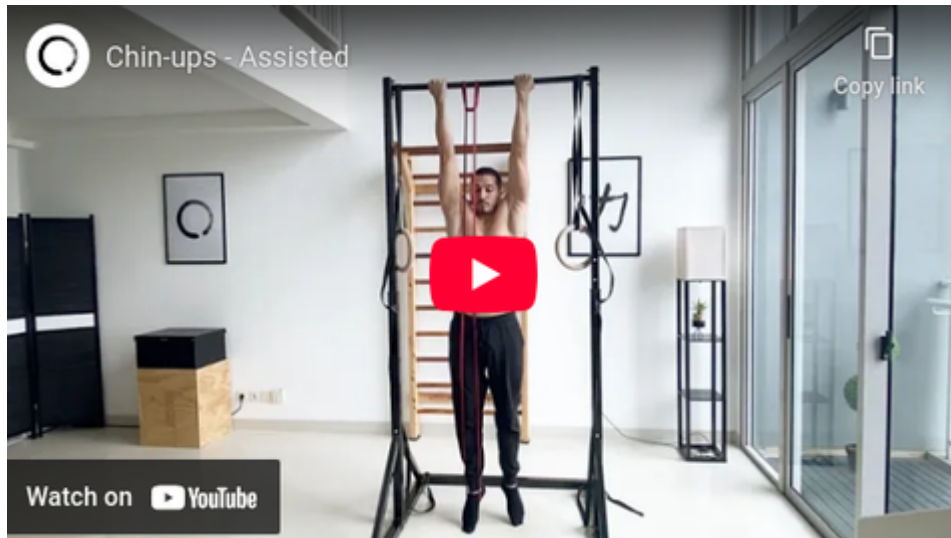
1. Tie the band to the bar
2. Put ONE foot on the band
3. Grab the bar with an overhand grip
4. Contract all the muscles in your body
5. Keep your body straight and strong
6. Pull your body up and bring your chin above the bar
7. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 6

Chin-ups - Assisted



1. Tie the band to the bar
2. Put ONE foot on the band
3. Grab the bar with an underhand grip
4. Contract all the muscles in your body
5. Keep your body straight and strong
6. Pull your body up and bring your chin above the bar
7. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 6

Jump Pull-ups



1. Prepare to grab the bar with an overhand grip
2. Jump as high as you can and grab the bar
3. Pull your body up and bring your chin above the bar, momentum from the jump should make it possible
4. Lower down your body and drop the bar

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 6

Jump Chin-ups



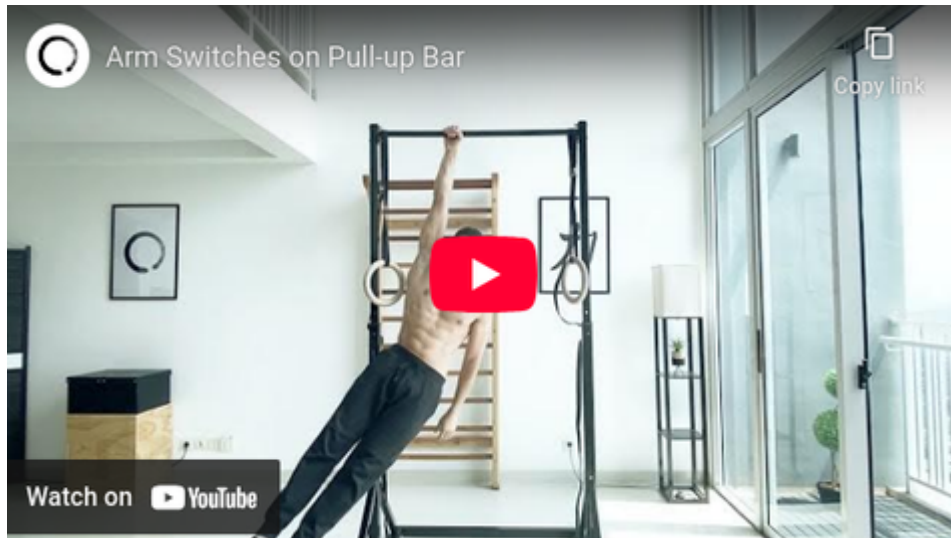
1. Prepare to grab the bar with an underhand grip
2. Jump as high as you can and grab the bar
3. Pull your body up and bring your chin above the bar, momentum from the jump should make it possible
4. Lower down your body and drop the bar

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 6

Arm Switches on Pull-up Bar



1. Grab the bar with an overhand grip and lift your feet off the floor
2. Let go of one hand for a few seconds
3. Grab the bar with 2 hands again
4. Let go of the other hand for a few seconds
5. Repeat

Tips: Make sure to engage your whole body, especially your core and shoulders. Try to hold the bar for as long as possible, as long as you can perform the desired number of reps.

EXERCISES

PULL - LEVEL 7

90° Pull-up Hold



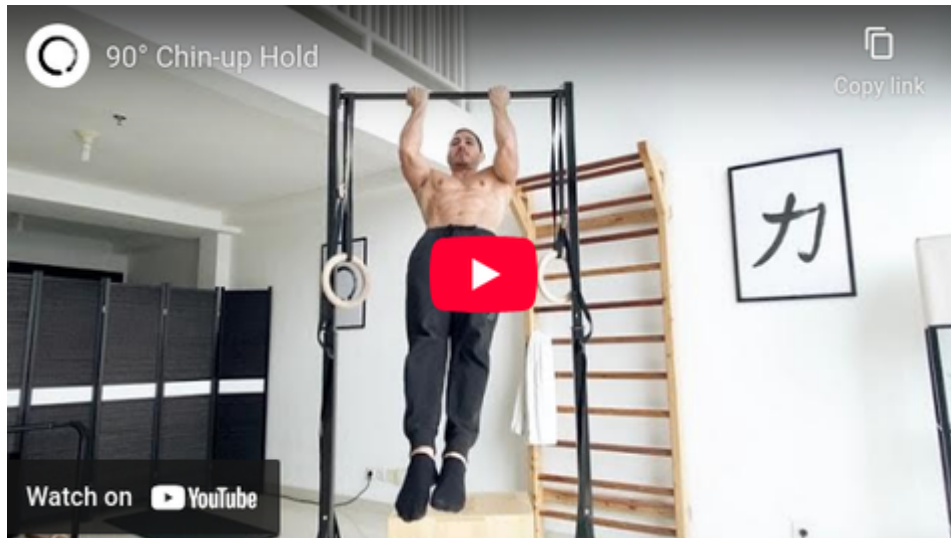
1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an overhand grip
3. Bend your arms to form a 90° angle at your elbows
4. Take your feet off the support and hold your body in the air while keeping the 90° angle
5. Hold for the desired time and return to the support

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 7

90° Chin-up Hold



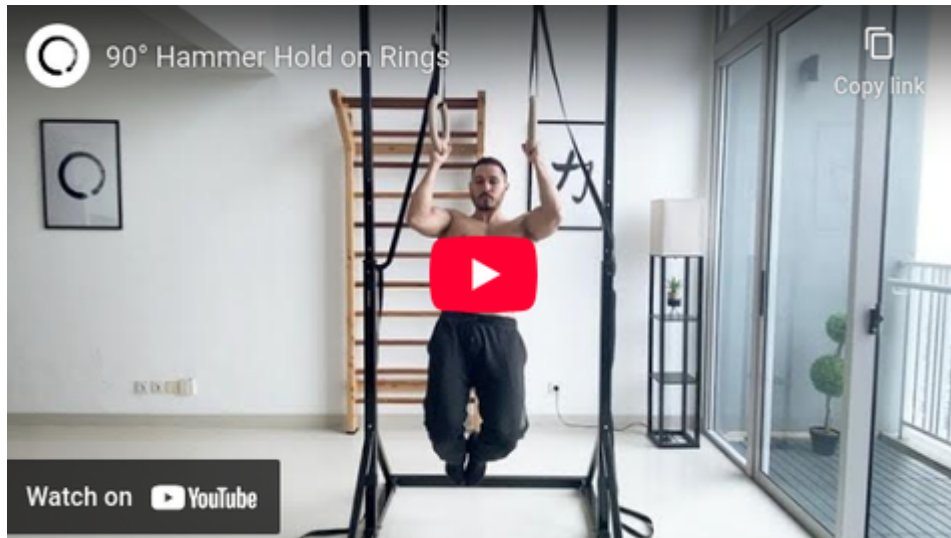
1. Start on an elevated surface so that your head is as close to the bar as possible
2. Grab the bar with an underhand grip
3. Bend your arms to form a 90° angle at your elbows
4. Take your feet off the support and hold your body in the air while keeping the 90° angle
5. Hold for the desired time and return to the support

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 7

90° Hammer Hold on Rings



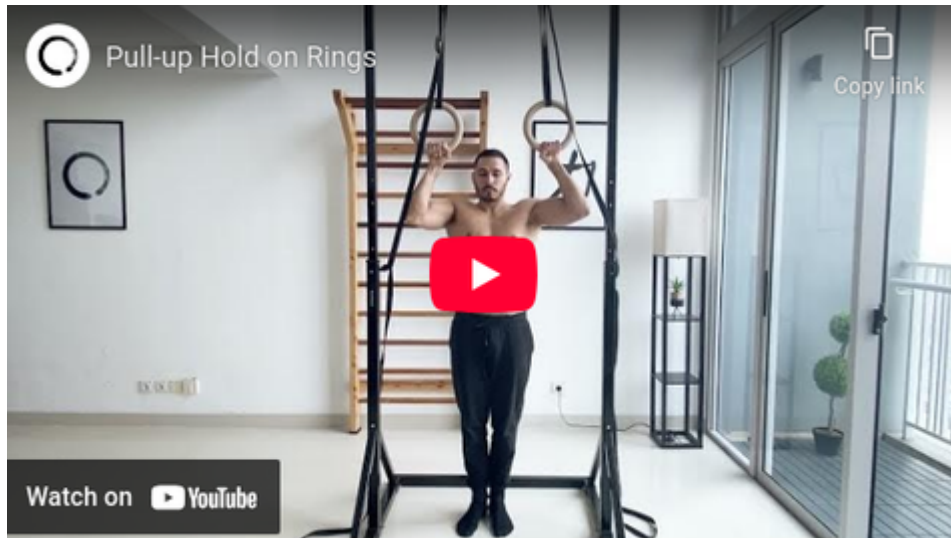
1. Start on an elevated surface or bring the rings down so that your head is as close to the rings as possible
2. Grab the rings with a hammer grip
3. Make sure your elbows form a 90° angle
4. Take your feet off the support or the floor and hold your body in the air while keeping your arms at 90°
5. Hold for the desired time

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 7

Pull-up Hold on Rings



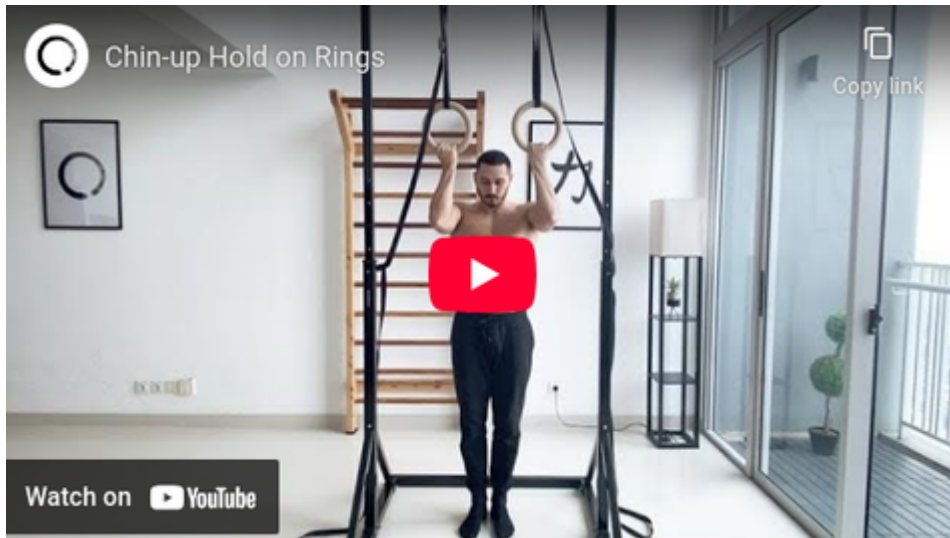
1. Start on an elevated surface or bring the rings down so that your head is as close to the rings as possible
2. Grab the rings with an overhand grip
3. Bring your chin above the rings
4. Take your feet off the support or the floor and hold your body in the air while keeping your chin above the rings
5. Hold for the desired time

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 7

Chin-up Hold on Rings



1. Start on an elevated surface or bring the rings down so that your head is as close to the rings as possible
2. Grab the rings with an underhand grip
3. Bring your chin above the rings
4. Take your feet off the support or the floor and hold your body in the air while keeping your chin above the rings
5. Hold for the desired time

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 7

One Arm Hang



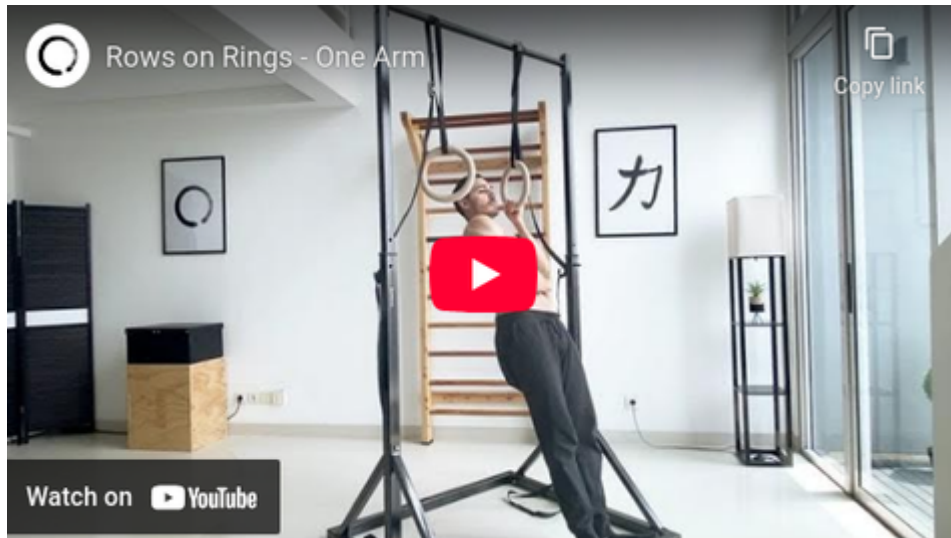
1. Grab the bar with one hand and an overhand grip
2. Lift your feet off the floor
3. Hold for the desired time

Tips: Make sure to engage your whole body, especially your core and shoulders.

EXERCISES

PULL - LEVEL 7

Rows on Rings - One Arm



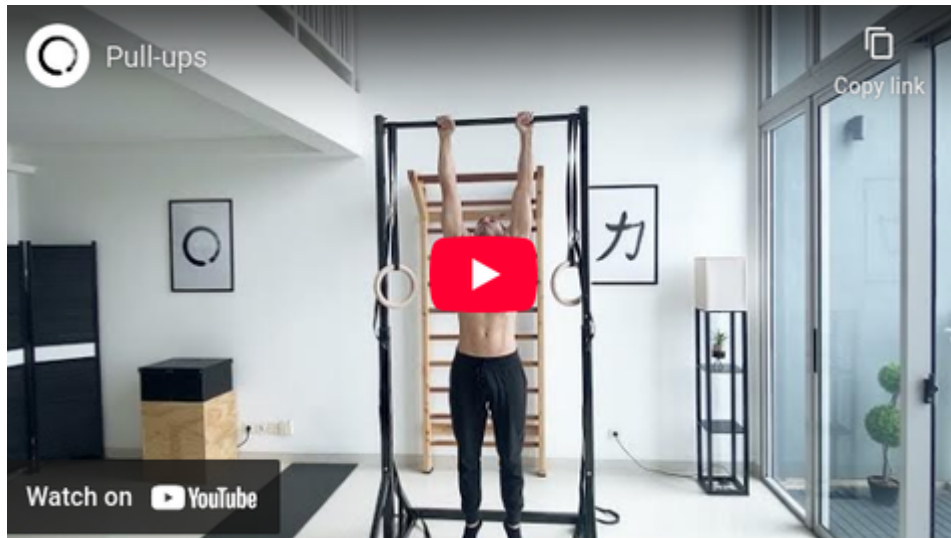
1. Grab a ring with one hand with a hammer grip
2. Wrap your other hand around your body to help you keep your shoulders facing forward
3. Start with your arm straight
4. Your body should also be straight and strong
5. Pull your body up and forward, bringing your shoulder to your hand
6. Lower down your body until your arm is straight again
7. Keep your body straight throughout the exercise

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your shoulders, hips and feet are aligned throughout the exercise.

EXERCISES

PULL - LEVEL 8

Pull-ups



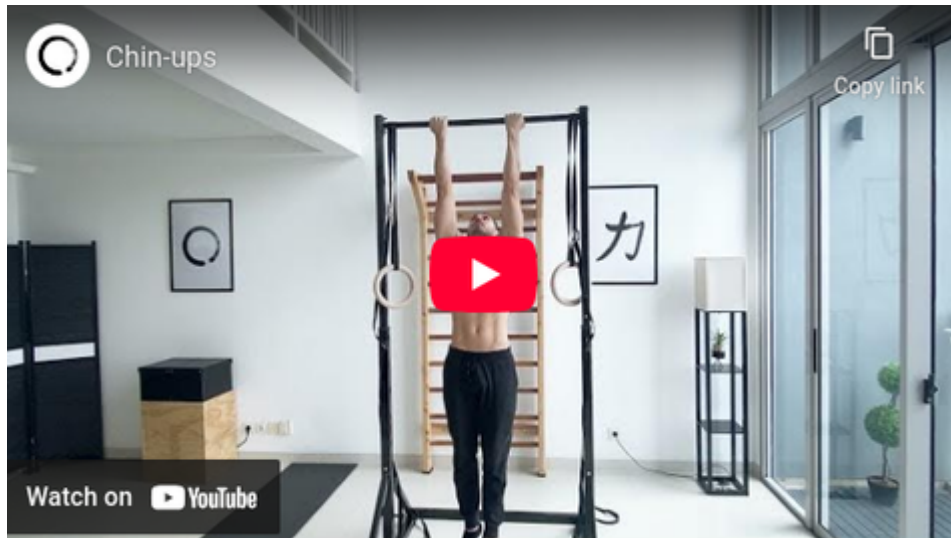
1. Grab the bar with an overhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above the bar
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 8

Chin-ups



1. Grab the bar with an underhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above the bar
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.



EXERCISES

PULL - LEVEL 8

Pull-ups on Rings



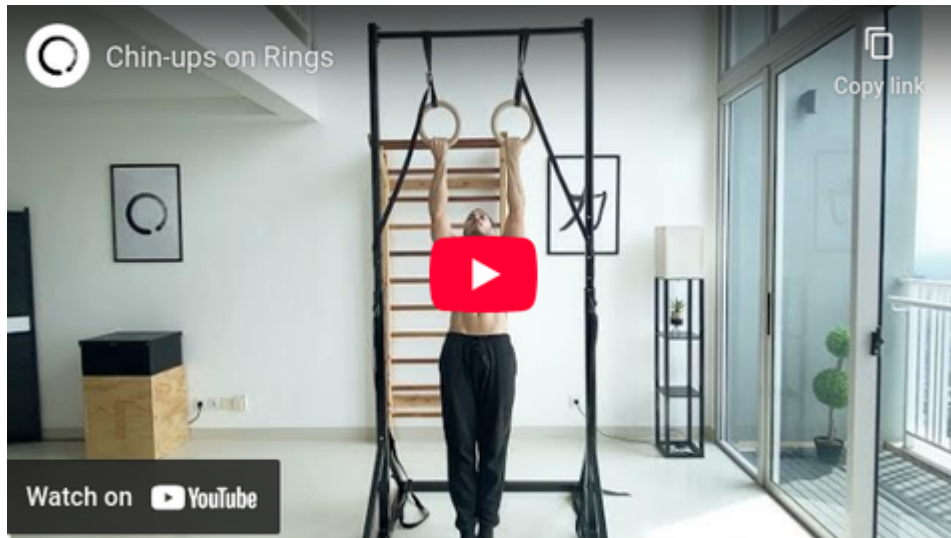
1. Grab the rings with an overhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above hands level
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the rings down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 8

Chin-ups on Rings



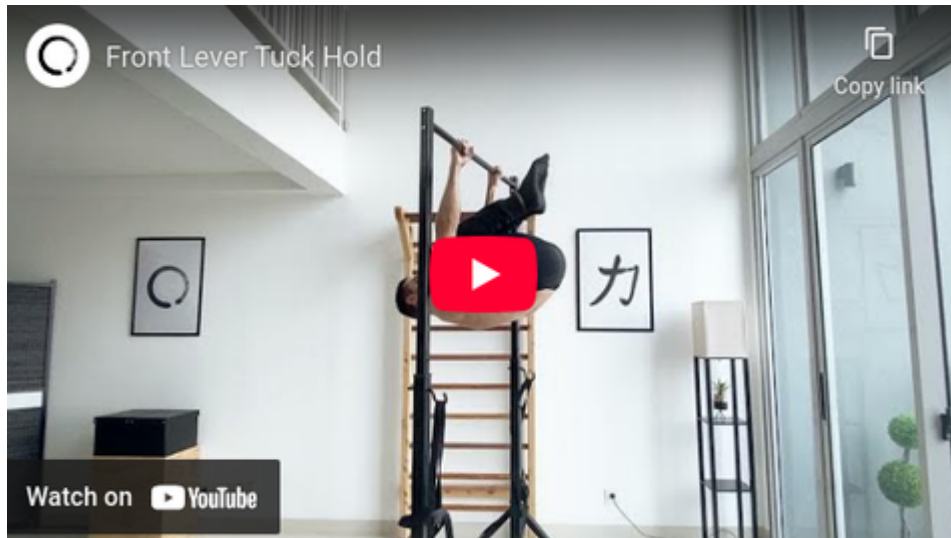
1. Grab the rings with an underhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above hands level
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the rings down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 8

Front Lever Tuck Hold



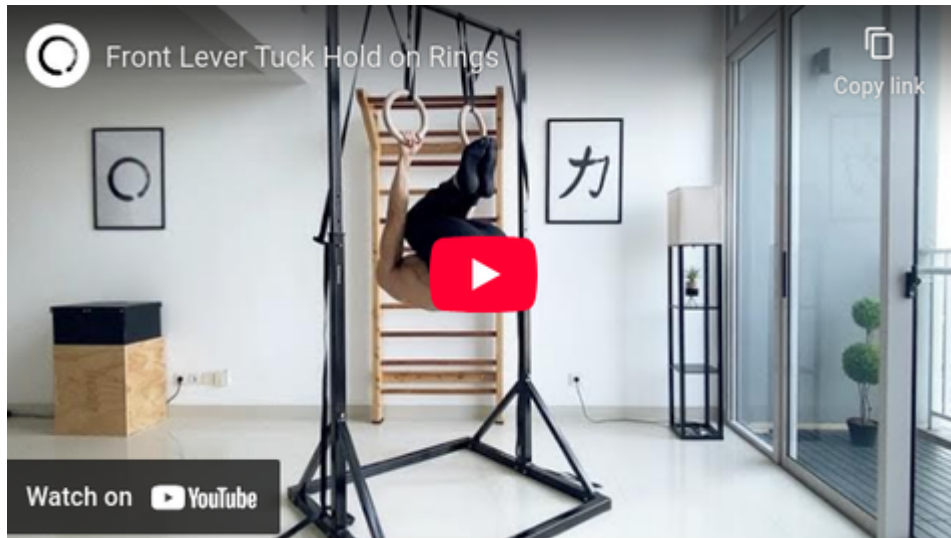
1. Grab the bar with an overhand grip
2. Pull your hips up and bring your knees to your chest
3. Make sure to keep your arms straight and your body horizontal
4. Hold for the desired time

Tips: Wrap your thumbs around the bar to build your grip strength and prepare you for more advanced exercises. You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 8

Front Lever Tuck Hold on Rings



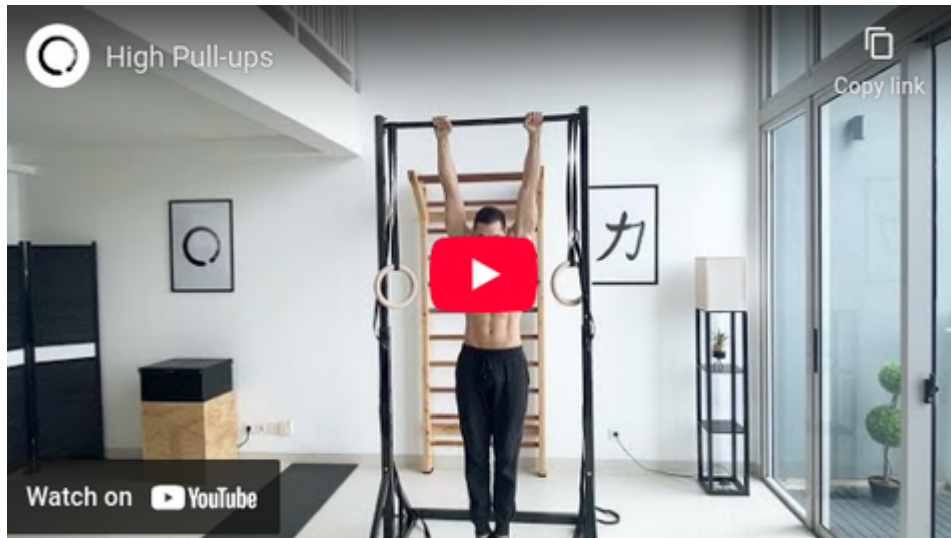
1. Grab the rings with an overhand grip
2. Pull your hips up and bring your knees to your chest
3. Make sure to keep your arms straight and your body horizontal
4. Hold for the desired time

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 9

High Pull-ups



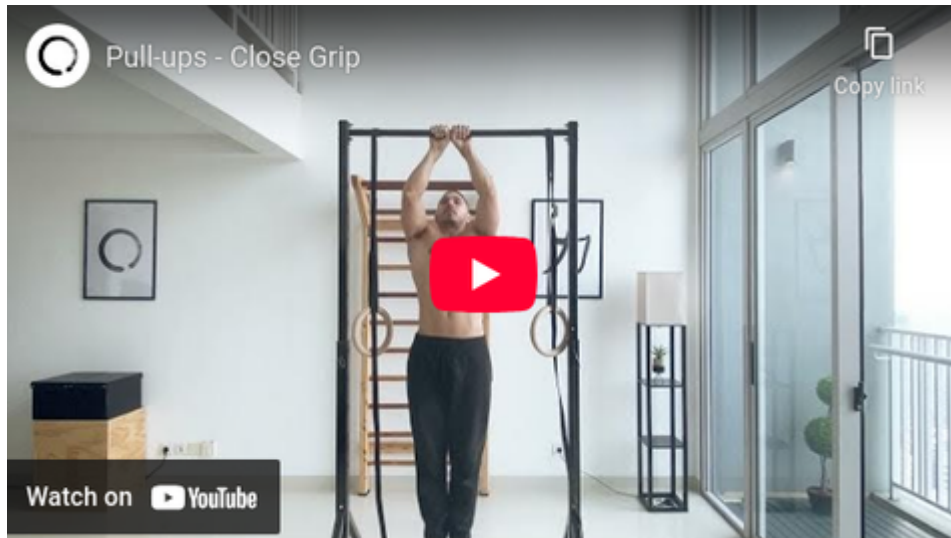
1. Grab the bar with an overhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Slightly lean backward
5. Pull your body up as high as you can
6. Lower down your body until your arms are straight again.

Tips: Leaning backward will make it easier to bring your body as high as possible. Keeping your body fully engaged and contracting all your muscles will give you more strength. Try and pull the bar to the lowest point of your body as you can. With practice you should eventually be able to bring the bar to your navel.

EXERCISES

PULL - LEVEL 9

Pull-ups - Close Grip



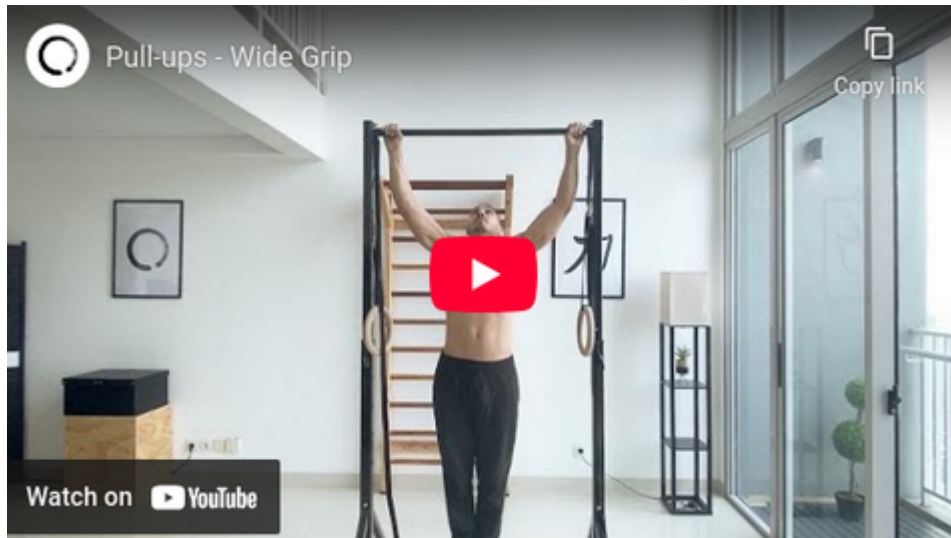
1. Grab the bar with an overhand grip and hands together (close grip)
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above the bar
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 9

Pull-ups - Wide Grip



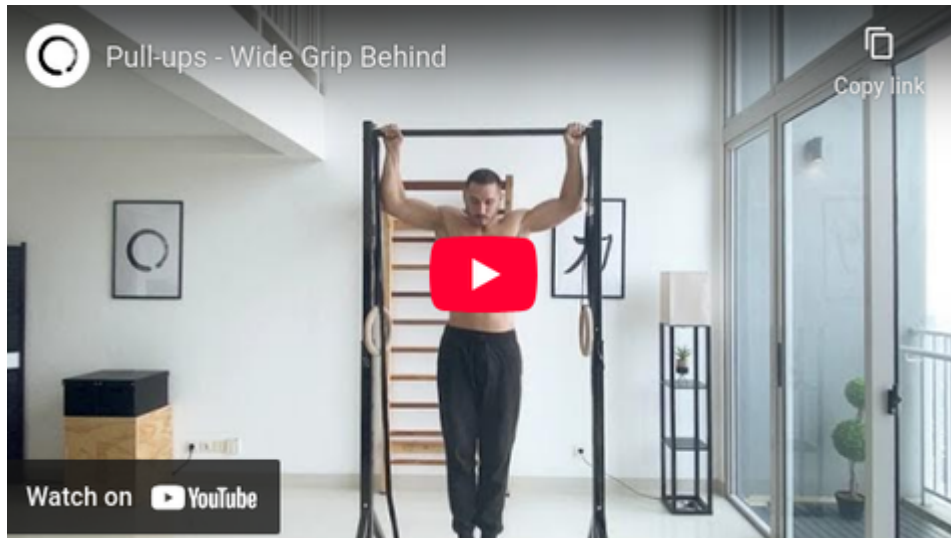
1. Grab the bar with an overhand grip and hands as wide as possible
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above the bar
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 9

Pull-ups - Wide Grip Behind



1. Grab the bar with an overhand grip and hands as wide as possible
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring the back of your neck to the bar
5. Lower down your body until your arms are straight again.

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 10

Archer Pull-ups



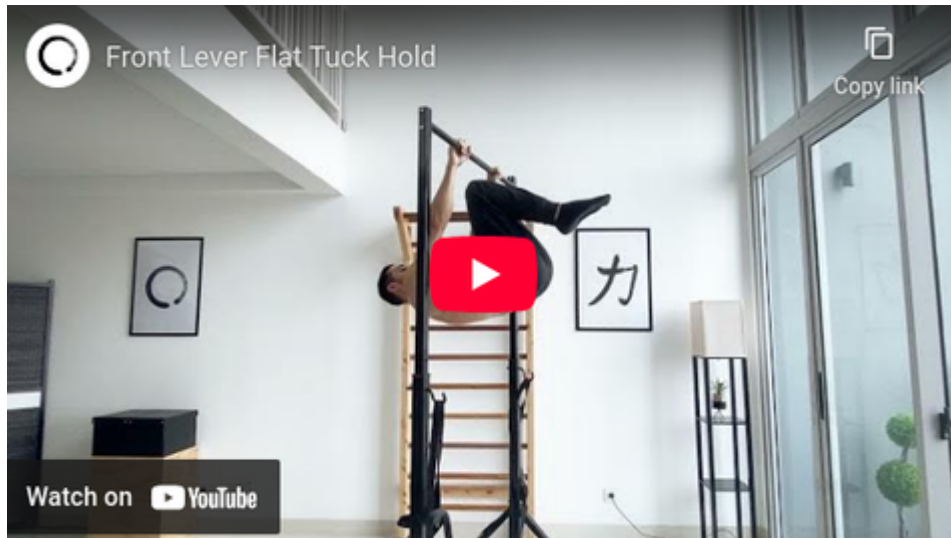
1. Grab the bar with an overhand grip and hands as wide as possible
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above one hand, while extending your other arm as far as possible
5. Lower down your body until your arms are straight again, and repeat on the other side

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 10

Front Lever Flat Tuck Hold



1. Grab the bar with an overhand grip
2. Pull your hips up and bring your knees above your hips
3. Make sure to keep your arms straight, your body horizontal, and your back flat
4. Hold for the desired time

Tips: Wrap your thumbs around the bar to build your grip strength and prepare you for more advanced exercises. You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 10

Front Lever Flat Tuck Hold on Rings



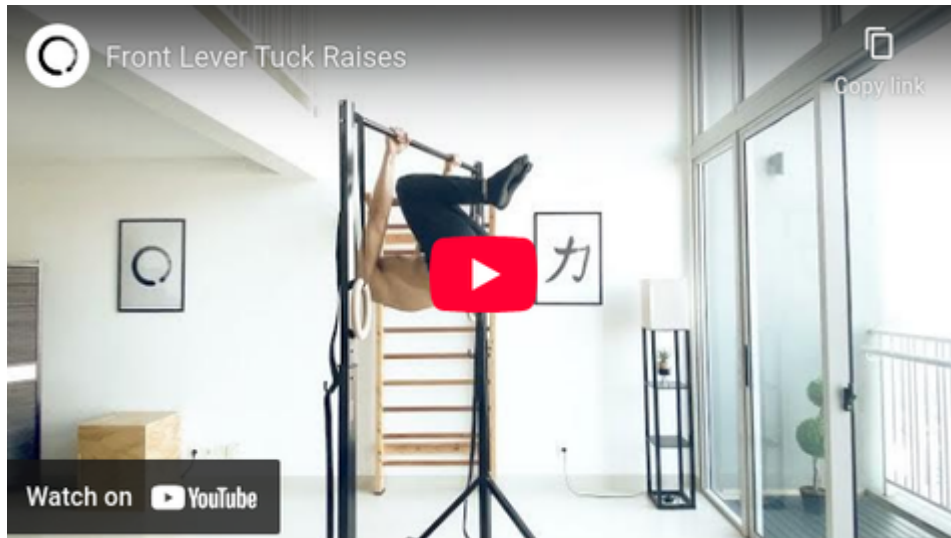
1. Grab the rings with an overhand grip
2. Pull your hips up and bring your knees above your hips
3. Make sure to keep your arms straight, your body horizontal, and your back flat
4. Hold for the desired time

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 10

Front Lever Tuck Raises



1. Grab the bar with an overhand grip
2. Raise your knees first, then your hips until your back is horizontal while keeping your arms straight
3. Lower your body down while keeping your legs bent and arms straight at all times
4. Repeat for the desired number of reps

Tips: Make sure you keep your arms straight and use your shoulder strength to bring your hips up.

EXERCISES

PULL - LEVEL 11

Typewriters



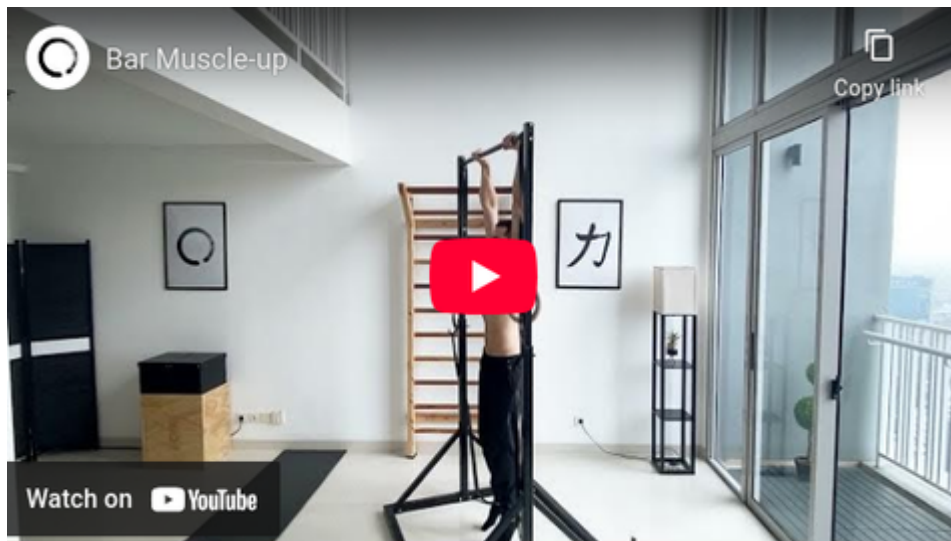
1. Grab the bar with an overhand grip and hands as wide as possible
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body up and bring your chin above one hand, while extending your other arm as far as possible
5. Slide to the other side until your chin is above the other hand and your arm is extended
6. Slide back to the original position and repeat for the desired number of reps

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

EXERCISES

PULL - LEVEL 11

Bar Muscle-up



1. Grab the bar with an overhand grip
2. Contract all the muscles in your body
3. Keep your body straight and strong
4. Pull your body as high as you can, if possible the bar should be brought below the chest
5. Bring your elbows above bar level
6. Perform a straight bar dip
7. Lower your body slowly and repeat

Note: We do not attempt kip muscle-ups in our program (using momentum to get the body above the bar). This is because we want to fully prepare our tendons, ligaments, and muscles in order to make this move as safe as possible. Proper progressions should be followed before attempting this (high pull-ups, tiger push-ups, low straight bar dips and front lever pulls).

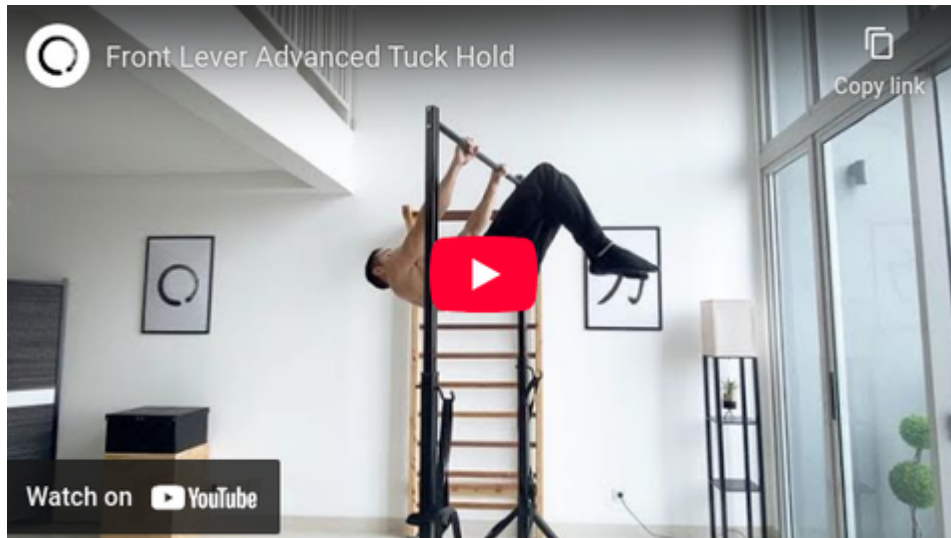
Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Focus on pulling the bar down rather than pulling your body up, this will give you a psychological advantage.

Make sure your elbows are warmed up properly and thoroughly before attempting a muscle-up, regardless of your current level.

EXERCISES

PULL - LEVEL 11

Front Lever Advanced Tuck Hold



1. Grab the bar with an overhand grip
2. Pull your hips up, bend your knees and keep your feet at hips level
3. Make sure to keep your arms straight and your body horizontal
4. Hold for the desired time

Tips: Wrap your thumbs around the bar to build your grip strength and prepare you for more advanced exercises. You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 11

Front Lever Advanced Tuck Hold on Rings



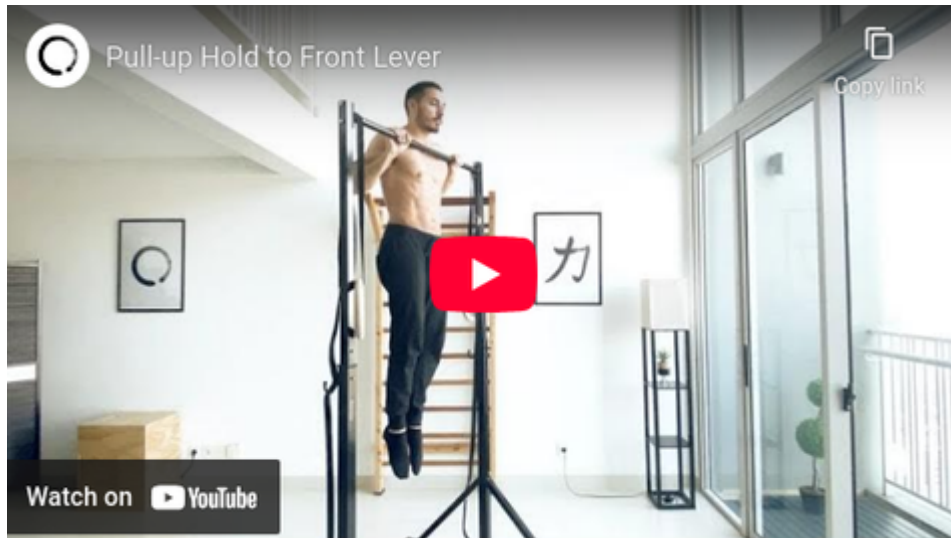
1. Grab the rings with an overhand grip
2. Pull your hips up, bend your knees and keep your feet at hips level
3. Make sure to keep your arms straight and your body horizontal
4. Hold for the desired time

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 11

Pull-up Hold to Front Lever



1. Grab the bar with an overhand grip
2. Pull yourself up until your chin is over the bar
3. Keep your body perfectly straight, extend your arms and to push your shoulders backward and raise your body horizontally
4. Bend your arms and bring your chin above the bar again with your body vertical
5. Repeat

Tips: Keeping your body fully engaged and contracting all your muscles will give you more strength. Make sure your elbows are fully warmed up before performing this exercise.

EXERCISES

PULL - LEVEL 11

Front Lever Straddle Raises



1. Grab the bar with an overhand grip
2. Spread your legs and pull your body up in a horizontal position while keeping your arms straight
3. Lower your body down while keeping arms and body straight at all times
4. Repeat for the desired number of reps

Tips: Make sure you keep your arms straight and use your shoulder strength to bring your hips up.

EXERCISES

PULL - LEVEL 11

Front Lever Straddle - Negative



1. Grab the bar with an overhand grip
2. Pull your body up until you are in an upside down position and spread your legs
3. Make sure to keep your arms straight and your body straight
4. Lower down your body as slowly as possible

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 11

Front Lever - Negative



1. Grab the bar with an overhand grip
2. Pull your body up until you are in an upside down position
3. Make sure to keep your arms straight, feet together and your body straight
4. Lower down your body as slowly as possible

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.



EXERCISES

PULL - LEVEL 11

One-arm Chin-up Hold



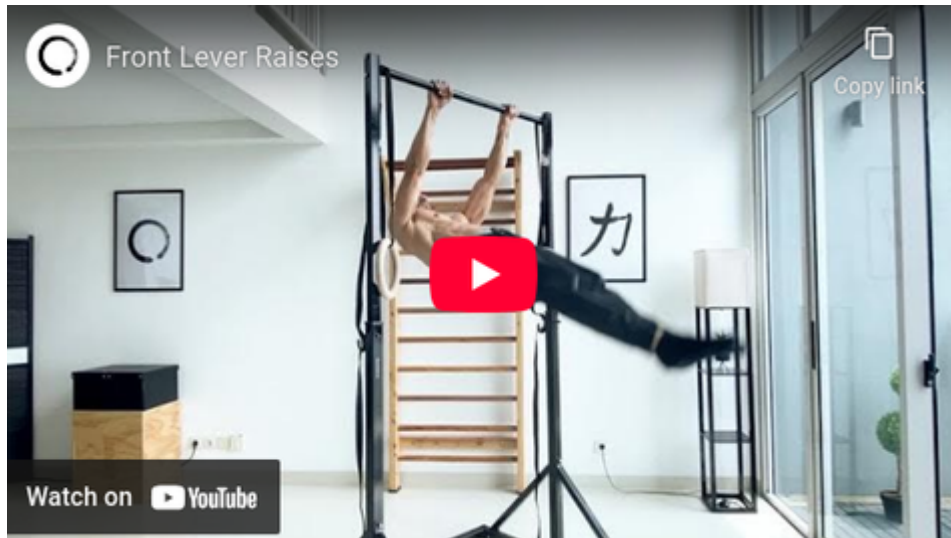
1. Grab the bar with an underhand grip
2. Pull yourself up and bring your chin above the bar
3. Let go of one hand
4. Keep your chin above the bar and hold for the desired time

Tips: Keep your core engaged and focus on squeezing the bar.

EXERCISES

PULL - LEVEL 12

Front Lever Raises



1. Grab the bar with an overhand grip
2. Keep your feet together and pull your body up in a horizontal position while keeping your arms straight
3. Lower your body down while keeping arms and body straight at all times
4. Repeat for the desired number of reps

Tips: Make sure you keep your arms straight and use your shoulder strength to bring your hips up.

EXERCISES

PULL - LEVEL 12

Muscle-up on Rings



1. Grab the rings with a false grip (your wrists are bent and rest on the inside of the rings)
2. Keep your core strong and your body in a hollow position (see Hollow Body Hold)
3. Pull yourself up until your hands reach your shoulders
4. Rotate your hands outside to let your shoulders move forward and your elbows will naturally come over the rings level
5. Push yourself up as you would normally do a rings dip
6. Your hands and the inside of your elbows should be facing forward when you are at the top
7. Lower yourself down slowly and let your hands rotate again as you move from the dip position to the negative phase of the pull-up

Tips: Make sure you go through all the previous progressions before attempting this exercise (see "Muscle-up on Rings" tutorial). You will also find more information about the false grip and the hollow body position in the "Learn" section of the app.



EXERCISES

PULL - LEVEL 12

High Pull-ups - Ankle Weights



1. Wrap weights around your ankles
2. Grab the bar with an overhand grip
3. Contract all the muscles in your body
4. Keep your body straight and strong
5. Slightly lean backward
6. Pull your body up as high as you can
7. Lower down your body until your arms are straight again.

Tips: We use 4kg ankle weights on this video, but you are advised to start with 0.5kg on each ankle and add weight if necessary.

Leaning backward will make it easier to bring your body as high as possible. Keeping your body fully engaged and contracting all your muscles will give you more strength. Try and pull the bar to the lowest point of your body as you can. With practice you should eventually be able to bring the bar to your navel.



EXERCISES

PULL - LEVEL 12

Front Lever Advanced Tuck Hold - Ankle Weights



1. Wrap weights around your ankles
2. Grab the bar with an overhand grip
3. Pull your hips up, bend your knees and keep your feet at hips level
4. Make sure to keep your arms straight and your body horizontal
5. Hold for the desired time

Tips: We use 4kg ankle weights on this video, but you are advised to start with 0.5kg on each ankle and add weight if necessary.

Wrap your thumbs around the bar to build your grip strength and prepare you for more advanced exercises. You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PULL - LEVEL 13

Front Lever Straddle Hold



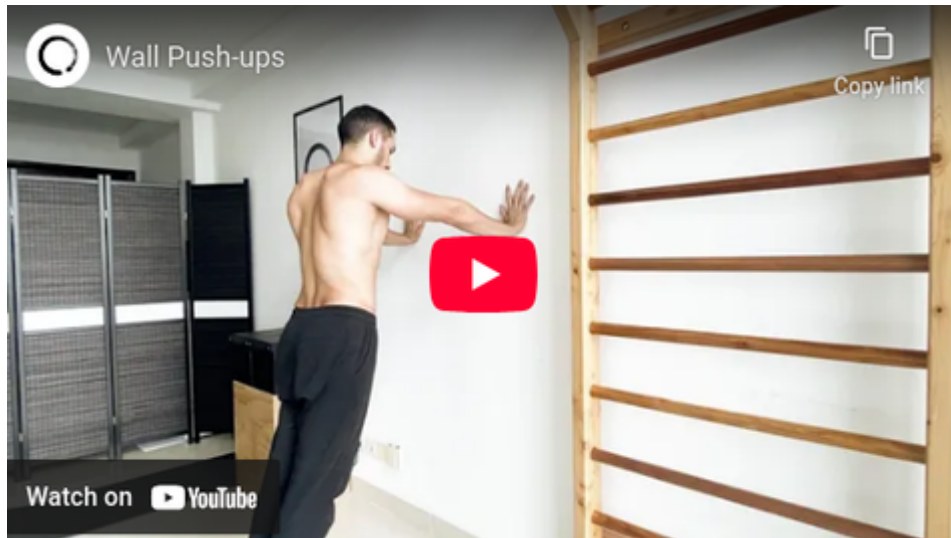
1. Grab the bar with an overhand grip
2. Spread your legs and pull your hips up
3. Make sure to keep your arms straight and your body horizontal
4. Hold for the desired time

Tips: You should strive to keep your hands above your hips as this is your center of gravity and that will make the exercise easier to perform.

EXERCISES

PUSH - LEVEL 1

Wall Push-ups



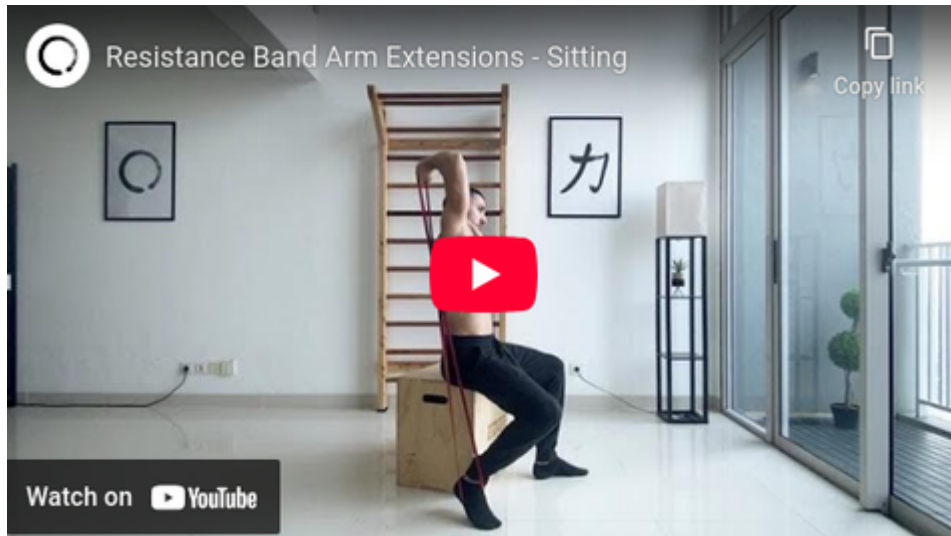
1. Stand in front of a wall and place your hands at shoulders width and chest height
2. Arms are straight and the body is leaning forward
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your face reaches the wall
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 1

Resistance Band Arm Extensions - Sitting



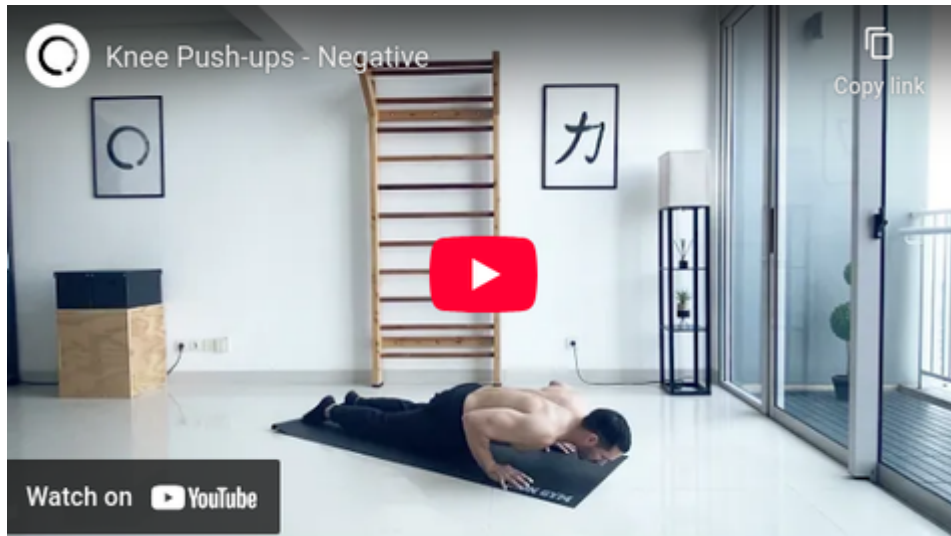
1. Sit on a box
2. Secure a band under your foot and position your foot as close to your hip as possible
3. Grab the other end of the band, bend your arm and bring your elbow up over your shoulder
4. Place a hand on your shoulder to make sure your body doesn't move
5. Extend your arm to bring your hand as high as you can above your head
6. Bring your hand back to the original position without moving any other part of your body

Tips: Make sure to keep your elbow stable and above your shoulder at all times.

EXERCISES

PUSH - LEVEL 1

Knee Push-ups - Negative



1. Place your hands on the floor slightly wider than shoulders width
2. Keep your knees on the floor
3. Arms are straight and hands are right below the shoulders
4. Make sure your body is straight and strong
5. Protract the shoulders (shoulders pulled forward)
6. Bend your arms and go down as slowly as possible until your chest reaches the floor
7. Make sure your shoulders, hips and knees stay aligned at all times
8. Come back to the original position as comfortably as you want, using your knees and with minimum effort

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 1

Resistance Band Push-Forwards



1. Wrap a band around a bar or a hook at chest height
2. Turn around and grab each end of the band
3. Start with your hands next to your chest and push forward while making sure your body remains still
4. Return to the original position

Tips: Start with a very light resistance band and work your way up to higher resistances if necessary. Contracting your core will give you more stability and will make this exercise more effective.

EXERCISES

PUSH - LEVEL 2

Knee Push-ups



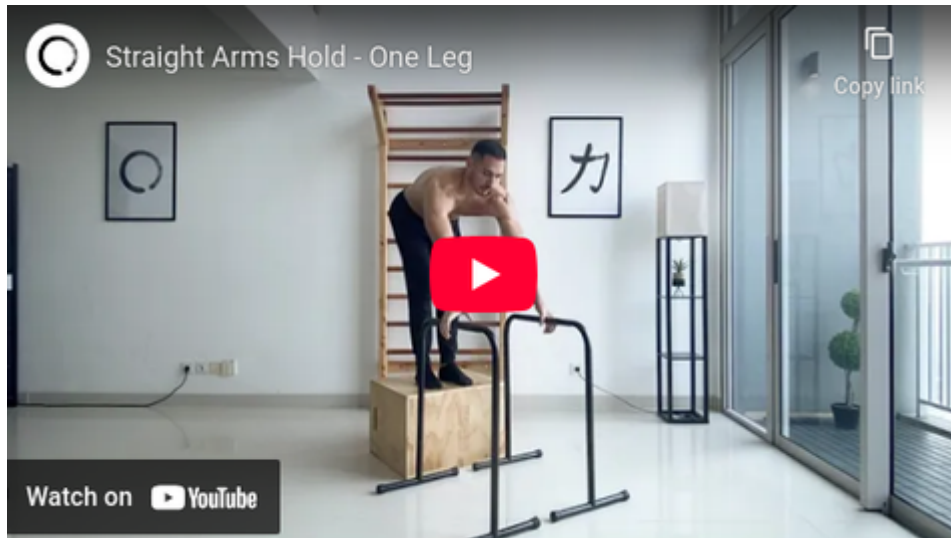
1. Place your hands on the floor slightly wider than shoulders width
2. Keep your knees on the floor
3. Arms are straight and hands are right below the shoulders
4. Make sure your body is straight and strong
5. Protract the shoulders (shoulders pulled forward)
6. Bend your arms until your chest reaches the floor
7. Push yourself back up to the original position
8. Make sure your shoulders, hips and knees stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 2

Straight Arms Hold - One Leg



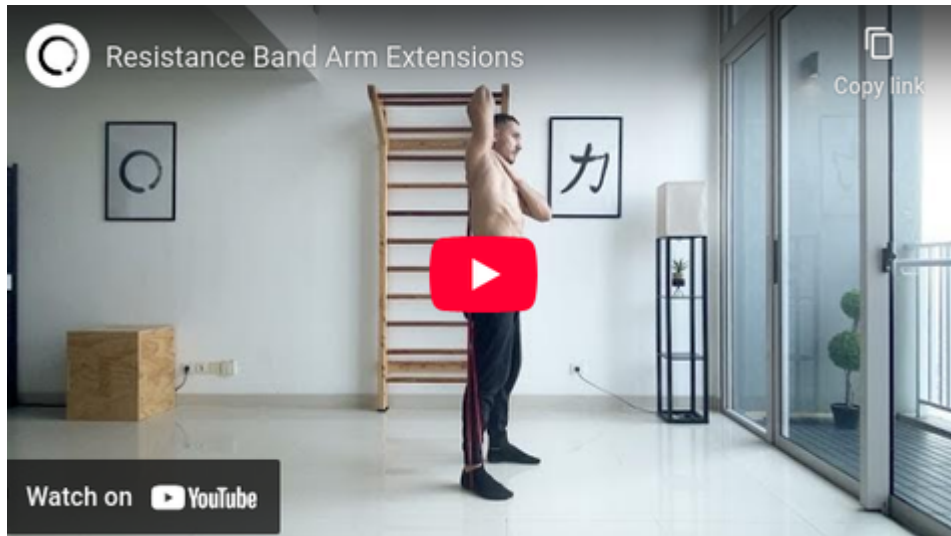
1. Step on a box and place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take one foot off the box
4. Keep your arms straight
5. Hold for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 2

Resistance Band Arm Extensions



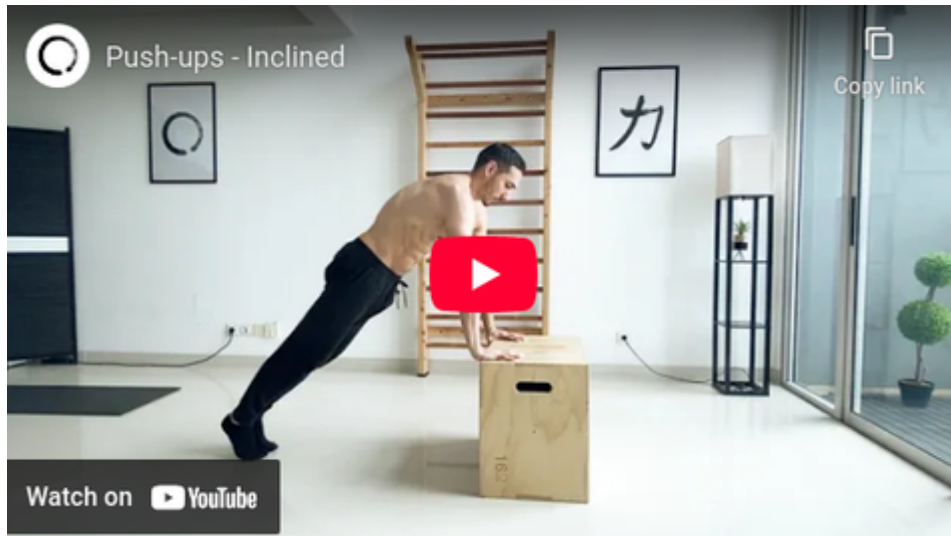
1. Stand up and secure a band under your foot
2. Grab the other end of the band, bend your arm and bring your elbow up over your shoulder
3. Place a hand on your shoulder to make sure your body doesn't move
4. Extend your arm to bring your hand as high as you can above your head
5. Bring your hand back to the original position without moving any other part of your body

Tips: Make sure to keep you elbow stable and above your shoulder at all times.

EXERCISES

PUSH - LEVEL 2

Push-ups - Inclined



1. Place your hands on an elevated surface slightly wider than shoulders width
2. Arms are straight and hands are slightly ahead of the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest reaches the surface
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 2

90° Plank on Knees



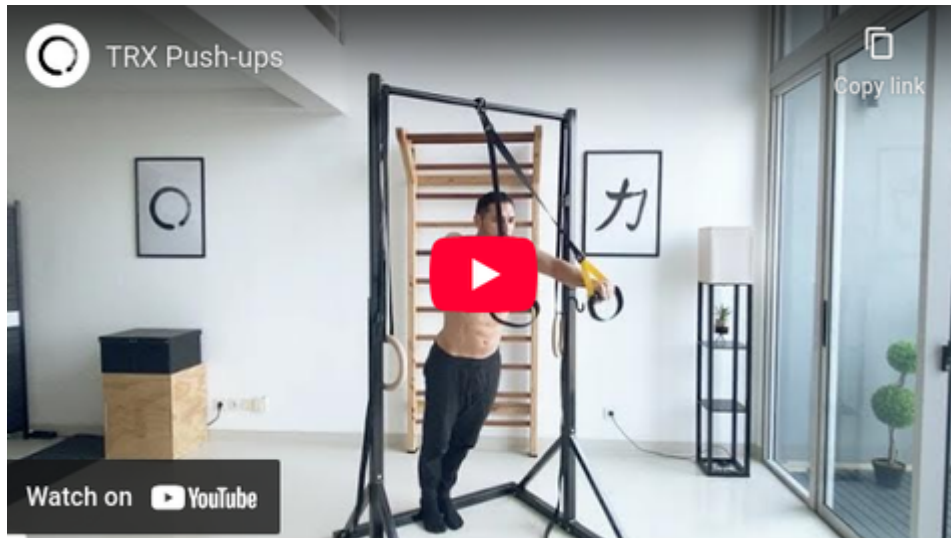
1. Place your hands on the floor slightly wider than shoulders width
2. Keep your knees on the floor
3. Arms are straight and hands are right below the shoulders
4. Make sure your body is straight and strong
5. Bend your arms until they form a 90° angle
6. Hold this position for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Make sure your shoulders, hips and knees stay aligned at all times

EXERCISES

PUSH - LEVEL 3

TRX Push-ups



1. Grab your handles with an overhand grip
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest reaches your hands
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 3

Push-ups - Negative



1. Place your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest reaches the floor
6. Make sure your shoulders, hips and feet stay aligned at all times
7. Come back to the original position as comfortably as you want, using your knees and with minimum effort

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 3

Resistance Band Triceps Push Down



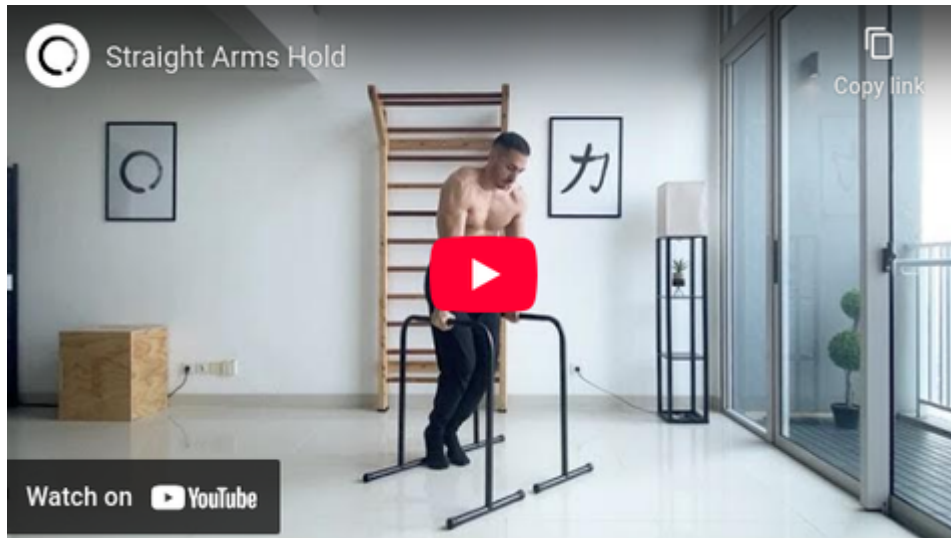
1. Place a resistance band above a bar or hook with both ends hanging down
2. Grab each end of the band
3. Keep your elbows close to your body
4. Pull the band down by extending your arms and making sure your elbows don't move
5. Return to the original position

Tips: Remember to keep your elbows close to your body, only your hands should move as you extend your arms. Contract your triceps as hard as you can and fully straighten your arms for best results.

EXERCISES

PUSH - LEVEL 3

Straight Arms Hold



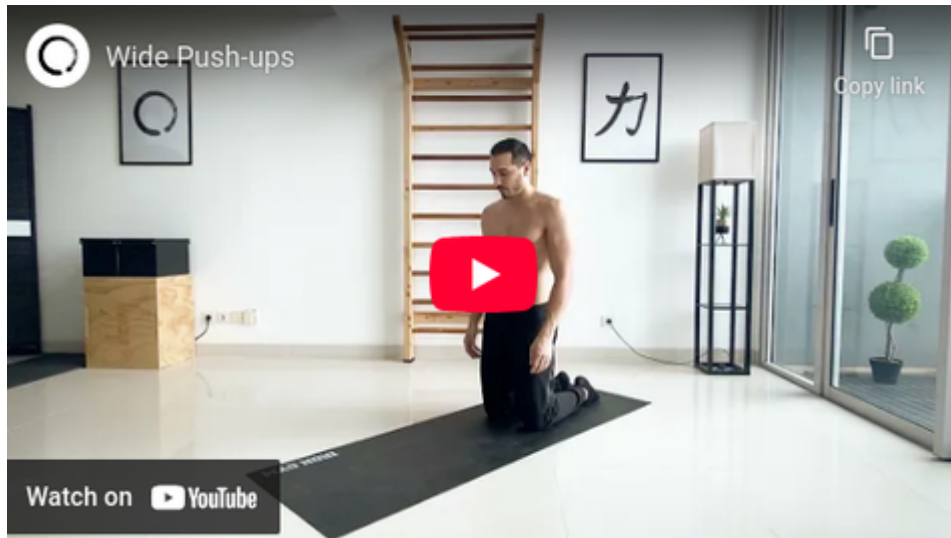
1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take your feet off the floor
4. Keep your arms straight
5. Hold for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 4

Wide Push-ups



1. Place your hands wide apart on the floor
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms and lower down your chest as low as possible
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 4

Dips on Box



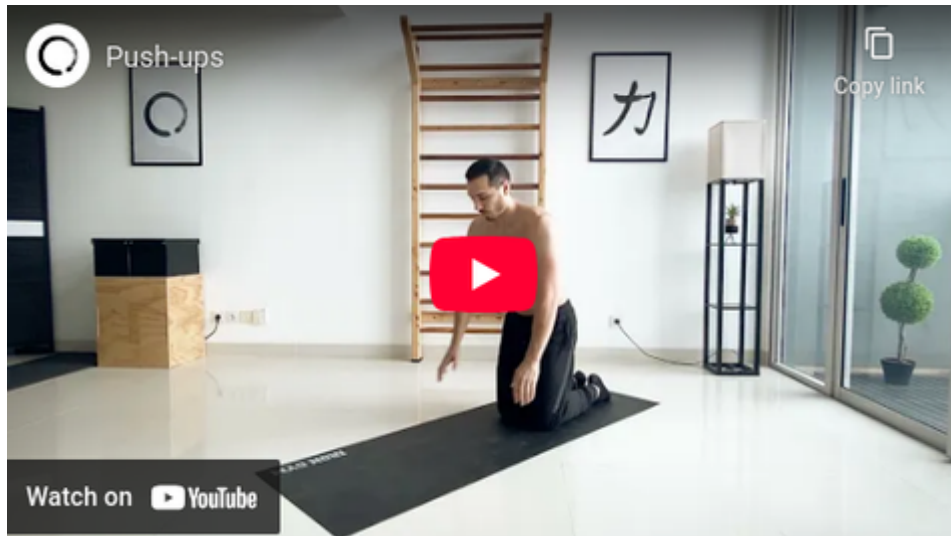
1. Sit on a box and place your hands at the edge of it, next to your hips
2. Extend your legs in front of you, keep them straight and bring your body in front of the box
3. Retract and depress the shoulders (shoulders pulled back and down)
4. Lower your body by bending your arms until they form a 90° angle or lower
5. Push yourself back up to the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 4

Push-ups



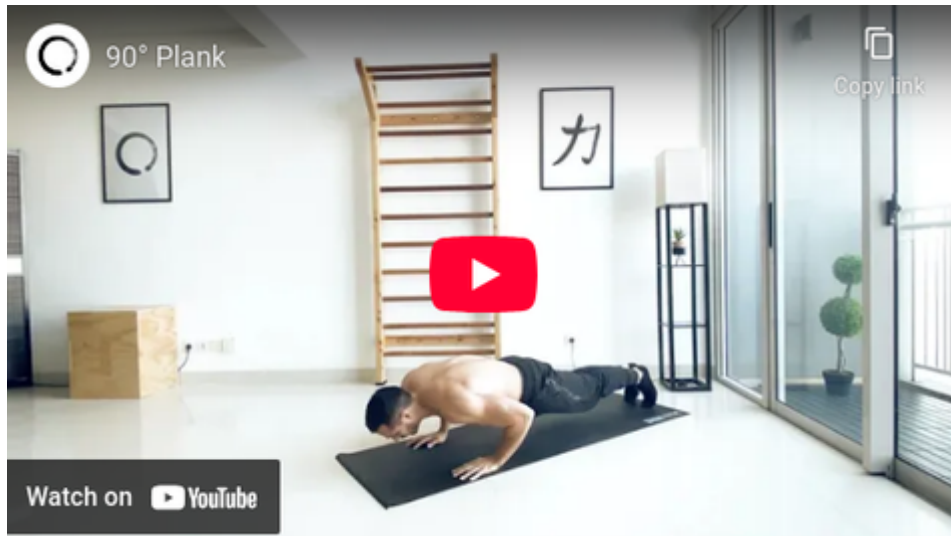
1. Place your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest reaches the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 4

90° Plank



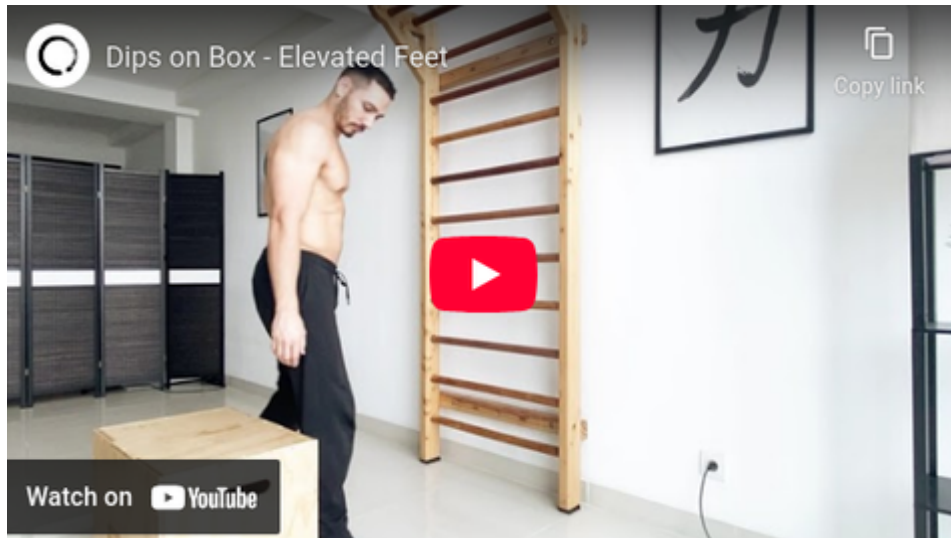
1. Place your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Bend your arms until they form a 90° angle
5. Hold this position for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Make sure your shoulders, hips and feet stay aligned at all times

EXERCISES

PUSH - LEVEL 5

Dips on Box - Elevated Feet



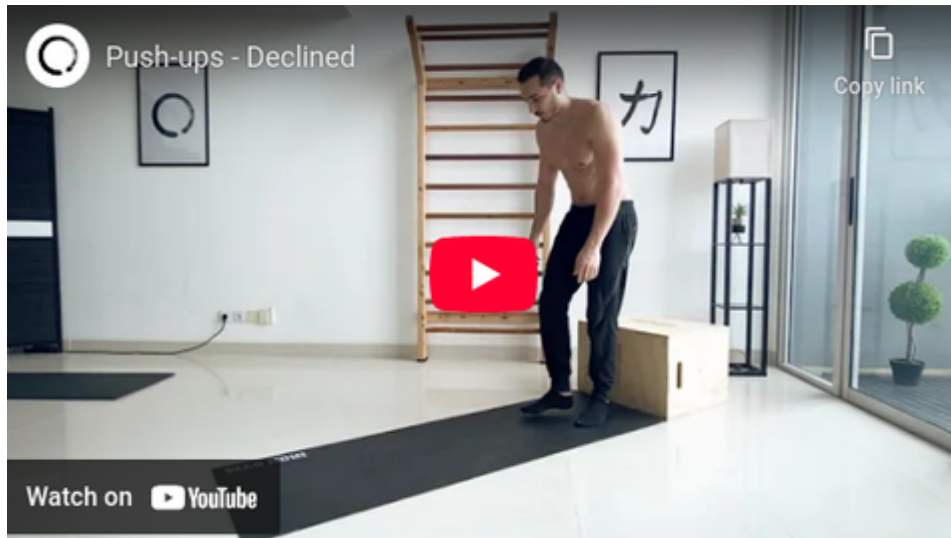
1. Sit on a box and place your hands at the edge of it, next to your hips
2. Extend your legs and put your feet on an elevated surface in front of you, keep them straight and bring your body in front of the box
3. Retract and depress the shoulders (shoulders pulled back and down)
4. Lower your body by bending your arms until they form a 90° angle or lower
5. Push yourself back up to the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 5

Push-ups - Declined



1. Place your feet on an elevated surface and your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest reaches the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 5

Pike Hold



1. Stand on your feet and put your hands on the floor in front of you
2. Straighten the legs to bring your hips as high as possible
3. Elevate and protract the shoulders (shoulders are pulled towards the ears and forward)
4. Push down on the floor as much as you can as if you were trying to lift your hips
5. Hold this position for the desired time

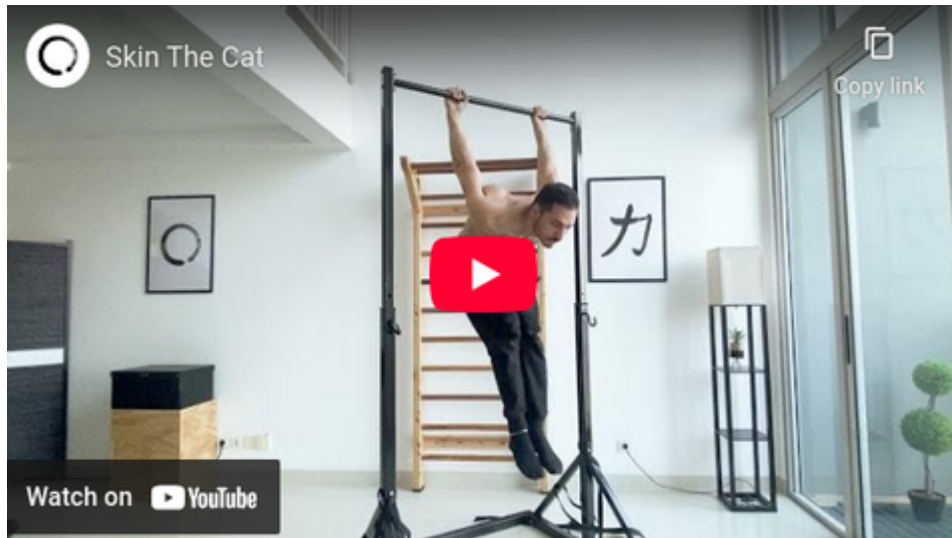
Tips: Bringing your feet closer to your hands will increase the difficulty, while putting them further away from the hands will make it easier. Contracting all your muscles will give you more strength and train your core more efficiently.



EXERCISES

PUSH - LEVEL 5

Skin The Cat



1. Grab the bar with an overhand grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until your feet are pointing to the floor and your arms are fully extended behind you
5. Return to the original position

Tips: It is mandatory to be able to hold an active hang for at least 30 seconds before trying this. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

PUSH - LEVEL 5

Dips - Negative



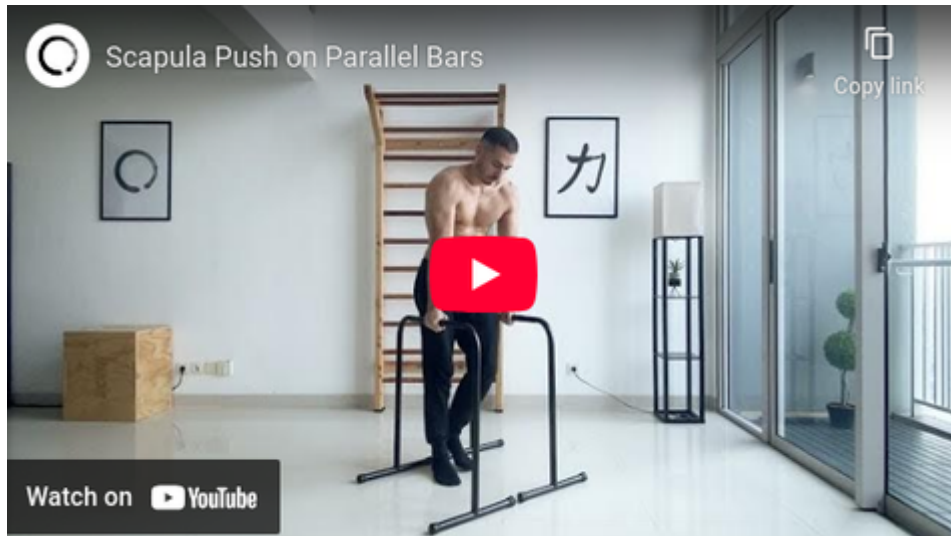
1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take your feet off the floor
4. Lower your body by bending your arms until your knees or feet touch the floor
5. Come back to the original position as comfortably as you feel, using your feet and with minimal effort

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 5

Scapula Push on Parallel Bars



1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Keep your arms straight and take your feet off the floor
4. Let your body sink down while keeping your arms perfectly straight, this will naturally elevate your shoulders
5. Depress (pull down) your shoulders again to bring your body back up

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 5

Triceps Push-ups



1. Place your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms while keeping your elbows close to your body until your chest reaches the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 6

Straight Arms Hold on Rings



1. Start on an elevated surface or bring the rings down to hands level
2. Grab the rings firmly and hold yourself over the rings with straight arms
3. Rotate your hands so that the inside of your elbows face forward
4. Protract and depress the shoulders (shoulders pulled forward and down)
5. Make sure your arms stay perfectly straight with elbows locked out
6. Hold for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Keeping the hands close to your body will give you more stability in the beginning.



EXERCISES

PUSH - LEVEL 6

90° Plank on Rings



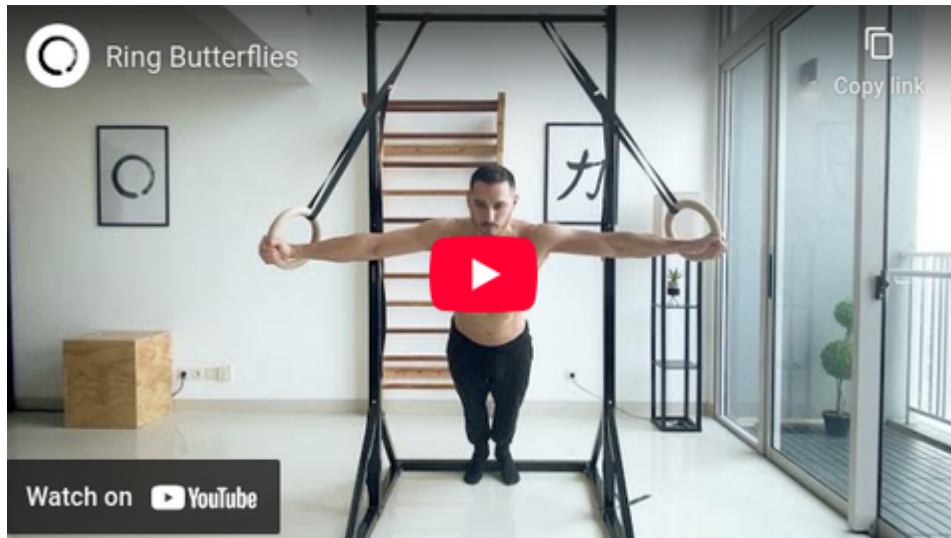
1. Place the rings at the same height as a box (or just above the floor if you don't have a box)
2. Grab the rings firmly
3. Bend your arms until they form a 90° angle
4. Place your feet on the box and straighten your body
5. Make sure your body is perfectly straight and strong and that your arms keep a 90° angle
6. Hold this position for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Make sure your shoulders, hips and feet stay aligned at all times

EXERCISES

PUSH - LEVEL 6

Butterflies on Rings



1. Stand with low rings in front of you
2. Grab the rings and keep your arms straight and in front of you
3. Lean forward
4. Slowly pull your hands apart laterally while keeping your arms perfectly straight and let your body lean forward until your arms are completely wide open
5. Pull your hands back in front of you while still keeping your arms perfectly straight to get back in the original position

Tips: Adjusting the rings higher will make the exercise easier, while adjusting them lower will make the exercise harder.

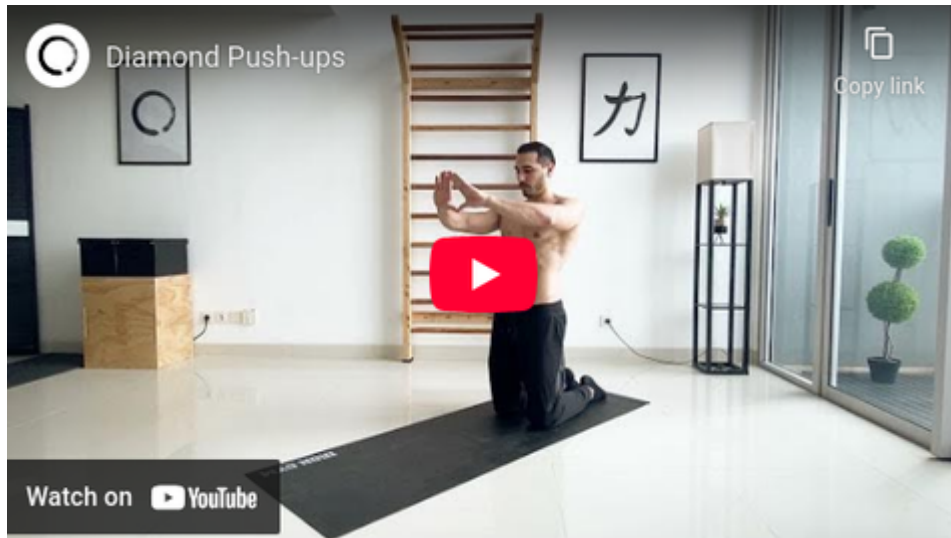
Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 6

Diamond Push-ups



1. Form a triangle or diamond shape with your hands and place them on the floor below your chest
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until your chest touches your hands
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

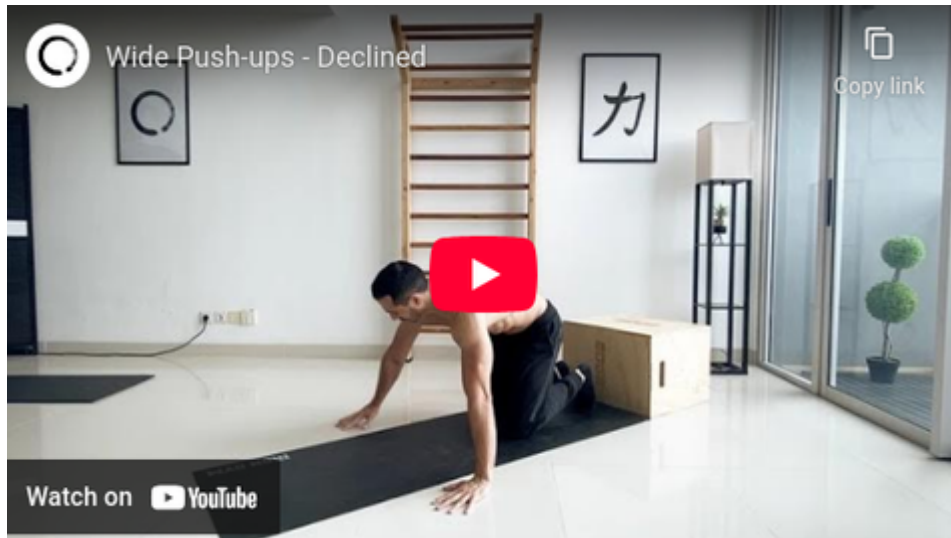
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 6

Wide Push-ups - Declined



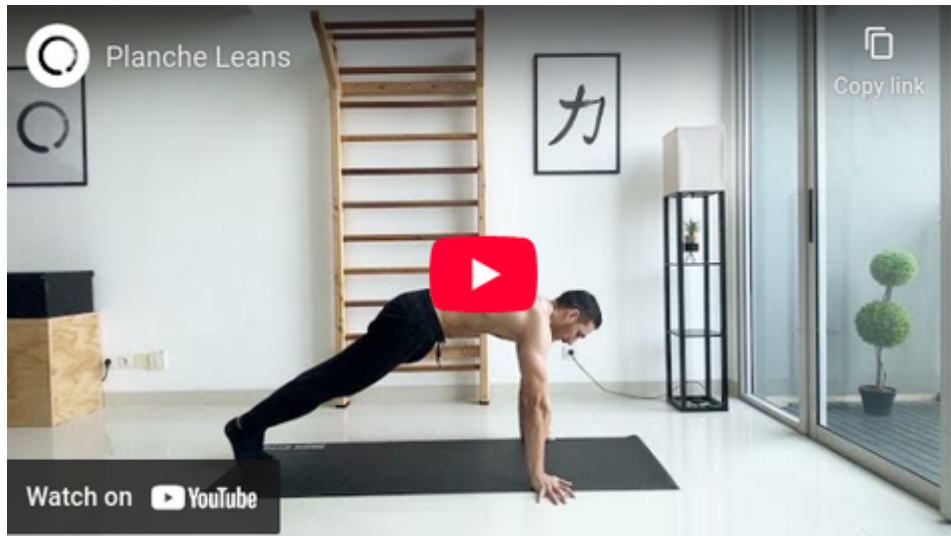
1. Place your hands wide apart on the floor and your feet on an elevated surface
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms and lower down your chest as low as possible
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 6

Planche Leans



1. Place your hands at shoulder width and bring your shoulders above your hands
2. Keep your body straight and strong
3. Protract the shoulders (shoulders are pulled in front of the chest, in this case towards the floor)
4. Gradually lean forward as far as you can possibly hold
5. Hold for the desired time

Tips: Make sure your shoulders, hips and feet are aligned during the hold. Contract all the muscles in your body to give you strength and train your core.

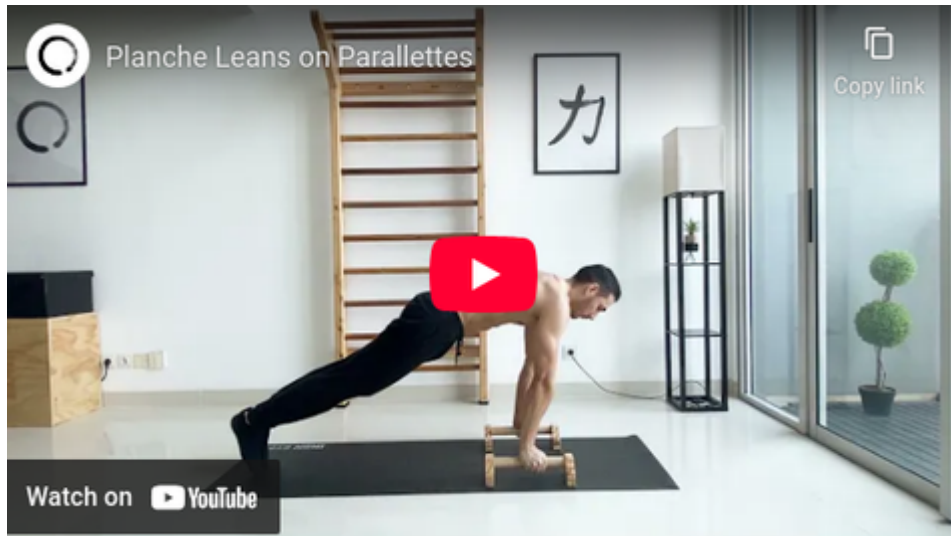
Try turning your fingers outside as this might help you lean further forward.



EXERCISES

PUSH - LEVEL 6

Planche Leans on Parallettes



1. Place the parallettes at shoulder width
2. Grab the parallettes and bring your shoulders above your hands
3. Keep your body straight and strong
4. Protract the shoulders (shoulders are pulled in front of the chest, in this case towards the floor)
5. Gradually lean forward as far as you can possibly hold
6. Hold for the desired time

Tips: Make sure your shoulders, hips and feet are aligned during the hold. Contract all the muscles in your body to give you strength and train your core.



EXERCISES

PUSH - LEVEL 7

Diamond Push-ups - Declined



1. Place your feet on an elevated surface
2. Form a triangle or diamond shape with your hands and place them on the floor below your chest
3. Arms are straight
4. Make sure your body is straight and strong
5. Protract the shoulders (shoulders pulled forward)
6. Bend your arms until your chest touches your hands
7. Push yourself back up to the original position
8. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 7

Archer Push-ups



1. Place your hands on the floor with arms fully extended on each side
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend one arm while keeping the other arm perfectly straight and fully extended until your chest reaches the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times
8. Alternate sides at each rep

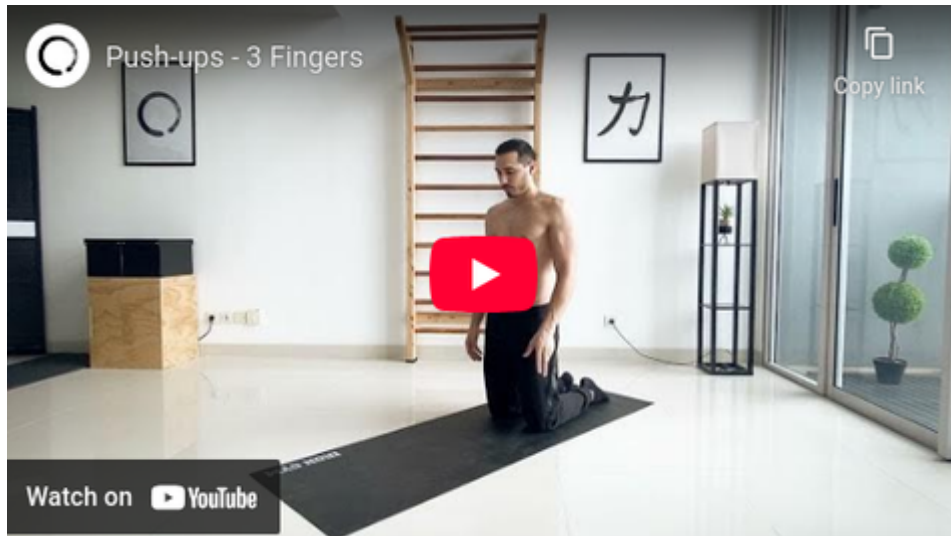
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 7

Push-ups 3 Fingers



1. Place your hands on the floor
2. Arms are straight
3. One hand is below the shoulder, the other hand should be placed further to the side, using only 3 fingers
4. Make sure your body is straight and strong
5. Protract the shoulders (shoulders pulled forward)
6. Bend your arms until your chest reaches the floor
7. Push yourself back up to the original position
8. Make sure your shoulders, hips and feet stay aligned at all times

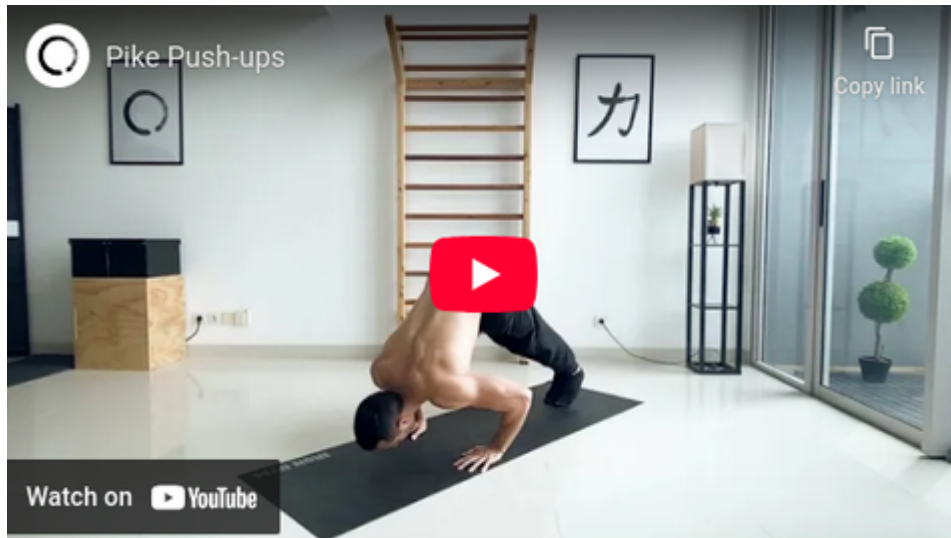
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 7

Pike Push-ups



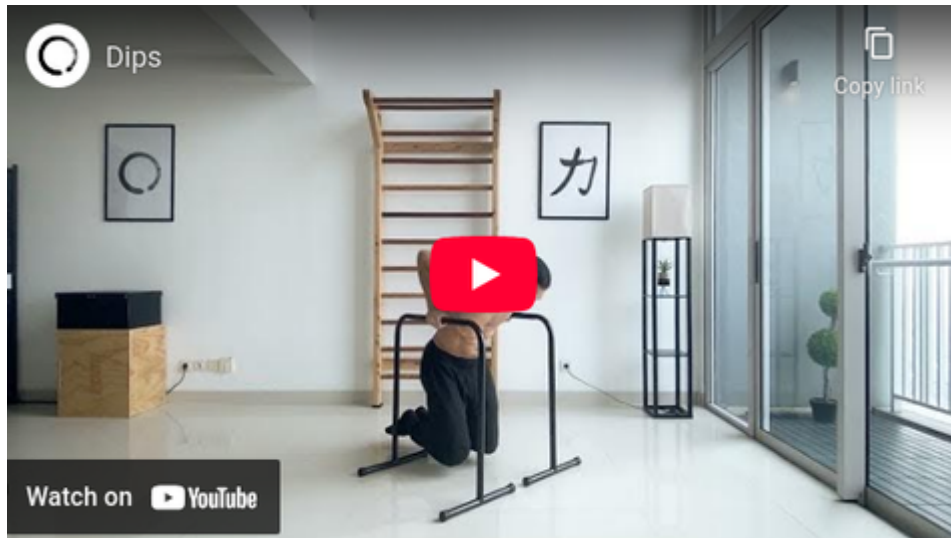
1. Stand on your feet and put your hands on the floor in front of you
2. Straighten the legs to bring your hips as high as possible
3. Elevate and protract the shoulders (shoulders are pulled towards the ears and forward)
4. Bend your arms until your face reaches the floor in front of your hands
5. Push yourself back to the original position

Tips: Bringing your feet closer to your hands will increase the difficulty, while putting them further away from the hands will make it easier. Contracting all your muscles will give you more strength and train your core more efficiently.

EXERCISES

PUSH - LEVEL 7

Dips



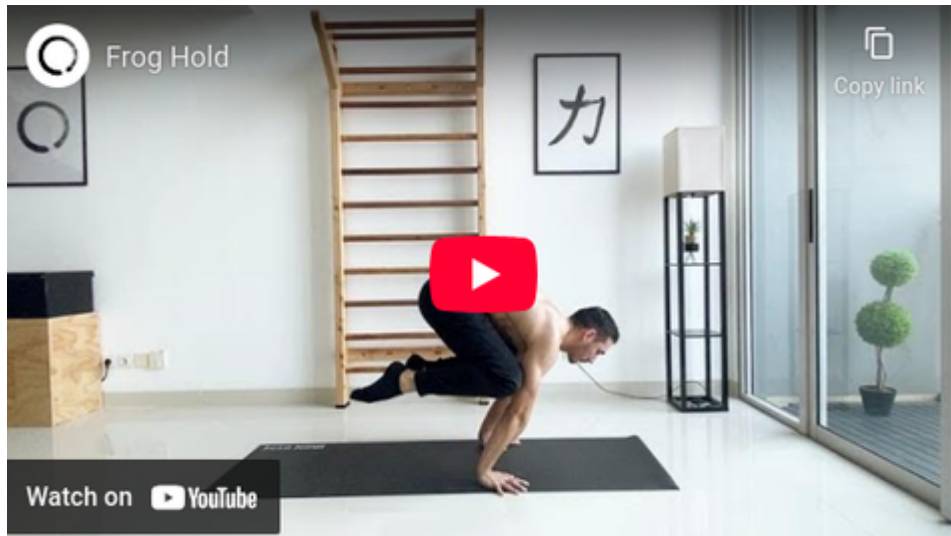
1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take your feet off the floor
4. Lower your body by bending your arms until they form a 90° angle or lower
5. Push yourself back up to the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 7

Frog Hold



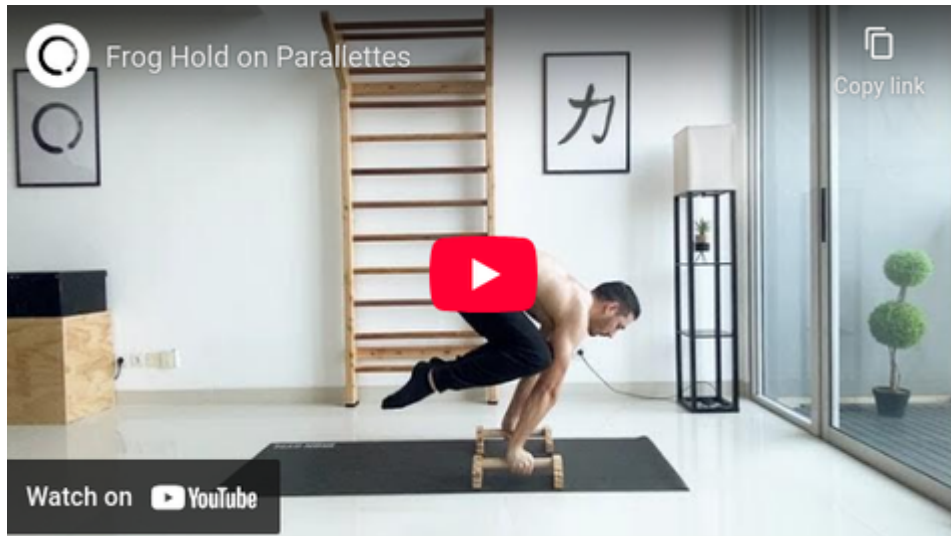
1. Place your hands on the floor at shoulders width
2. Rest each knee on your triceps where it feels more comfortable
3. Lean forward and lift your feet one after another
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

Tips: This position is actually much easier than it looks and requires more balance than strength. However you should make sure you can hold a pike hold comfortably for at least 20 seconds before attempting it.

EXERCISES

PUSH - LEVEL 7

Frog Hold on Parallettes



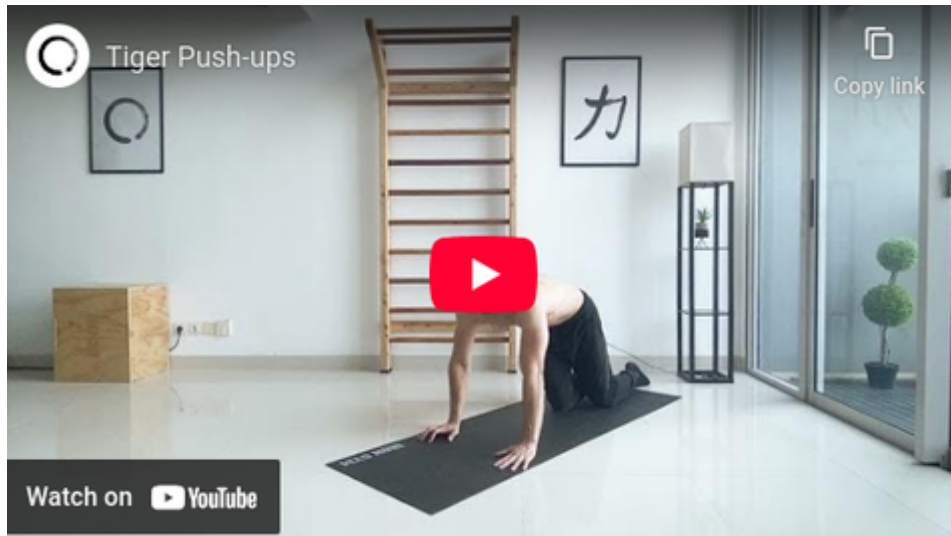
1. Place the parallettes at shoulders width and hold them firmly
2. Rest each knee on your triceps where it feels more comfortable
3. Lean forward and lift your feet one after another
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

Tips: This position is actually much easier than it looks and requires more balance than strength. However you should make sure you can hold a pike hold comfortably for at least 20 seconds before attempting it.

EXERCISES

PUSH - LEVEL 7

Tiger Push-ups



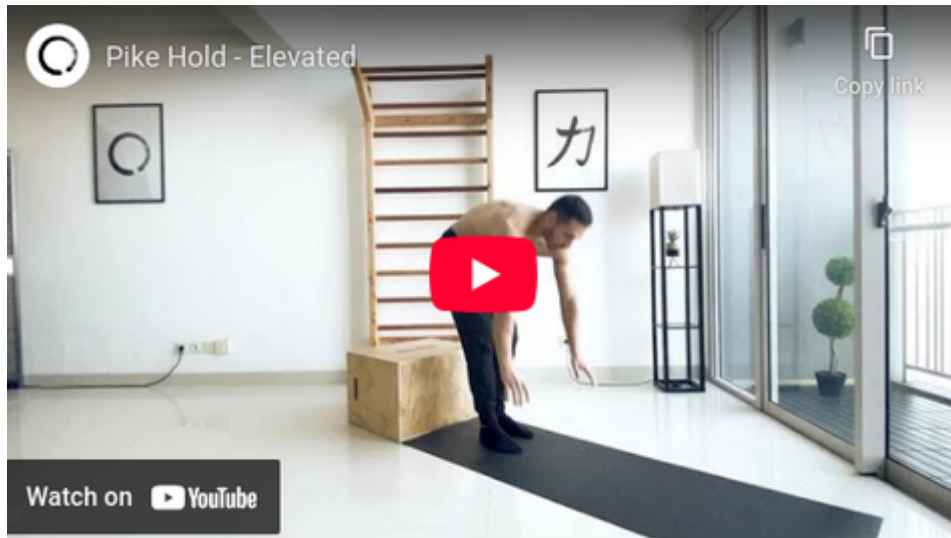
1. Place your hands on the floor slightly wider than shoulders width
2. Arms are straight and hands are right below the shoulders
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend your arms until you can fully rest your elbows and forearms on the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 7

Pike Hold - Elevated



1. Put your hands on the floor in front of you and place your feet on a box
2. Straighten the legs to bring your hips as high as possible
3. Elevate and protract the shoulders (shoulders are pulled towards the ears and forward)
4. Push down on the floor as much as you can as if you were trying to lift your hips
5. Hold this position for the desired time

Tips: Bringing your hands closer to the box will increase the difficulty, while putting them further away will make it easier. Contracting all your muscles will give you more strength and train your core more efficiently. Your upper half (from your hips to your hands) should be as vertical as possible.

EXERCISES

PUSH - LEVEL 8

Archer Push-ups - Declined



1. Place your feet on an elevated surface and your hands on the floor with arms fully extended on each side
2. Arms are straight
3. Make sure your body is straight and strong
4. Protract the shoulders (shoulders pulled forward)
5. Bend one arm while keeping the other arm perfectly straight and fully extended until your chest reaches the floor
6. Push yourself back up to the original position
7. Make sure your shoulders, hips and feet stay aligned at all times
8. Alternate sides at each rep

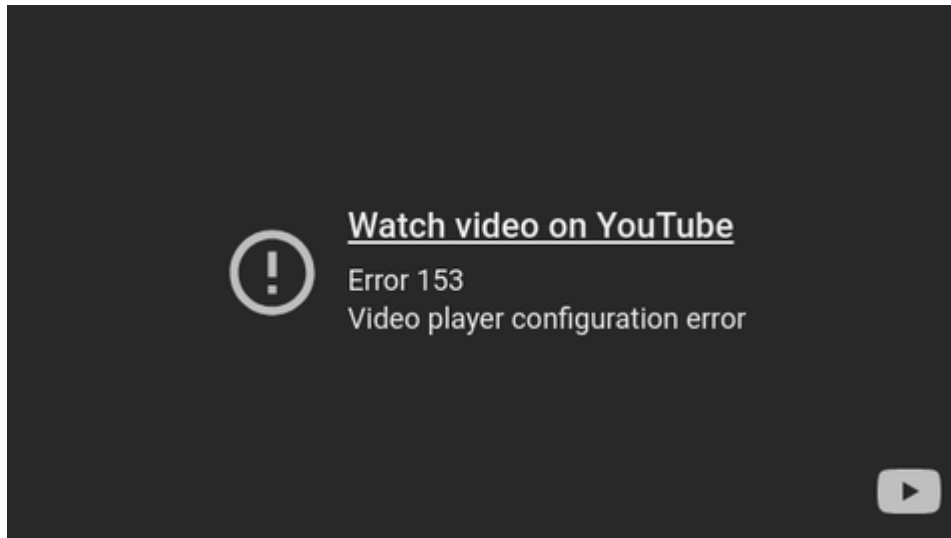
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 8

Straight Bar Dips



1. Jump over a high bar and hold yourself with arms straight
2. Depress the shoulders (shoulders are pulled down)
3. Lower your body by bending your arms until they form a 90° angle
4. Push yourself back up in the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 8

Bulgarian Dips on Parallel Bars



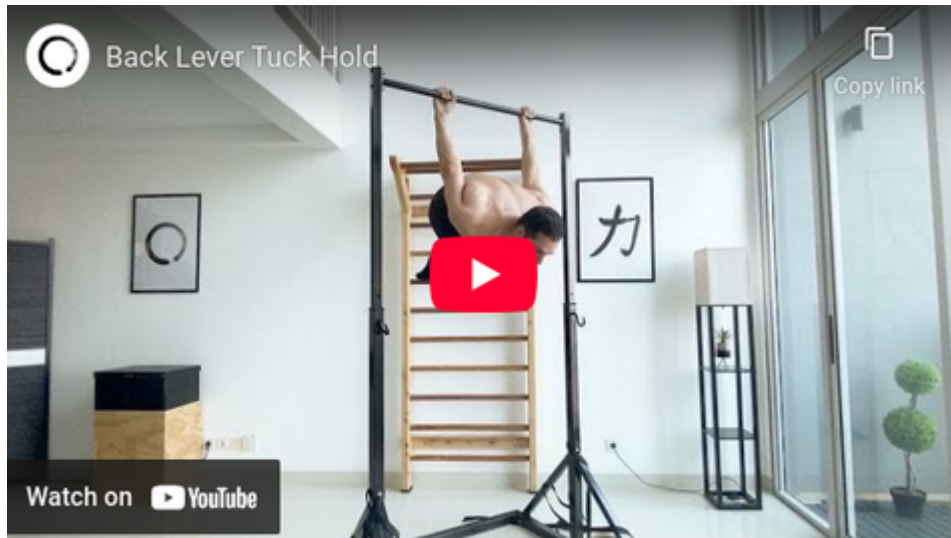
1. There should be a distance of at least one hand between the bars and your body
2. Place your hands on the parallel bars and grip them firmly
3. Protract and depress the shoulders (shoulders pulled forward and down)
4. Take your feet off the floor
5. Lower your body by bending your arms until they form a 90° angle or lower
6. Push yourself back up to the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. You might want to increase the distance between your body and the bars progressively until you can do this exercise.

EXERCISES

PUSH - LEVEL 8

Back Lever Tuck Hold



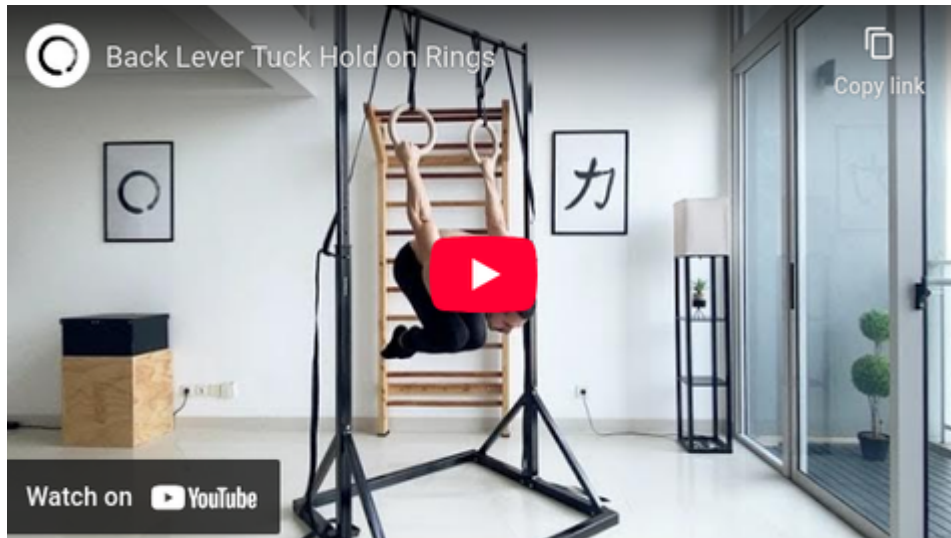
1. Grab the bar with an overhand grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until you are holding yourself parallel to the floor
5. Hold for the desired time

Tips: It is necessary to be able to do at least 5 consecutive repetitions of the "skin the cat" exercise. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

PUSH - LEVEL 8

Back Lever Tuck Hold on Rings



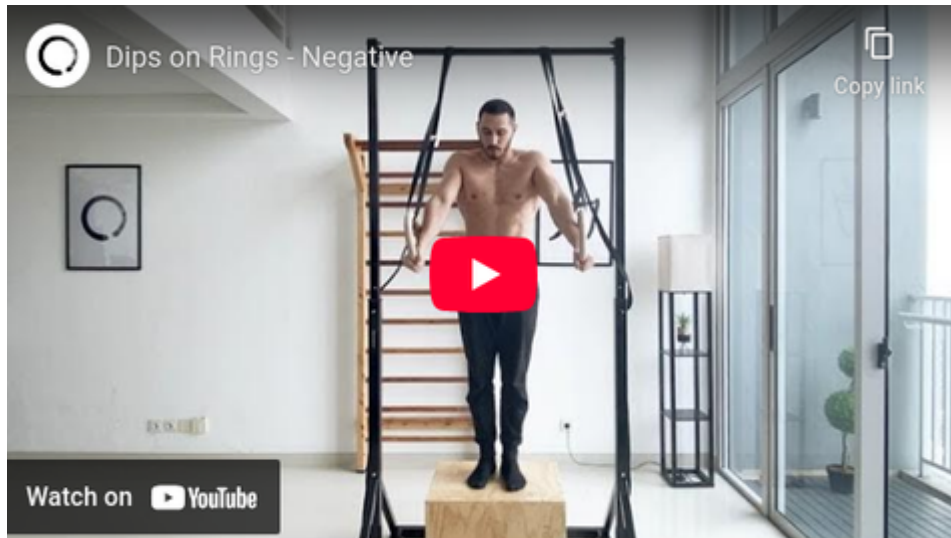
1. Grab the rings with a hammer grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until you are holding yourself parallel to the floor
5. Rotate your hands as you feel most comfortable
6. Hold for the desired time

Tips: It is necessary to be able to do at least 5 consecutive repetitions of the "skin the cat" exercise. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

PUSH - LEVEL 8

Dips on Rings - Negative



1. Start on an elevated surface or bring the rings down to hands level
2. Grab the rings firmly and hold yourself over the rings with straight arms
3. Rotate your hands so that the inside of your elbows face forward
4. Protract and depress the shoulders (shoulders pulled forward and down) and keep your hands as close to your body as you can
5. Take your feet off the surface or the floor
6. Lower your body slowly by bending your arms until your knees or feet touch the floor
7. Come back to the original position as comfortably as you feel, using your feet and with minimal effort

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Keeping the hands close to your body will give you more stability in the beginning.



EXERCISES

PUSH - LEVEL 8

One-arm Push-ups - Negative



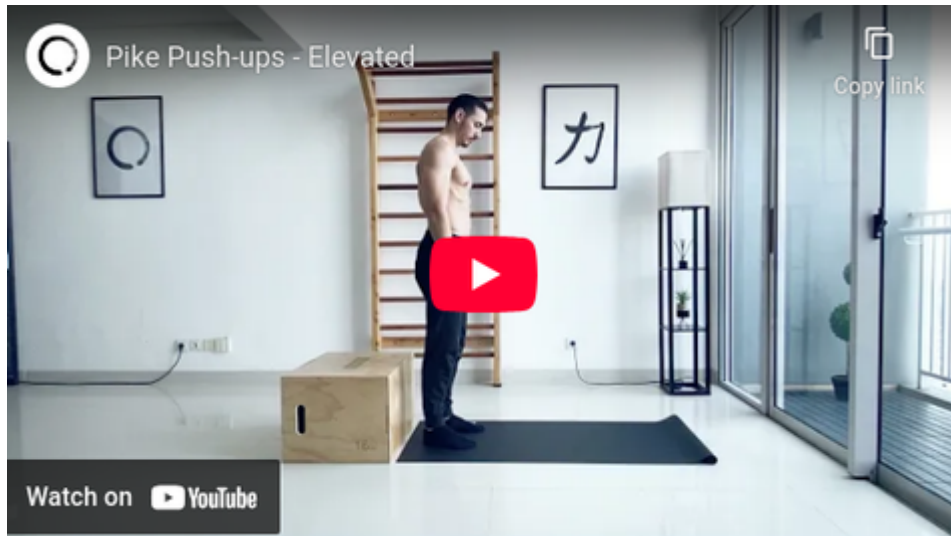
1. Place your hand on the floor below the center of your chest
2. Feet as wide as possible
3. The arm is straight
4. Make sure your body is straight and strong
5. Protract the shoulder (shoulder pulled forward)
6. Bend your arm as slowly as possible until your chest reaches the floor
7. Use both hands and knees to return to the original position with minimum effort

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Keeping your feet as wide as possible will give you more stability and will make the exercise slightly easier.

EXERCISES

PUSH - LEVEL 8

Pike Push-ups - Elevated



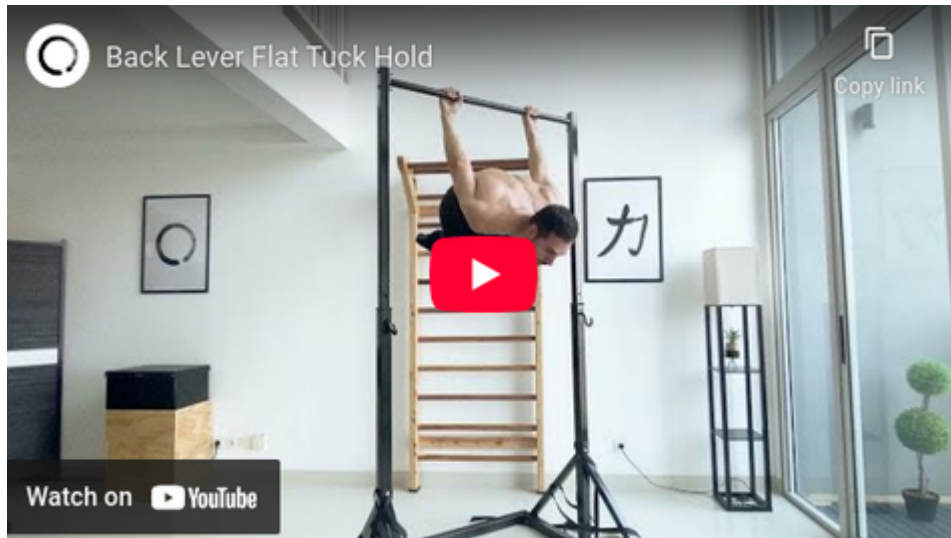
1. Put your hands on the floor in front of you and place your feet on a box
2. Straighten the legs to bring your hips as high as possible
3. Elevate and protract the shoulders (shoulders are pulled towards the ears and forward)
4. Bend your arms until your face reaches the floor in front of your hands
5. Push yourself back to the original position

Tips: Bringing your hands closer to the box will increase the difficulty, while putting them further away will make it easier. Contracting all your muscles will give you more strength and train your core more efficiently.

EXERCISES

PUSH - LEVEL 9

Back Lever Flat Tuck Hold



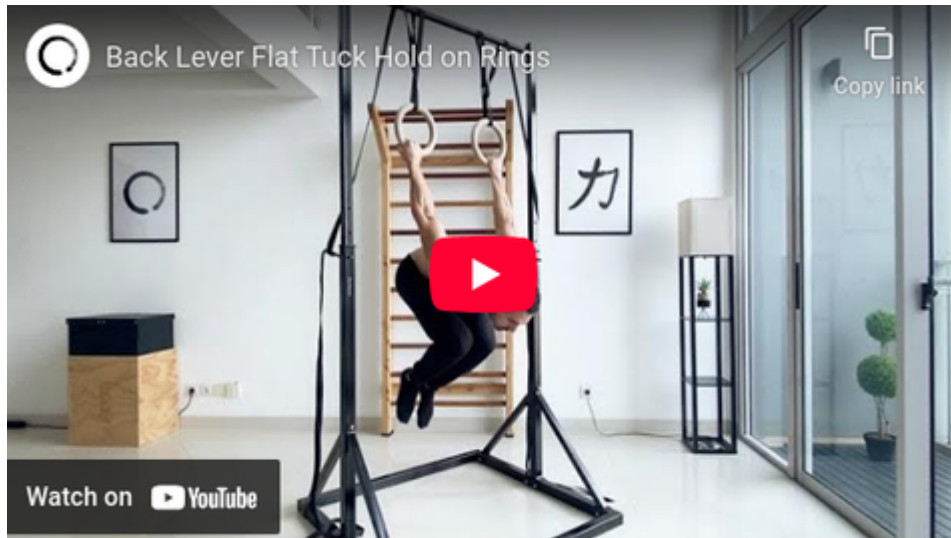
1. Grab the bar with an overhand grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until you are holding yourself parallel to the floor
5. Extend the knees below your hips to flatten your back
6. Hold for the desired time

Tips: It is necessary to be able to hold a back lever tuck hold before trying this. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

PUSH - LEVEL 9

Back Lever Flat Tuck Hold on Rings



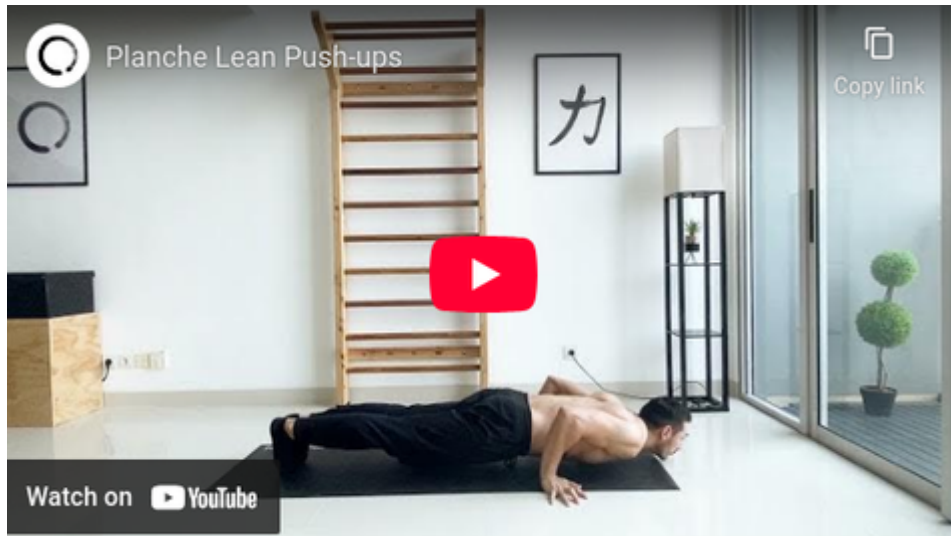
1. Grab the rings with a hammer grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until you are holding yourself parallel to the floor
5. Rotate your hands as you feel most comfortable
6. Extend the knees below your hips to flatten your back
7. Hold for the desired time

Tips: It is necessary to be able to do at least 5 consecutive repetitions of the "skin the cat" exercise. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

PUSH - LEVEL 9

Planche Lean Push-ups



1. Place your hands at shoulder width and bring your shoulders above your hands
2. Keep your body straight and strong
3. Protract the shoulders (shoulders are pulled in front of the chest, in this case towards the floor)
4. Gradually lean forward as far as you can possibly hold
5. Bend your arms until your body touches the floor
6. Return to the original position

Tips: Make sure your shoulders, hips and feet are aligned during the hold. Contract all the muscles in your body to give you strength and train your core.

Try turning your fingers outside as this might help you lean further forward.

EXERCISES

PUSH - LEVEL 9

Planche Lean Push-ups on Parallettes



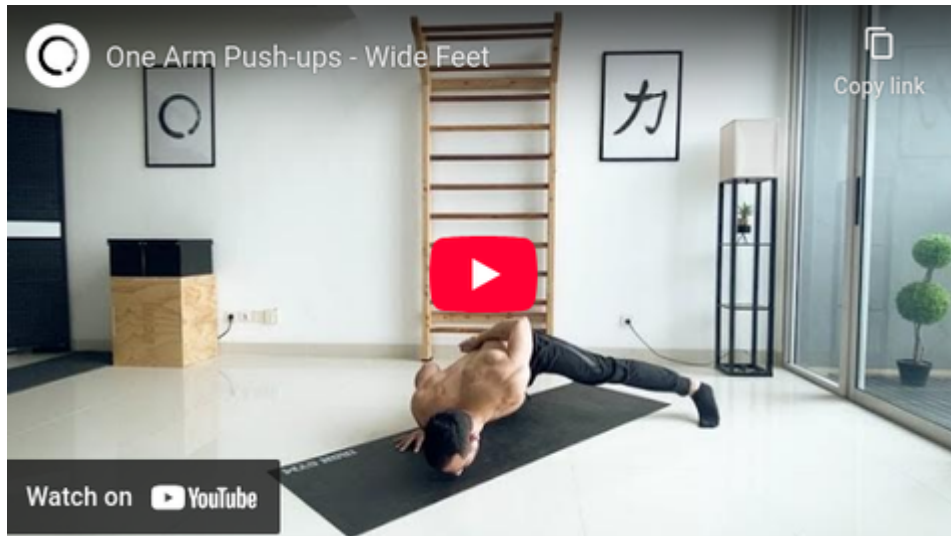
1. Place the parallettes at shoulder width
2. Grab the parallettes and bring your shoulders above your hands
3. Keep your body straight and strong
4. Protract the shoulders (shoulders are pulled in front of the chest, in this case towards the floor)
5. Gradually lean forward as far as you can possibly hold
6. Bend your arms until your chest touches the floor
7. Push yourself back up to the original position

Tips: Make sure your shoulders, hips and feet are aligned during the hold. Contract all the muscles in your body to give you strength and train your core.

EXERCISES

PUSH - LEVEL 9

One-arm Push-ups - Wide Feet



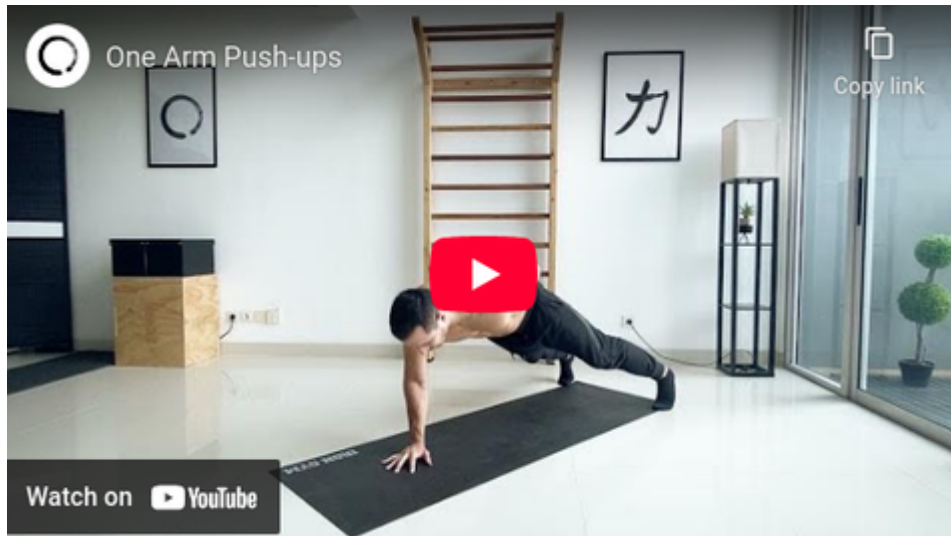
1. Place your hand on the floor below the center of your chest
2. Feet as wide as possible
3. The arm is straight
4. Make sure your body is straight and strong
5. Protract the shoulder (shoulder pulled forward)
6. Bend your arm until your chest reaches the floor
7. Push yourself back up to the original position
8. Make sure your body stays straight during the whole exercise

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Keeping your feet as wide as possible will give you more stability and will make the exercise slightly easier than regular one-arm push-ups.

EXERCISES

PUSH - LEVEL 9

One-arm Push-ups



1. Place your hand on the floor below the center of your chest
2. Feet at shoulders width
3. The arm is straight
4. Make sure your body is straight and strong
5. Protract the shoulder (shoulder pulled forward)
6. Bend your arm until your chest reaches the floor
7. Push yourself back up to the original position
8. Make sure your body stays straight during the whole exercise

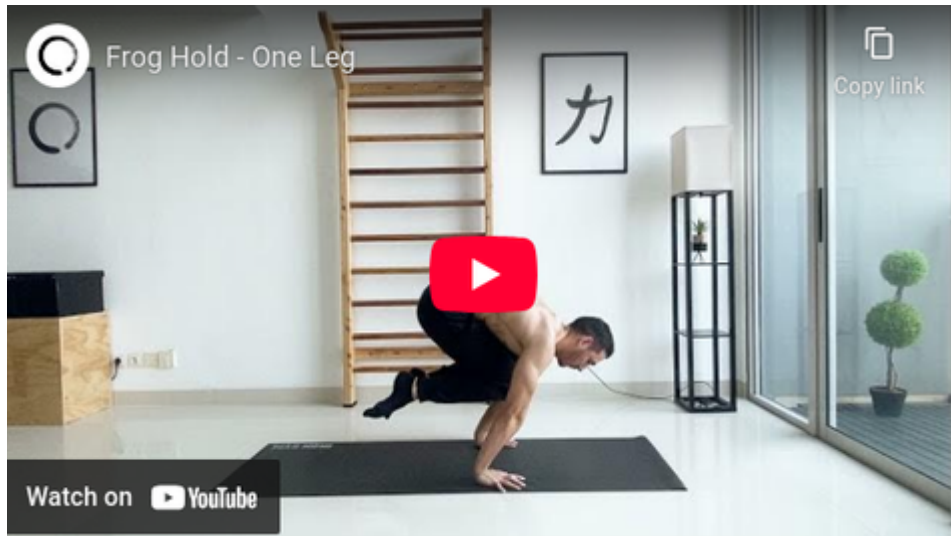
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 9

Frog Hold - One Leg



1. Place your hands on the floor at shoulders width
2. Rest one knee on your triceps where it feels more comfortable and bring your other knee under your chest
3. Lean forward and lift your feet one after another
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

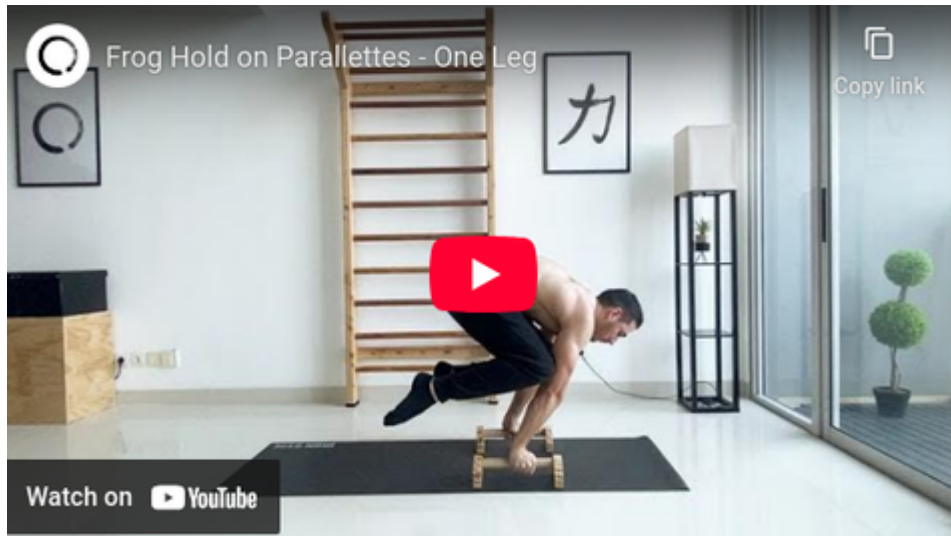
Tips: This position is actually much harder than the regular frog hold. You should make sure you can hold a frog hold comfortably for at least 20 seconds before attempting it.



EXERCISES

PUSH - LEVEL 9

Frog Hold - One Leg on Parallettes



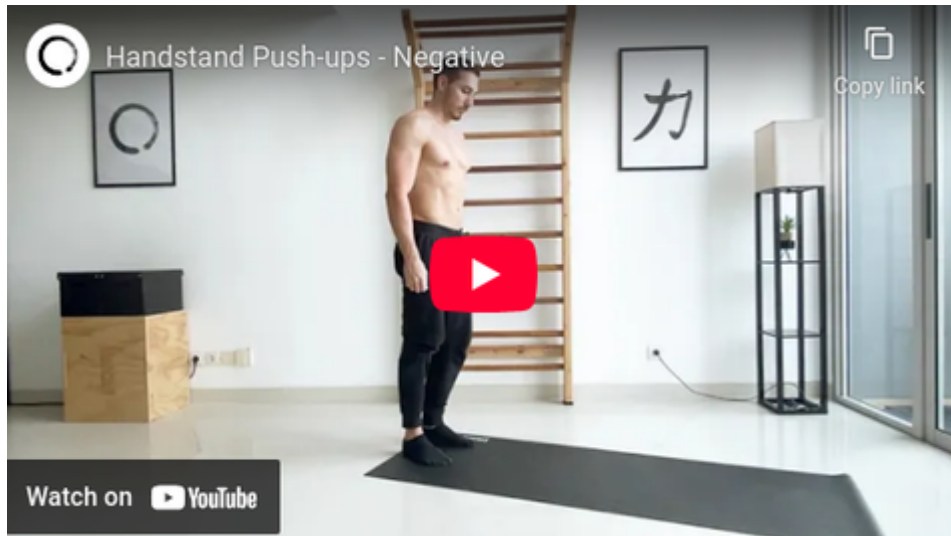
1. Place the parallettes at shoulders width and hold them firmly
2. Rest each knee on your triceps where it feels more comfortable
3. Lean forward and lift your feet one after another
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

Tips: This position is actually much easier than it looks and requires more balance than strength. However you should make sure you can hold a pike hold comfortably for at least 20 seconds before attempting it.

EXERCISES

PUSH - LEVEL 9

Handstand Push-ups - Negative



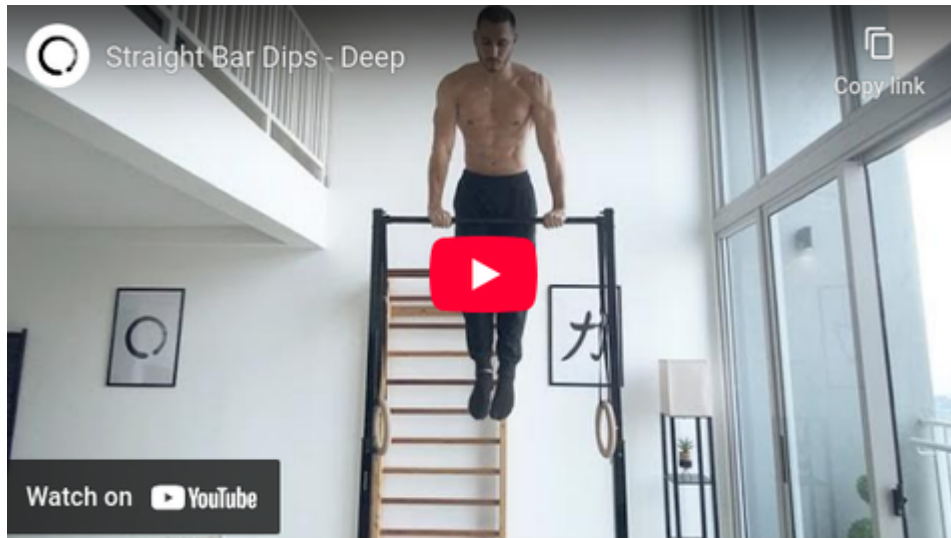
1. Put your hands on the floor at about shoulder width
2. Kick yourself into a free handstand
3. Bend your arms to lower your body to the floor as slow as possible
4. Stand back up

Tips: Being able to consistently hold a handstand for at least 10 seconds is required for this exercise. It is also recommended to be able to perform 5 handstand push-ups on the wall.

EXERCISES

PUSH - LEVEL 9

Straight Bar Dips - Low



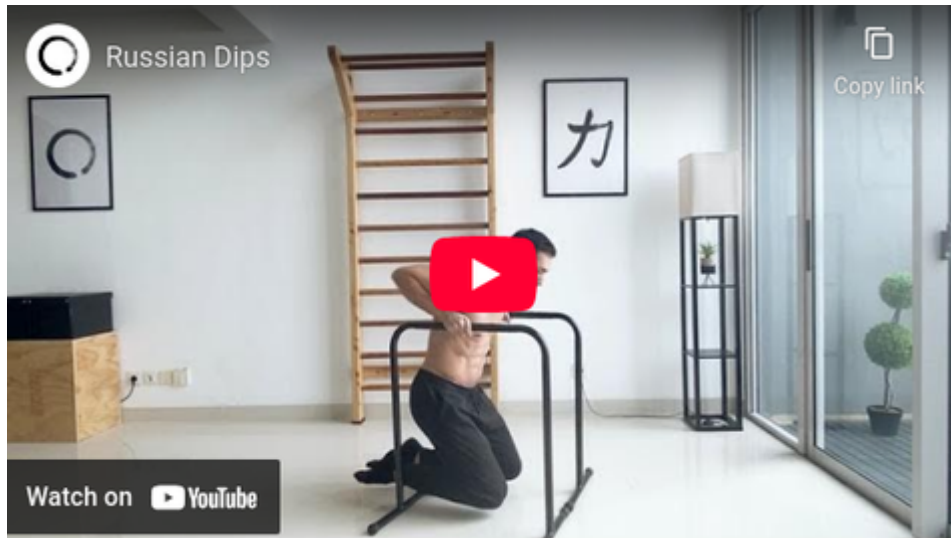
1. Jump over a high bar and hold yourself with arms straight
2. Depress the shoulders (shoulders are pulled down)
3. Lower your body by bending your arms and go as low as you can
4. Push yourself back up in the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 9

Russian Dips



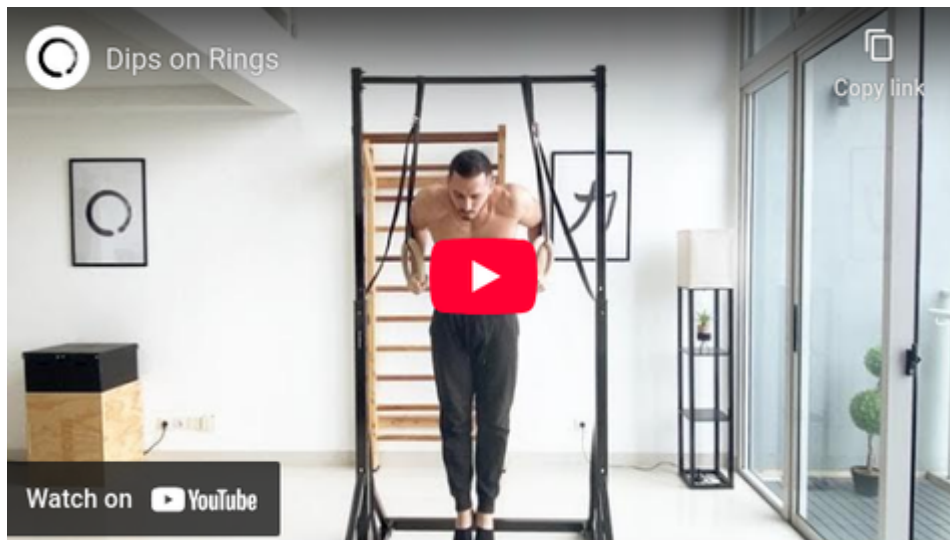
1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take your feet off the floor
4. Lower your body by bending your arms until your shoulders reach your hands
5. Lean backwards and let your elbows and forearms rest on the bars
6. Swing forward to take you elbows off the bars
7. Push yourself back up.

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 9

Dips on Rings



1. Grab the rings firmly and jump so that you can hold your body with straight arms
2. Try to rotate your hands so that your palms face forward
3. Protract and depress the shoulders (shoulders pulled forward and down) and keep your hands as close to your body as you can
4. Lower your body by bending your arms until they form a 90° angle or lower and let your hands naturally rotate for more comfort
5. Push yourself back up to the original position with palms and the inside of your elbows facing forward

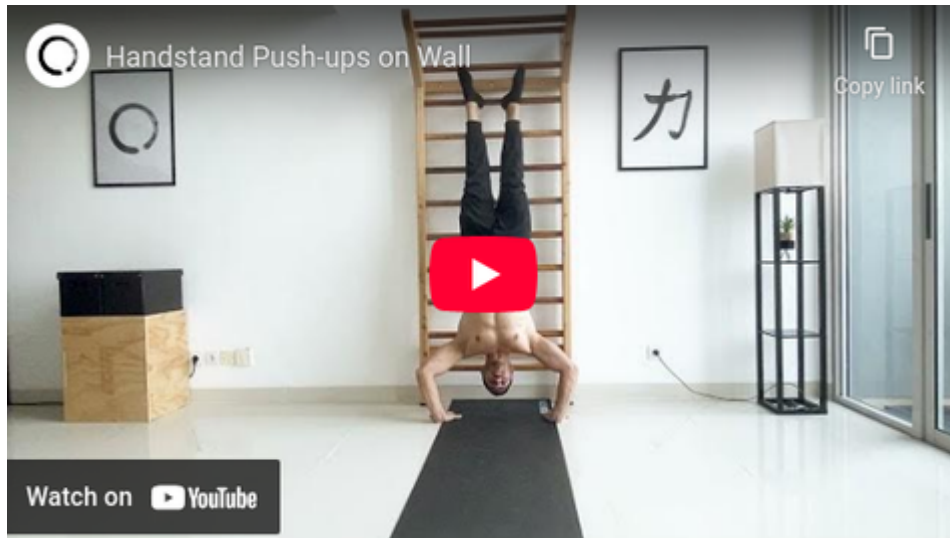
Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. It is okay to shake a lot in the beginning, this is because your stabilizer muscles are still a bit weak, and this is what this exercise aims to improve.



EXERCISES

PUSH - LEVEL 10

Handstand Push-ups on Wall



1. Place your hands about 15cm from the wall, at about shoulders width
2. Kick yourself up into a handstand position
3. Elevate the shoulders (shoulders are pushed towards the floor)
4. Bend your arms and go as low as possible
5. Push yourself back to the original position

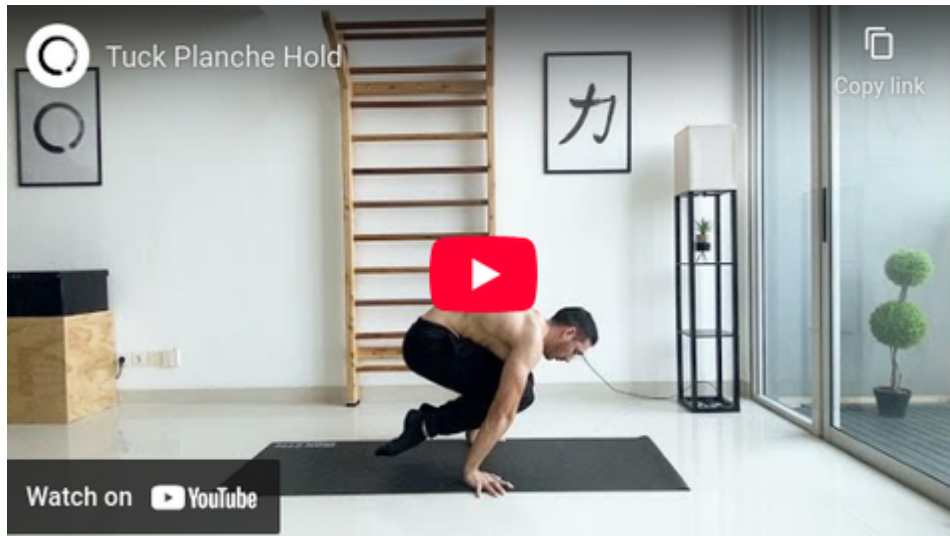
Tips: Make sure to have a very strong pike hold and that you are able to perform 15 pike push-ups before attempting this exercise. You might need a few attempts to figure out how low you can go while still being able to push yourself up. Contracting all your muscles, including the legs, will give you more strength.



EXERCISES

PUSH - LEVEL 10

Tuck Planche Hold



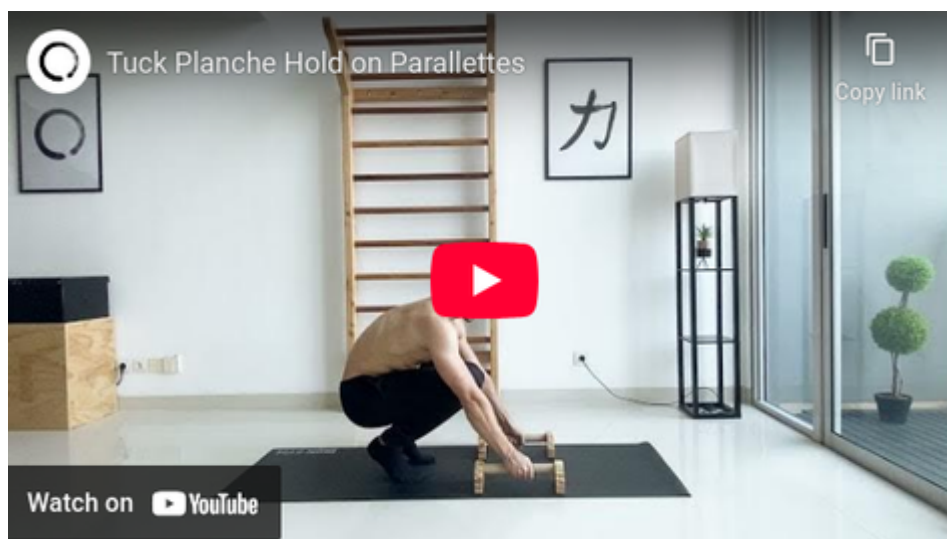
1. Place your hands on the floor at shoulders width
2. Bring your knees under your chest
3. Lean forward and lift your feet off the floor
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

Tips: You should make sure you can hold a one-leg frog hold comfortably for at least 15 seconds before attempting this exercise.

EXERCISES

PUSH - LEVEL 10

Tuck Planche Hold on Parallettes



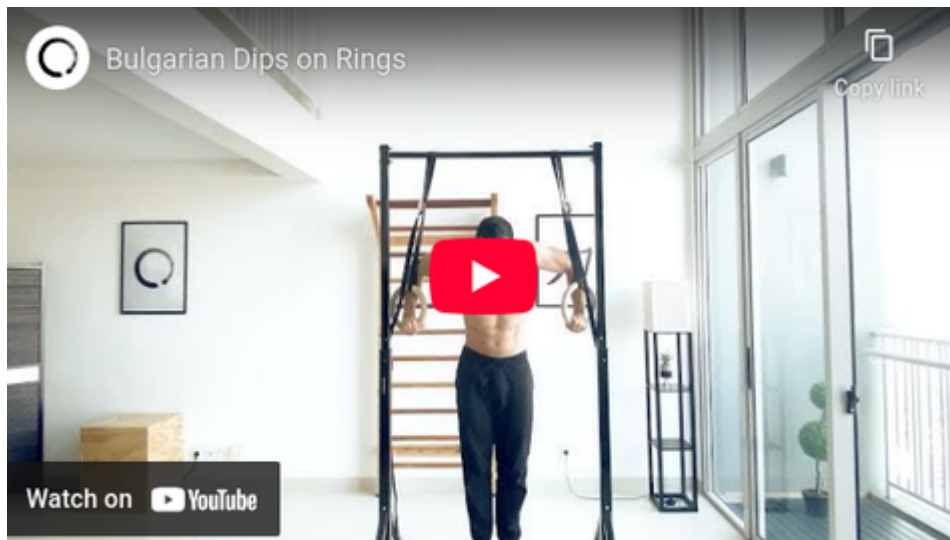
1. Place the parallettes at shoulders width and hold them firmly
2. Bring your knees under your chest
3. Lean forward and lift your feet off the floor
4. Keep leaning forward until you find a comfortable angle you can hold
5. Hold for the desired time

Tips: You should make sure you can hold a one-leg frog hold comfortably for at least 15 seconds before attempting this exercise.

EXERCISES

PUSH - LEVEL 10

Bulgarian Dips on Rings



1. Grab the rings firmly and jump so that you can hold your body with straight arms
2. Try to rotate your hands so that your palms face forward
3. Protract and depress the shoulders (shoulders pulled forward and down) and move your hands away from your body
4. Lower your body by bending your arms until they form a 90° angle or lower, and keep your hands as far to the sides as possible (rotating your hands for more comfort may be necessary as you lower yourself)
5. Push yourself back up to the original position

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. It is okay to shake a lot in the beginning, this is because your stabilizer muscles are still a bit weak, and this is what this exercise aims to improve.

EXERCISES

PUSH - LEVEL 10

Impossible Dips



1. Place your hands on the parallel bars and grip them firmly
2. Protract and depress the shoulders (shoulders pulled forward and down)
3. Take your feet off the floor and keep them in front of you
4. Lower your body by bending your arms until your elbows touch the bar
5. Push yourself back up using only the strength of your arms and without swinging

Tips: Keeping your feet in front of you will make it harder for you to cheat and to turn this exercise into a Russian dip by mistake. Contracting all the muscles of your body will give you more strength and will train your core more efficiently.

EXERCISES

PUSH - LEVEL 11

Korean Dips



1. Sit on a bar high enough so that your legs don't touch the floor
2. Grab the bar with an underhand grip
3. Let your body go down with control until your arms are bent
4. Push yourself back to the original position using only the strength of your arms.

Tips: Please follow all the phases of our tutorial called "Korean Dips" before attempting this exercise.

EXERCISES

PUSH - LEVEL 11

Tuck Planche Push-ups on Parallel Bars



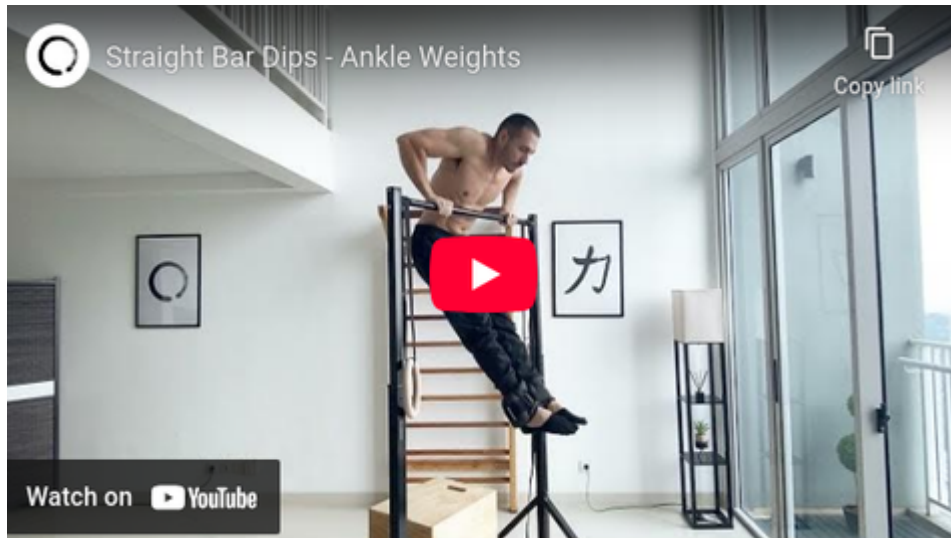
1. Place the parallel bars slightly wider than shoulders width and grab them firmly
2. Protract and depress the shoulders (shoulders are pulled in front of the chest and down towards the waist)
3. Lift your knees to your chest and lean forward
4. Bend your arms to lower your body as much as possible while keeping the tuck planche position
5. Push yourself back to the original position

Tips: Make sure you can hold a tuck planche hold for at least 5 seconds before attempting this exercise. Keep your knees high and your shoulders forward at all times.

EXERCISES

PUSH - LEVEL 11

Straight Bar Dips - Ankle Weights



1. Wrap weights around your ankles
2. Jump over a high bar and hold yourself with arms straight
3. Depress the shoulders (shoulders are pulled down)
4. Lower your body by bending your arms until they form a 90° angle
5. Push yourself back up in the original position

Tips: We use 4kg ankle weights on this video, but you are advised to start with 0.5kg on each ankle and add weight if necessary.

Contracting all the muscles of your body will give you more strength and will train your core more efficiently.



EXERCISES

PUSH - LEVEL 11

Back Lever Straddle Leg Raises



1. Grab the bar with an overhand grip
2. Lift your knees up and over your head
3. Keep rotating backward while keeping your arms straight and your knees tucked to your chest
4. Lower your body until you are holding yourself parallel to the floor
5. Raise your legs behind you in a straddle position (legs straight and wide apart)
6. Lower down your legs and repeat

Tips: It is necessary to be able to hold a back lever flat tuck hold before trying this. Make sure your chest, biceps and shoulders are fully warmed-up before attempting this exercise. It is also strongly recommended to perform the Shoulders Pre-hab/Re-hab sequence for a few weeks before trying to hold this position.

EXERCISES

CORE - LEVEL 1

Bicycles

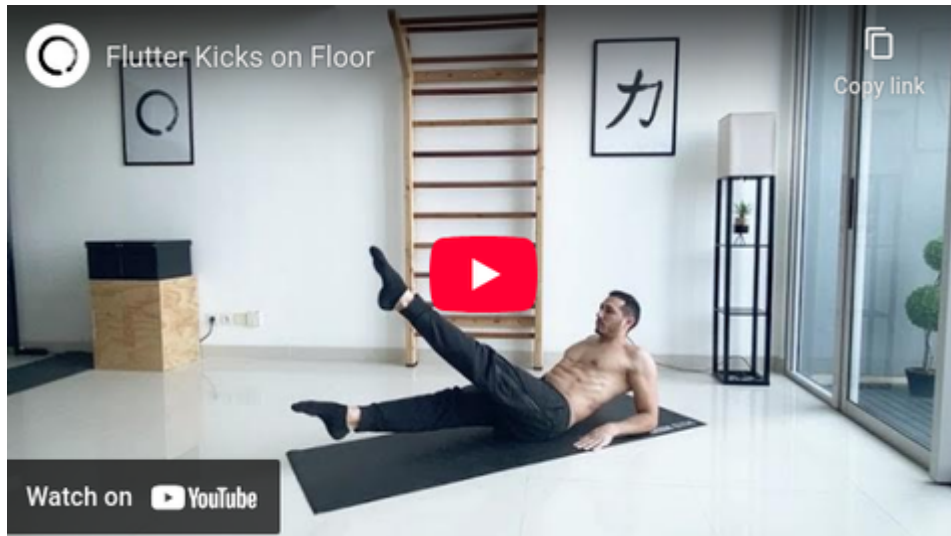


1. Lie on the floor and rest on your elbows
2. Lift your feet up in front of you
3. Alternatively bend and extend your legs in a cycling motion
4. Continue for the desired time or number of repetitions

EXERCISES

CORE - LEVEL 1

Flutter Kicks



1. Lie on the floor and rest on your elbows
2. Raise your feet in front of you
3. Legs should stay straight and knees locked out
4. Perform little kicks in the air relatively fast
5. Continue for the desired time or number of repetitions

EXERCISES

CORE - LEVEL 1

Hollow Body Reps



1. Start by lying on the floor
2. Extend your arms as far behind your head as you can
3. Legs and arms should be perfectly straight
4. Crunch up by lifting your feet and upper back simultaneously
5. Return to the original position

Tips: All the muscles of your body should be contracted at all times.



EXERCISES

CORE - LEVEL 1

Knee to Elbow Crunches

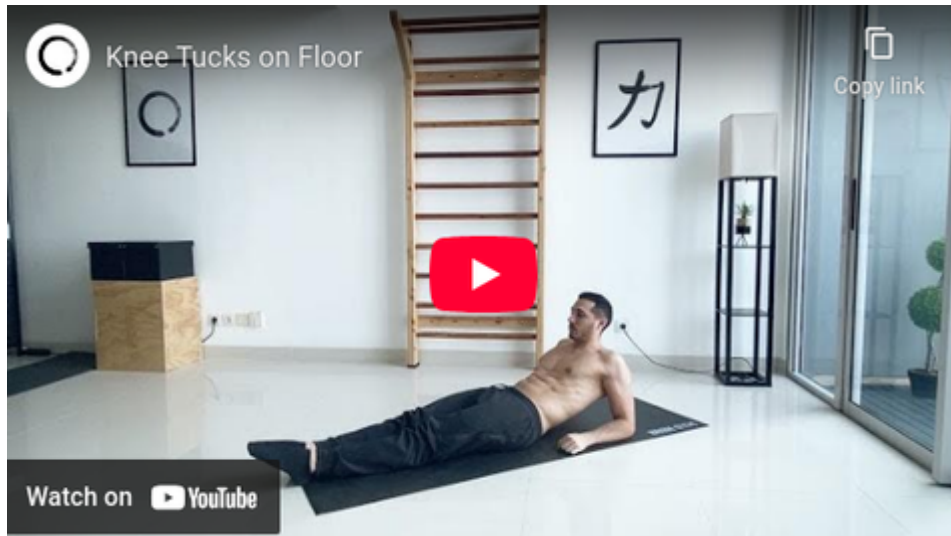


1. Lie on the floor and put your hands behind you head
2. Crunch up and bring your right elbow and left knee together
3. Return to the original position
4. Alternate sides at each repetition

EXERCISES

CORE - LEVEL 1

Knee Tucks



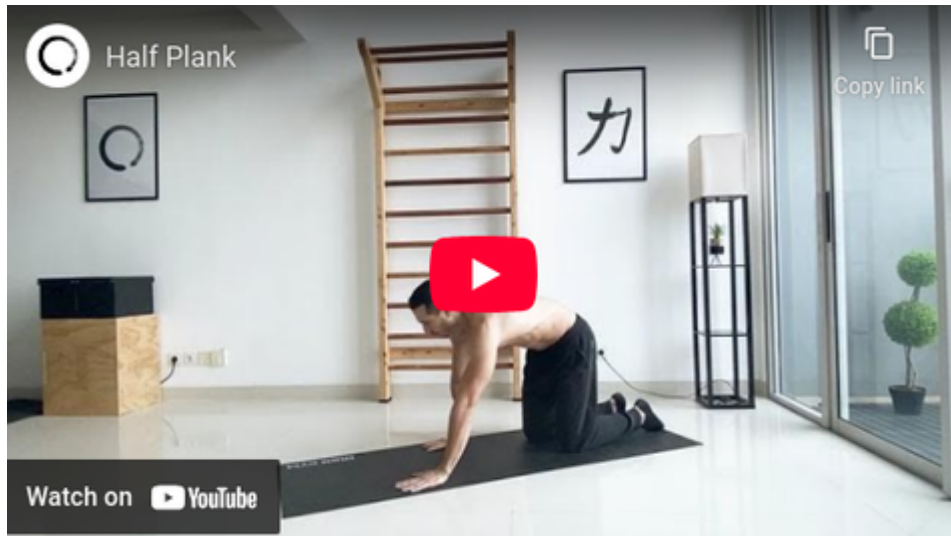
1. Lie on the floor and rest on your elbows
2. Lift your feet up in front of you
3. Legs should be straight and knees locked out
4. Bring your knees to your chest
5. Return to the original position



EXERCISES

CORE - LEVEL 2

Low Plank



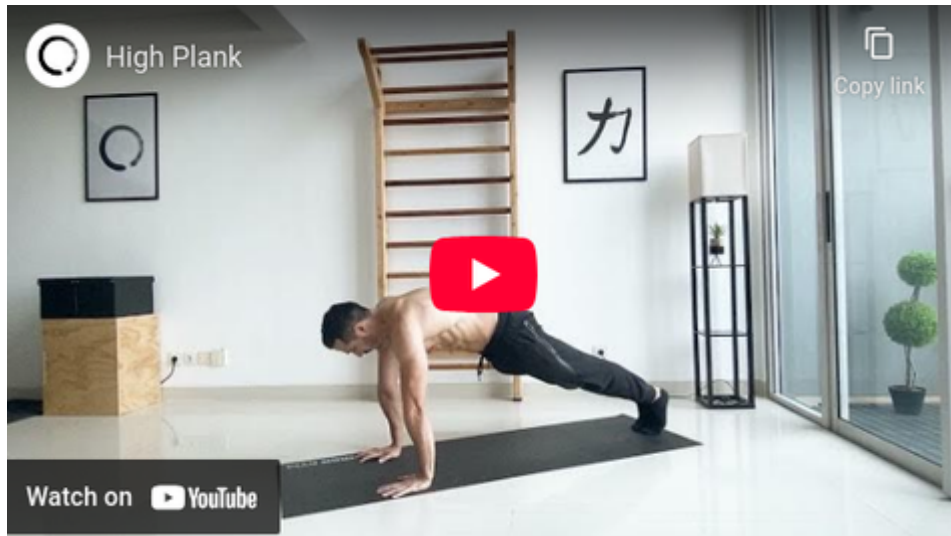
1. Place your elbows on the floor at about shoulders width
2. Bring your shoulders above your elbows
3. Protract your shoulders (shoulders are pulled down to the floor)
4. Your body should form a perfect line
5. Contract all the muscles in your body
6. Hold for the desired time

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 2

High Plank



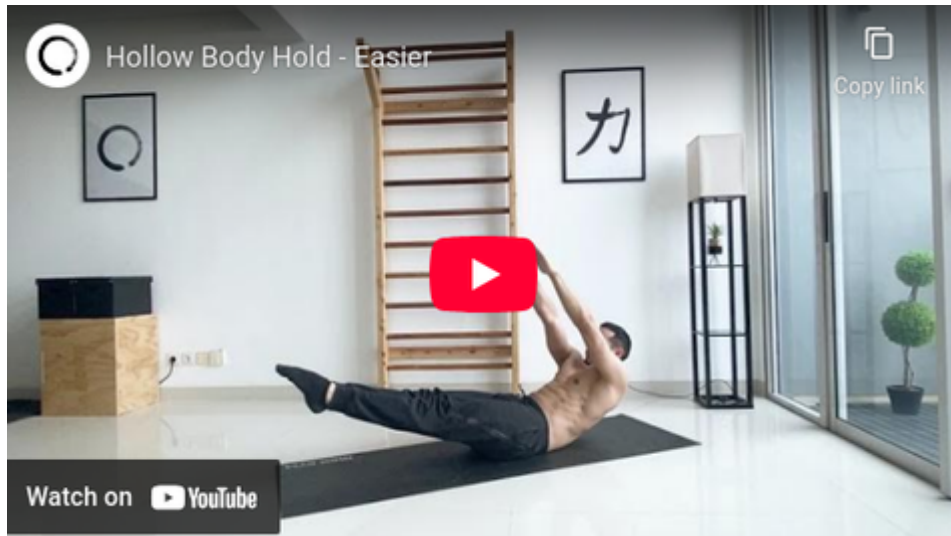
1. Place your hands on the floor at about shoulders width
2. Bring your shoulders above your hands
3. Protract your shoulders (shoulders are pulled down to the floor)
4. Your body should form a perfect line
5. Contract all the muscles in your body
6. Hold for the desired time

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 2

Hollow Body Hold - Easier



1. Start by lying on the floor
2. Raise your legs slightly
3. Raise your arms above your chest
4. Legs and arms should be perfectly straight
5. Lift your shoulders and upper back off the floor
6. Hold for the desired time

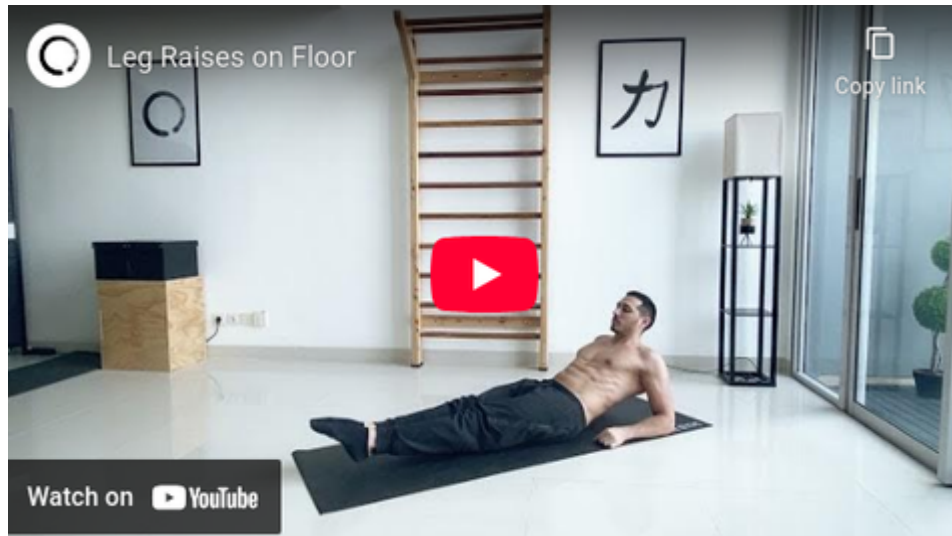
Tips: All the muscles of your body should be contracted. You should be as solid as a block and hold this position so strongly that if someone was to move one side of your body, the other side would move as well. Ask someone to push your shoulders down, if your feet naturally go up, you are doing this exercise correctly.



EXERCISES

CORE - LEVEL 2

Leg Raises



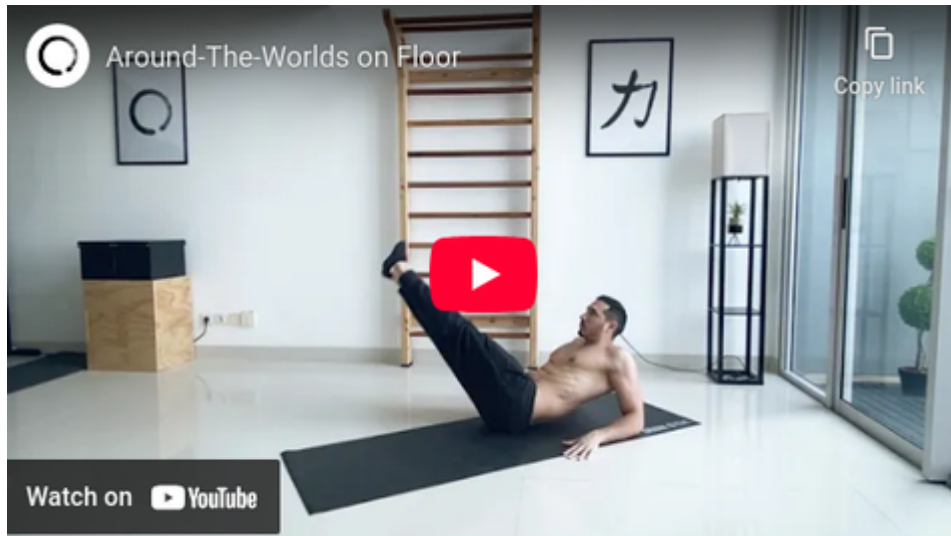
1. Lie on the floor and rest on your elbows
2. Lift your feet up in front of you
3. Legs should stay straight and knees locked out
4. Raise your legs almost vertically while keeping them straight
5. Return to the original position



EXERCISES

CORE - LEVEL 2

Around-The-Worlds

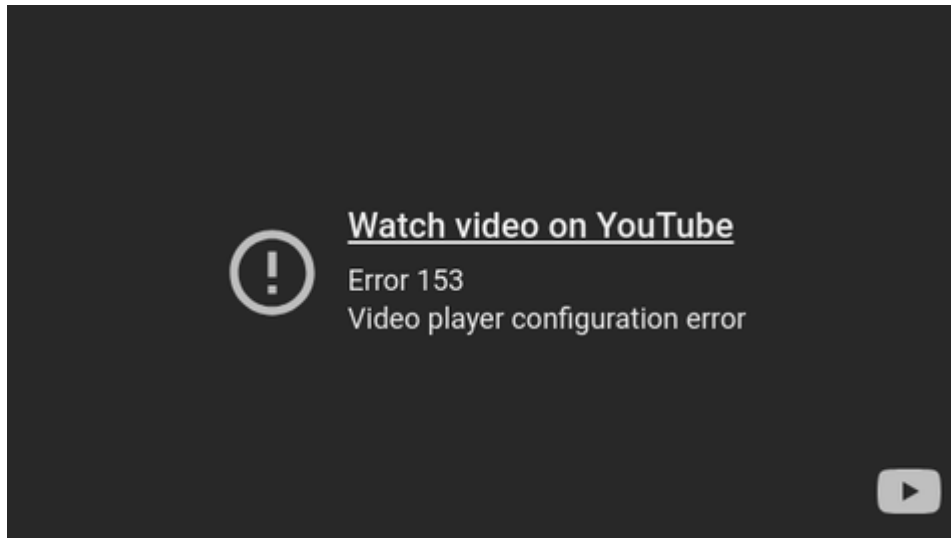


1. Lie on the floor and rest on your elbows
2. Lift your feet up
3. Legs should stay straight and knees locked out
4. Lower your legs to one side and draw a circle with your feet to return to the original position
5. Alternate sides at each repetition

EXERCISES

CORE - LEVEL 2

Windshields



1. Lie on the floor and rest on your elbows
2. Lift your feet up
3. Legs should stay straight and knees locked out
4. Sway your legs to the right and to the left alternatively while keeping your legs straight

EXERCISES

CORE - LEVEL 2

Knee Raises on Parallel Bars



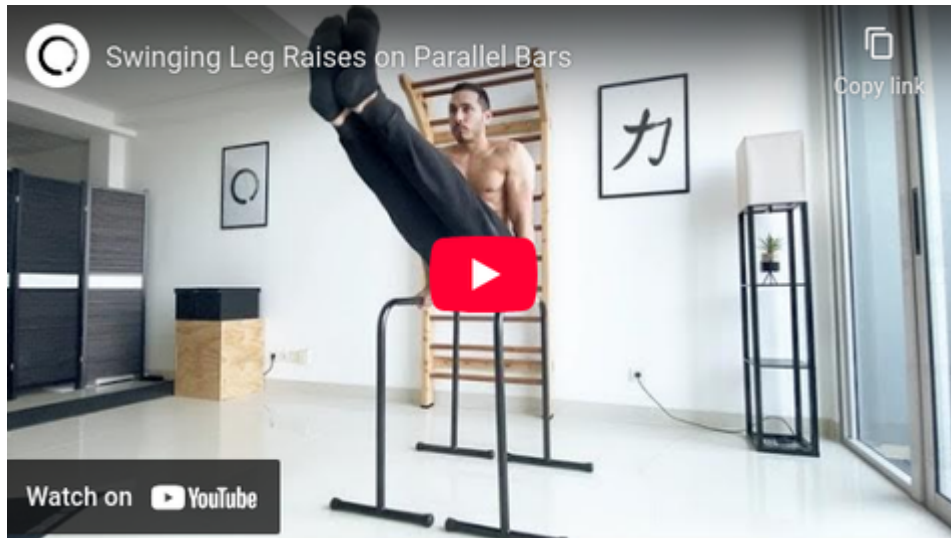
1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress and protract the shoulders (shoulders are pulled down and forward)
5. Start with your feet down and in front of you
6. Raise your knees to your chest
7. Lower your feet back to the original position

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight. If you are unable to perform this exercise, regress to the previous variation: Swinging Knee Raises on Parallel Bars.

EXERCISES

CORE - LEVEL 2

Swinging Leg Raises on Parallel Bars



1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress the shoulders (shoulders are pulled down)
5. Swing your legs to bring them in front of you
6. Keep your legs perfectly straight with knees locked out
7. Swing back and repeat

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight.

EXERCISES

CORE - LEVEL 3

Back Leg Raises on Box



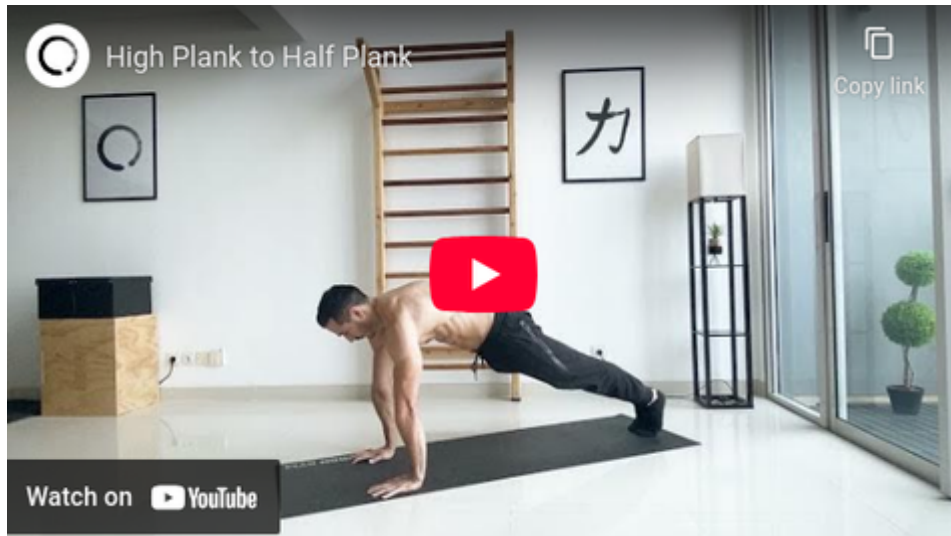
1. Lie face down on a box or similar surface you can grab
2. Place your hips at the edge of the box
3. Hold the box firmly and raise your legs as high as you can behind you
4. Legs should be straight
5. Return to the original position

Tips: Make sure your lower back is properly warmed up before attempting this exercise.

EXERCISES

CORE - LEVEL 3

High Plank to Low Plank



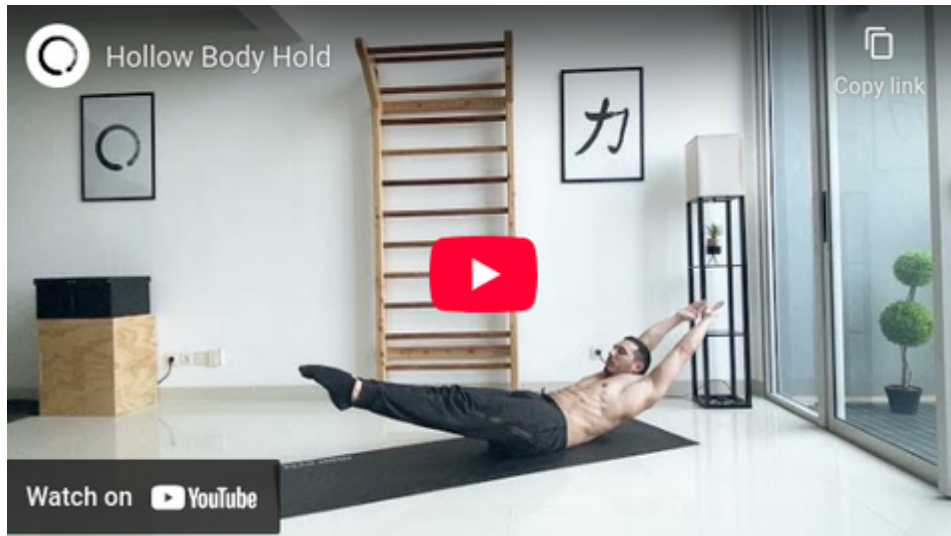
1. Place your hands on the floor at about shoulders width
2. Bring your shoulders above your hands
3. Protract your shoulders (shoulders are pulled down to the floor)
4. Your body should form a perfect line
5. Put your right elbow on the floor, then put the left elbow to come to a half plank position
6. Put your right hand on the floor again, and then your left hand to return to the high plank position
7. Alternate sides at each repetition

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 3

Hollow Body Hold



1. Start by lying on the floor
2. Raise your legs slightly
3. Extend your arms as far behind your head as you can
4. Legs and arms should be perfectly straight
5. Lift your shoulders and upper back off the floor
6. Hold for the desired time

Tips: All the muscles of your body should be contracted. You should be as solid as a block and hold this position so strongly that if someone was to move one side of your body, the other side would move as well. Ask someone to push your shoulders down, if your feet naturally go up, you are doing this exercise correctly.



EXERCISES

CORE - LEVEL 3

One Leg Compressions



1. Sit on the floor with legs straight and together
2. Place your hands next to your thighs
3. This exercise might be more comfortable by placing only your fingertips on the floor
4. Raise one foot as high as you can while keeping your leg straight
5. Do not lean backward and do not allow your shoulders to move behind your hips
6. Return to the original position
7. Perform all your reps with one leg first before training the other one

Tips: This exercise is called compression because its whole point is to compress the upper body and lower body together. For this reason you should never lean back while doing it. However, leaning forward while lifting your leg is fine.

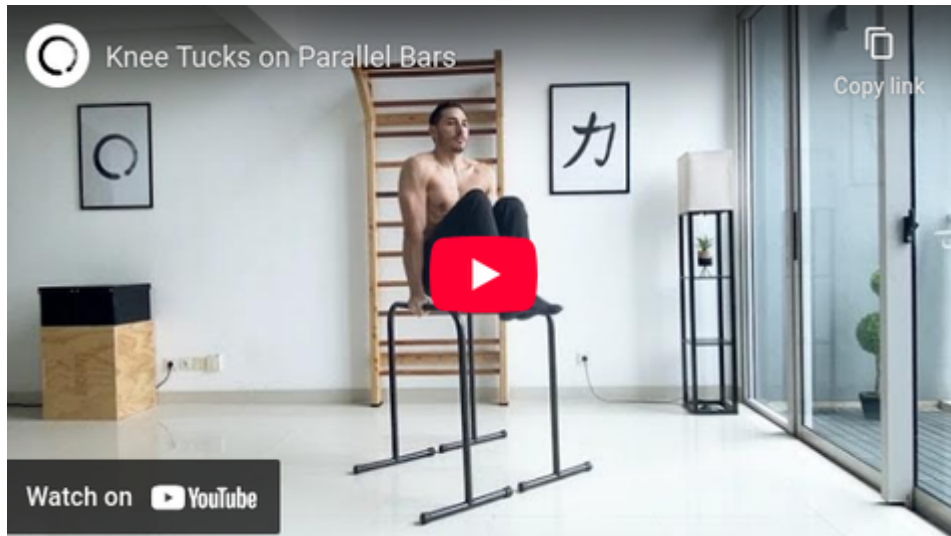
Make sure to warm up your thighs and hips before attempting this exercise to avoid painful cramps. This exercise is much harder than it looks!



EXERCISES

CORE - LEVEL 3

Knee Tucks on Parallel Bars



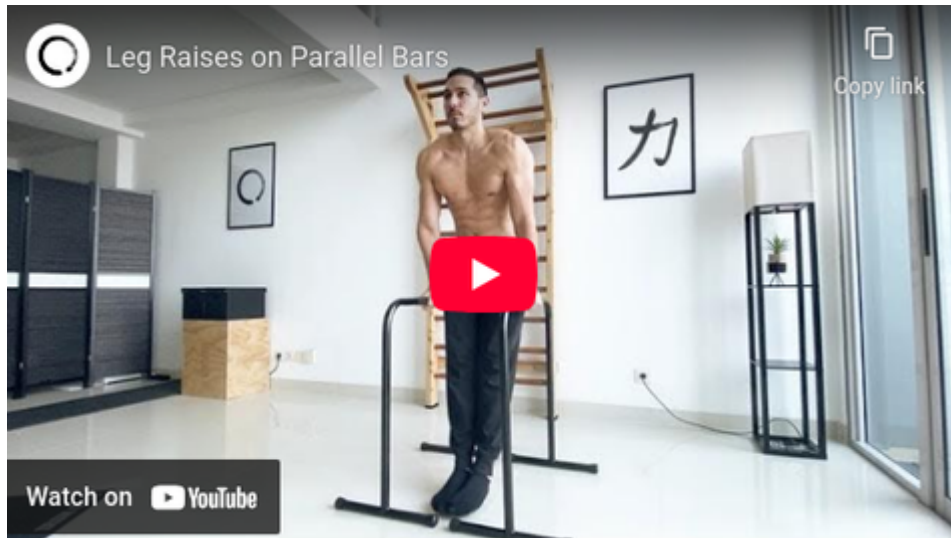
1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Bring your knees to your chest
4. Extend your legs in front of you
5. Repeat

Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.

EXERCISES

CORE - LEVEL 3

Leg Raises on Parallel Bars



1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress and protract the shoulders (shoulders are pulled down and forward)
5. Lift your legs horizontally in front of you
6. Keep your legs perfectly straight with knees locked out
7. Lower your legs back to the original position

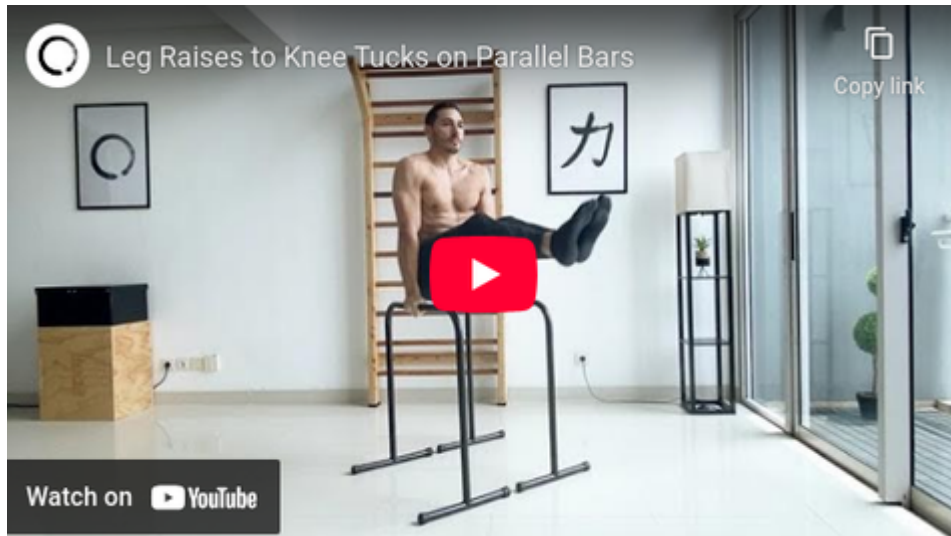
Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight. If you are unable to perform this exercise, regress to the previous variation: Swinging Leg Raises on Parallel Bars.



EXERCISES

CORE - LEVEL 3

Leg Raises to Knee Tucks on Parallel Bars



1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Bring your knees to your chest
4. Extend your legs in front of you
5. Lower your legs to the original position without touching the floor

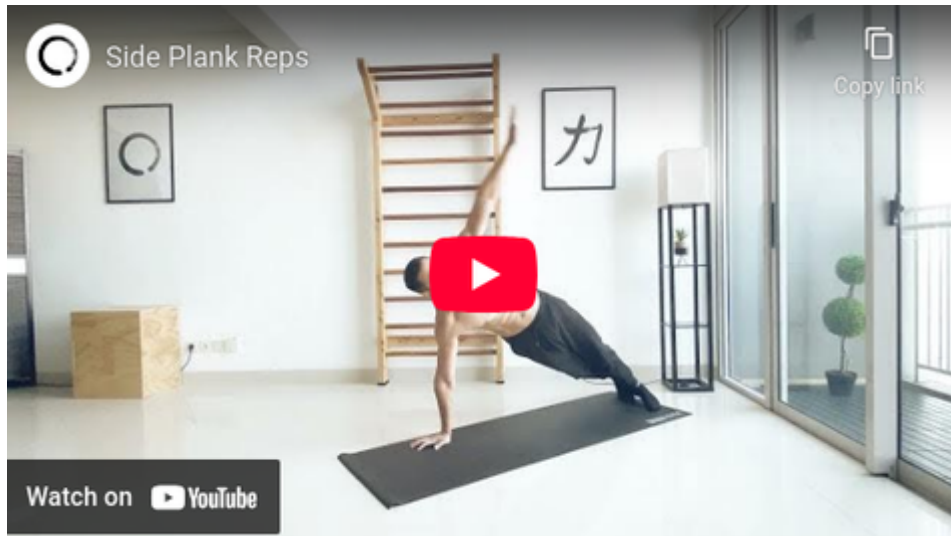
Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.



EXERCISES

CORE - LEVEL 3

Side High Plank Reps



1. Place your hands on the floor at about shoulders width
2. Bring your shoulders above your hands
3. Your body should form a perfect line
4. Raise one arm up and point straight at the ceiling, allowing your body to twist to the side
5. Return to the original position
6. Train one side first, then do the other side

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 3

Swinging Knee Raises on Pull-up Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Swing your knees up to your chest
4. Swing back and repeat

Tips: Wrap your thumb around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 4

Leg Compressions



1. Sit on the floor with legs straight and together
2. Place your hands next to your knees or thighs
3. This exercise might be more comfortable by placing only your fingertips on the floor
4. Raise your feet as high as you can while keeping your legs straight
5. Do not lean backward and do not allow your shoulders to move behind your hips
6. Return to the original position

Tips: This exercise is called compression because its whole point is to compress the upper body and lower body together. For this reason you should never lean back while doing it. However, leaning forward while lifting your legs is fine.

Make sure to warm up your thighs and hips before attempting this exercise to avoid painful cramps. This exercise is much harder than it looks!



EXERCISES

CORE - LEVEL 4

Knee Raises on Pull-up Bar



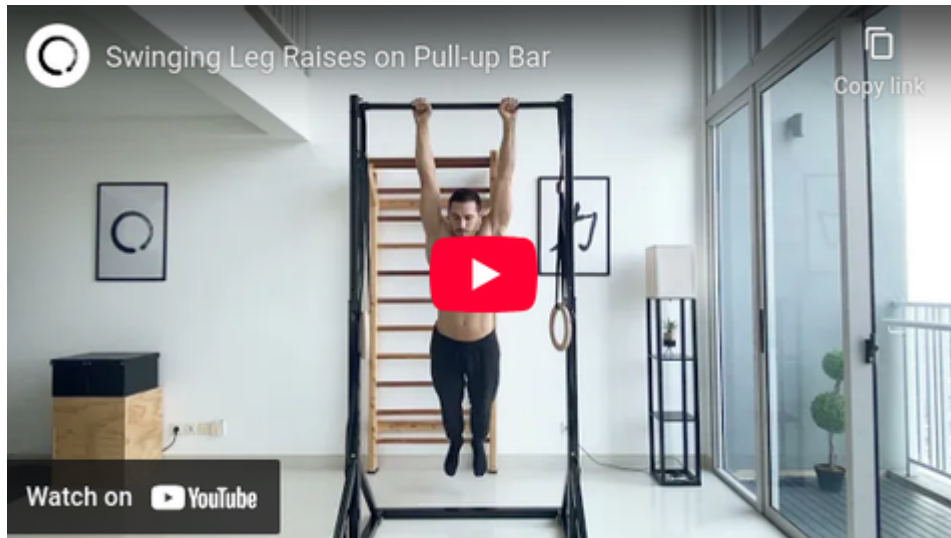
1. Use a Pull-up Bar in front of a wall or place something to support your back
2. Grab the bar with an overhand grip
3. Arms are straight and elbows locked out
4. Swing your knees up to your chest
5. Return to the original position
6. Your body should never swing back

Tips: Wrap your thumb around the bar to build more grip strength and prepare you for future progressions. The wall is here to support your back and make sure you only use pure core strength to perform this exercise. If this is too difficult, perform Swinging Knee Raises instead.

EXERCISES

CORE - LEVEL 4

Swinging Leg Raises on Pull-up Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Swing your legs up in front of you
4. Legs should stay straight and knees locked out
5. Swing back and repeat

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 4

Leg Raises on Pull-up Bar



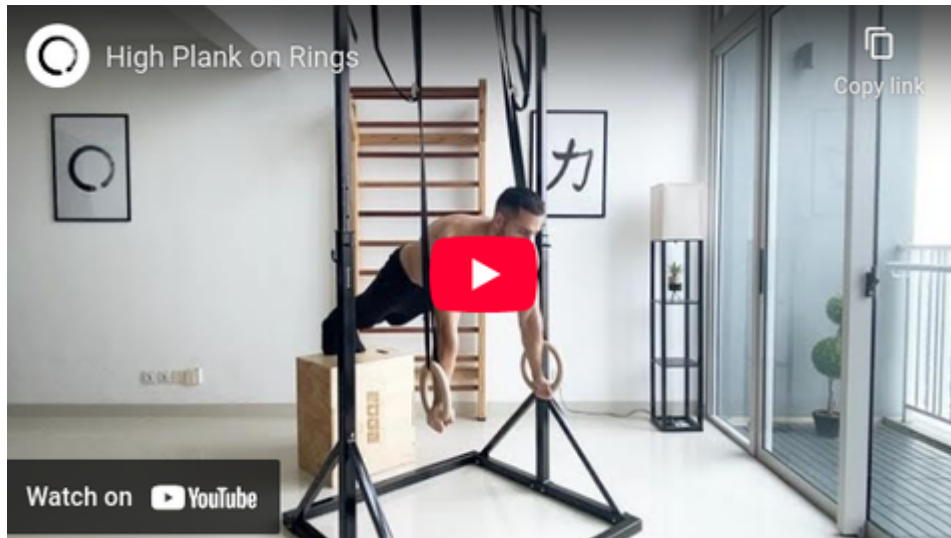
1. Use a Pull-up Bar in front of a wall or place something to support your back
2. Grab the bar with an overhand grip
3. Arms are straight and elbows locked out
4. Lift your legs in front of you
5. Legs should stay straight and knees locked out
6. Return to the original position
7. Your body should never swing back

Tips: Wrap your thumb around the bar to build more grip strength and prepare you for future progressions. The wall is here to support your back and make sure you only use pure core strength to perform this exercise. If this is too difficult, perform Swinging Leg Raises instead.

EXERCISES

CORE - LEVEL 4

High Plank on Rings



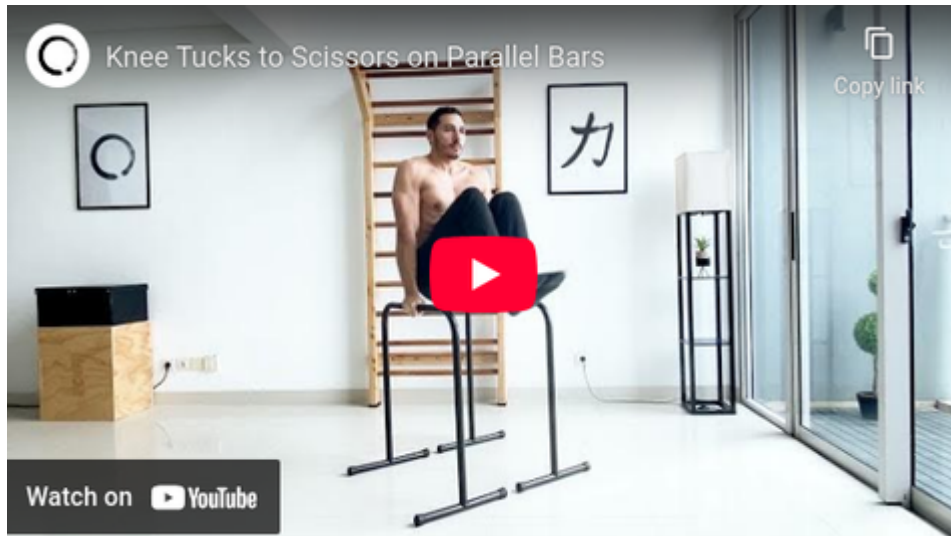
1. Place the rings at the same height as a box (or just above the floor if you don't have a box)
2. Grab the rings firmly
3. Straighten your arms with elbows locked out
4. Protract your shoulders (shoulders are pulled down to the floor)
5. Place your feet on the box
6. Make sure your body is perfectly straight and strong and that your arms stay straight
7. Hold this position for the desired time

Tips: Contracting all the muscles of your body will give you more strength and will train your core more efficiently. Make sure your shoulders, hips and feet stay aligned at all times

EXERCISES

CORE - LEVEL 4

Knee Tucks to Scissors on Parallel Bars



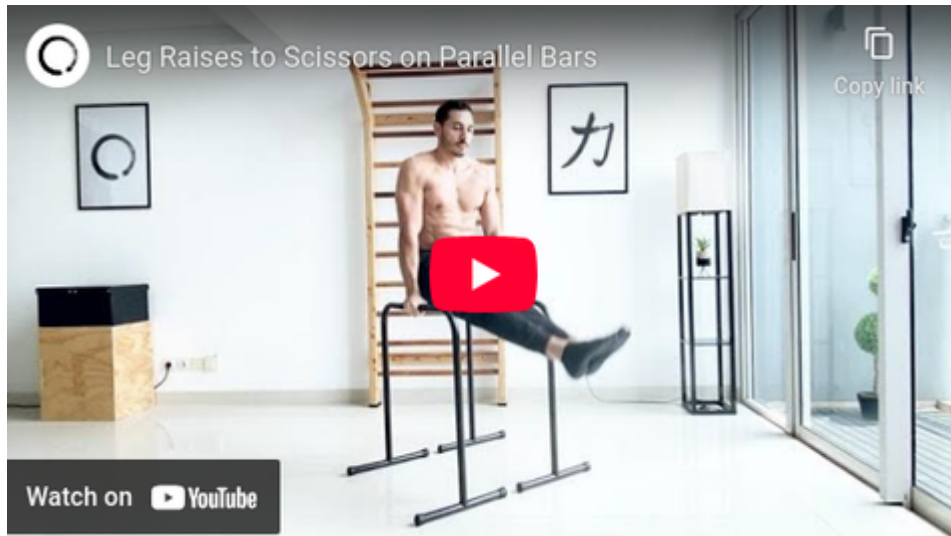
1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Bring your knees to your chest
4. Extend your legs in front of you
5. Spread your legs while keeping them straight
6. Return to an L-sit position
7. Repeat

Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.

EXERCISES

CORE - LEVEL 4

Leg Raises to Scissors on Parallel Bars



1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Spread your legs while keeping them straight
4. Return to an L-sit position and lower down your legs slowly without touching the floor
5. Repeat

Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.

EXERCISES

CORE - LEVEL 4

Side High Plank



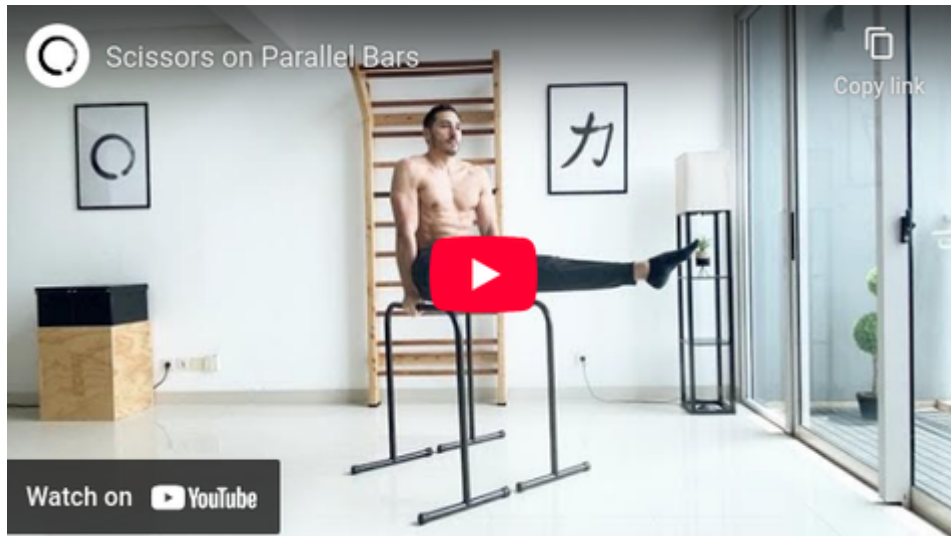
1. Place your hands on the floor at about shoulders width
2. Bring your shoulders above your hands
3. Your body should form a perfect line
4. Raise one arm up and point straight at the ceiling, allowing your body to twist to the side
5. Contract all the muscles in your body
6. Hold for the desired time
7. Train the other arm in the same manner

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 4

Scissors on Parallel Bars



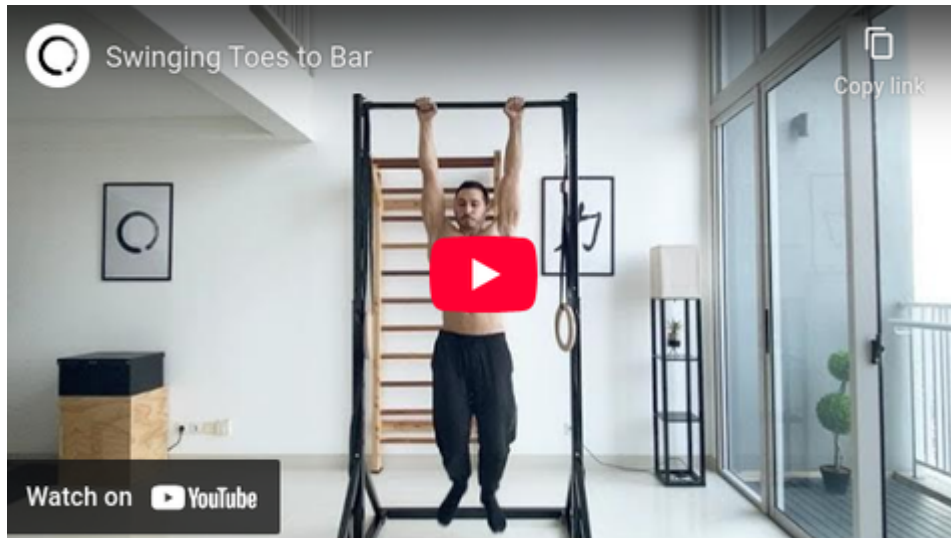
1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Spread your legs while keeping them straight
4. Return to an L-sit position
5. Repeat

Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.

EXERCISES

CORE - LEVEL 4

Swinging Toes to Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Swing your legs as high as you can and try touching the bar with your feet
4. Legs should stay straight and knees locked out
5. Swing back and repeat

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 4

V-sit Hold on Box



1. Start by sitting down in front of a box or elevated surface
2. Place your hands behind your hips with fingers pointing backward
3. Place the back of your knees on the box, you will need to bring your hands closer to it
4. Keep your legs straight and arms horizontal
5. Push your hips forward and up
6. Hold for the desired time

Tips: It is important to push the hips forward and up, not just up, as this will build the strength necessary for future progressions.

EXERCISES

CORE - LEVEL 5

Around-The-Worlds on Pull-up Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Bring your feet up to the bar
4. Legs should stay straight and knees locked out
5. Lower your legs to one side and draw a complete circle until you return to the original position
6. Your arms should stay straight with elbows locked out at all times
7. Alternate sides

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 5

Back Leg Raises on Stall Bar



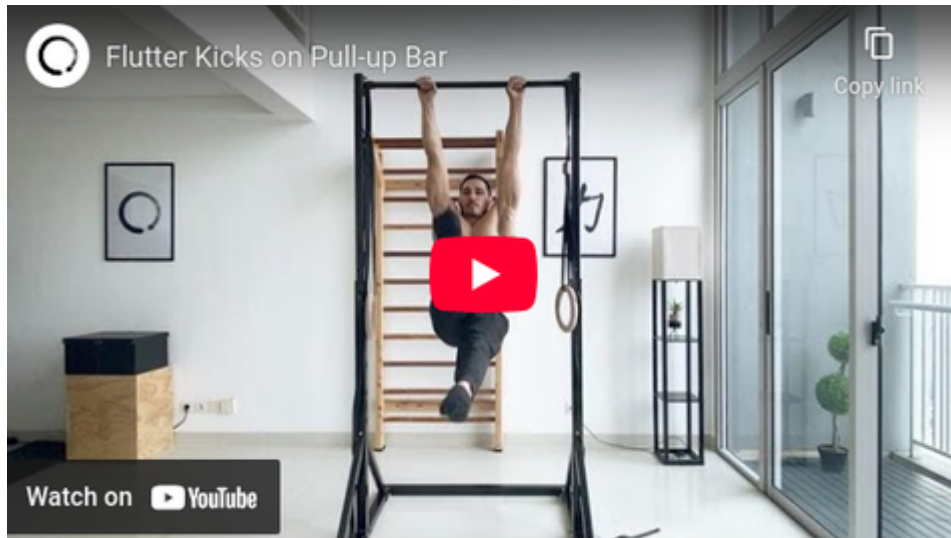
1. Stand in front of the stall bar
2. Bend over and grab a bar at comfortable height with palms facing the wall
3. Hold firmly and gently kick yourself up into a vertical, upside down position
4. Legs should be straight
5. Slowly lower your legs as low as possible while keeping them straight
6. Raise your legs back to return to the original position

Tips: Make sure your lower back is properly warmed up before attempting this exercise. You should also be able to hold an active hang for 30 seconds and perform 15 Back Leg Raises on Box.

EXERCISES

CORE - LEVEL 5

Flutter Kicks on Pull-up Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Lift your legs horizontally in front of you
4. Legs should stay straight and knees locked out
5. Perform little kicks in the air alternatively and relatively fast
6. Continue for the desired time or number of repetitions

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 5

L-sit Hold on Parallettes



1. Sit on the floor with legs straight and together
2. Place the parallettes next to your hips and hold them firmly
3. Push on the parallettes to lift your hips
4. Raise your feet and keep your legs straight and parallel to the floor
5. Shoulders should be depressed and contracted (pulled down and forward)
6. Hold for the desired time

Tips: Shoulders protraction and depression, as well as bringing your hips behind your arms will make holding this position easier. Being able to hold a horizontal L-sit on parallel bars is a prerequisite for this exercise.

EXERCISES

CORE - LEVEL 5

Leg Raises to Knee Tucks to Scissors on Parallel Bars



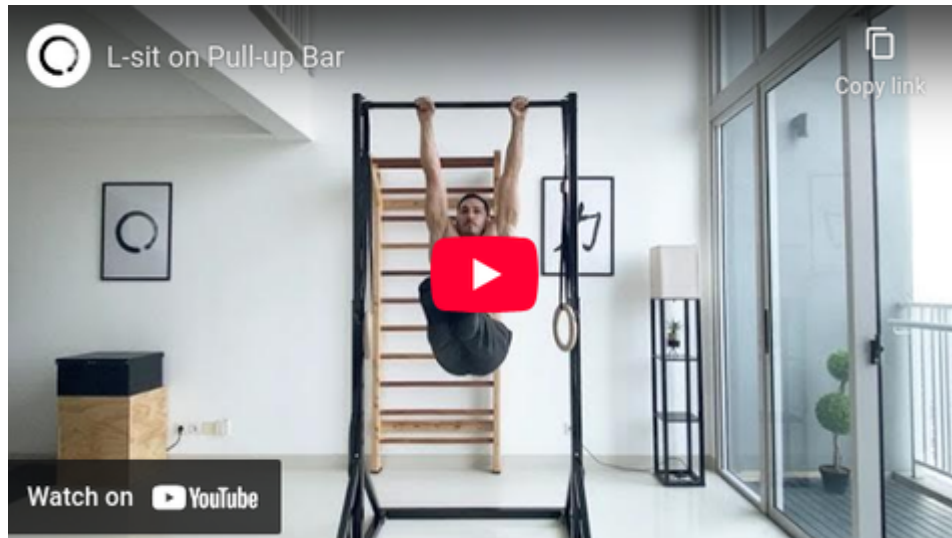
1. Grab the parallel bars with straight arms
2. Lift your legs straight in front of you
3. Bring your knees to your chest
4. Extend your legs in front of you
5. Spread your legs while keeping them straight
6. Return to an L-sit position
7. Lower down your legs without touching the floor
8. Repeat

Tips: Force yourself not to bend your wrists and to keep your arms perfectly straight. Do not let your hips swing behind your hands when you raise your feet, pushing them forward is better.

EXERCISES

CORE - LEVEL 5

L-sit on Pull-up Bar



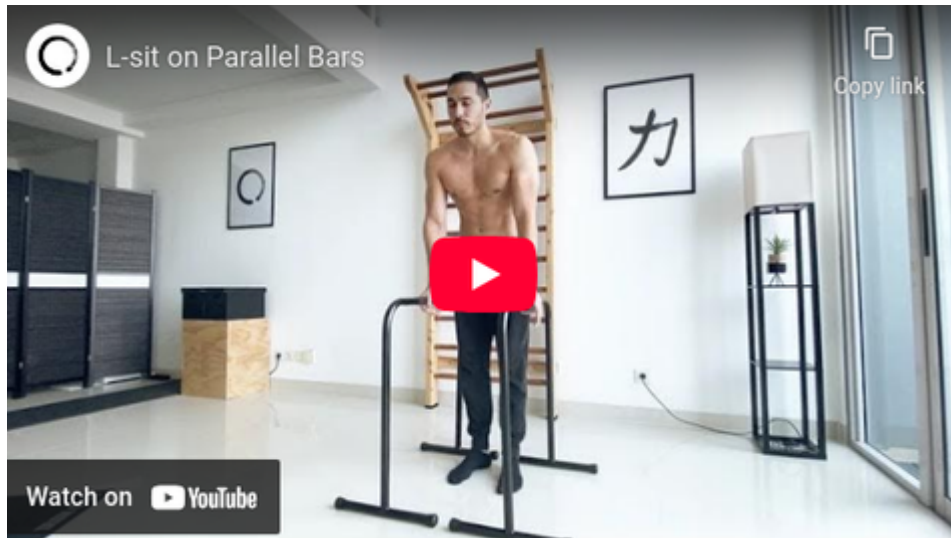
1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Lift your legs horizontally in front of you
4. Legs should stay straight and knees locked out
5. Hold for the desired time

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 5

L-sit on Parallel Bars



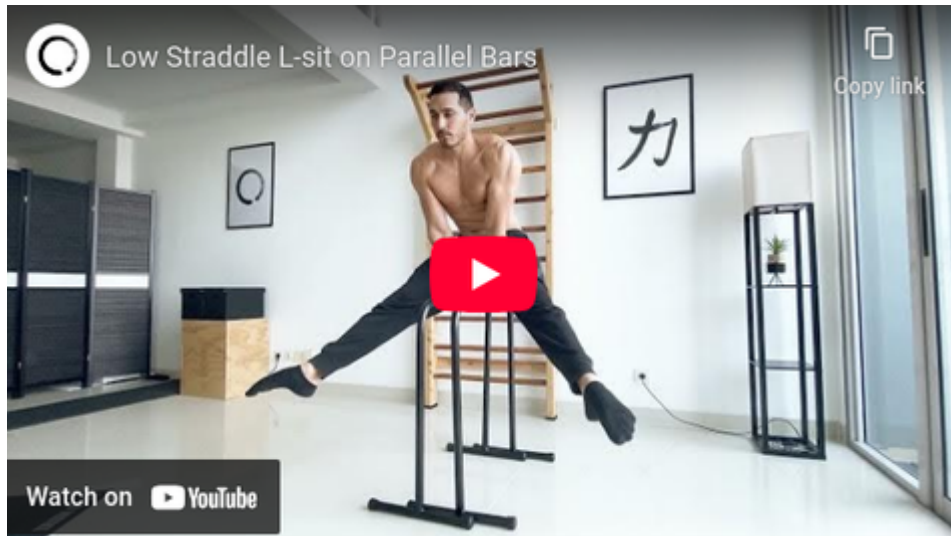
1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress and protract the shoulders (shoulders are pulled down and forward)
5. Lift your legs horizontally
6. Keep your legs perfectly straight with knees locked out
7. Hold for the desired time

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight.

EXERCISES

CORE - LEVEL 5

Low Straddle L-sit on Parallel Bars



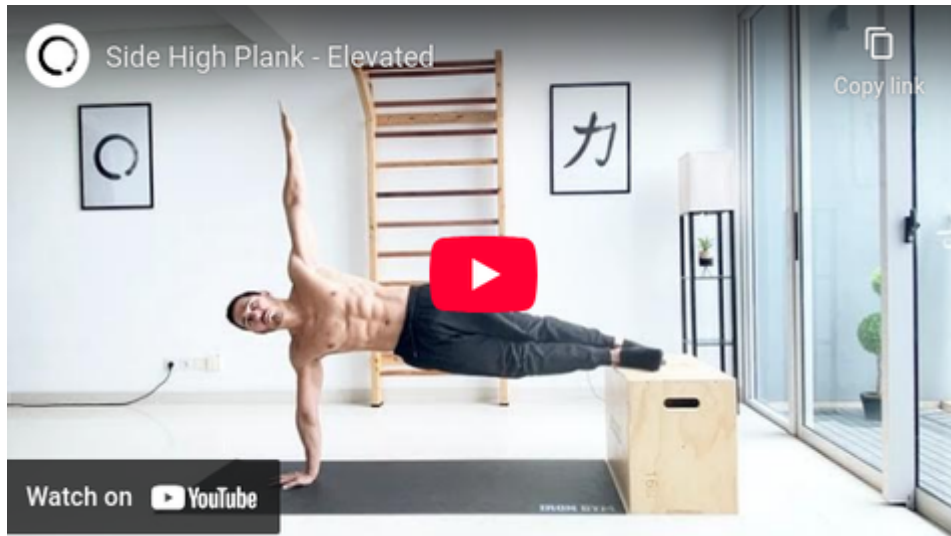
1. Bring parallel bars close to each other and hold them firmly
2. Place your hips right before your hands
3. Arms are straight and elbows locked out
4. Protract and depress the shoulders (shoulders are pulled forward and down)
5. Lift your legs as high as possible
6. Keep your legs perfectly straight with knees locked out
7. Hold for the desired time

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight. If you can't keep them straight, regress to an easier variation like the regular L-sit.

EXERCISES

CORE - LEVEL 5

Side High Plank - Elevated



1. Place your hands on the floor at about shoulders width
2. Put your feet on an elevated surface and keep them together
3. Bring your shoulders above your hands
4. Your body should form a perfect line
5. Raise one arm up and point straight at the ceiling, allowing your body to twist to the side
6. Contract all the muscles in your body
7. Hold for the desired time
8. Train the other arm in the same manner

Tips: You should contract all the muscles in your body while performing this exercise to train your core as efficiently as possible. Make sure your shoulders, hips, and feet stay aligned throughout the exercise.

EXERCISES

CORE - LEVEL 5

Swing to V-sit on Parallel Bars



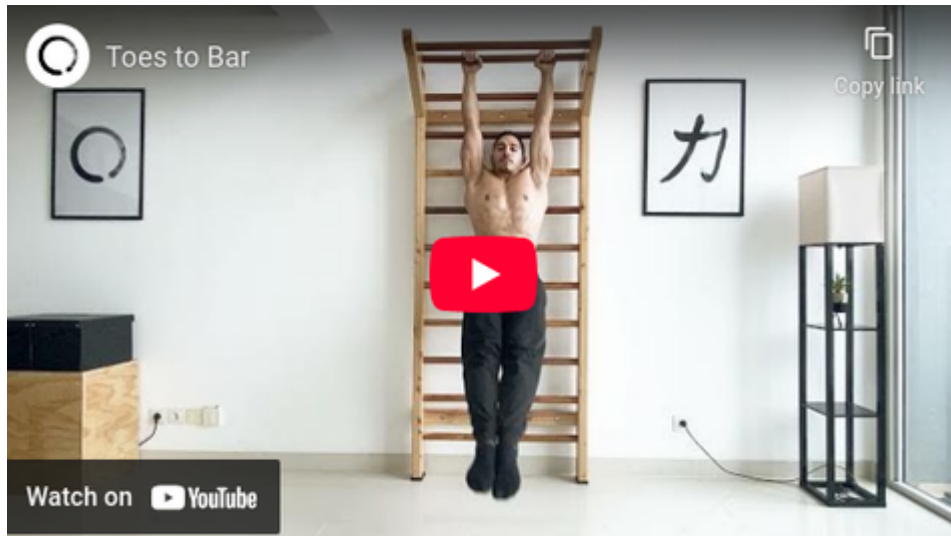
1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress the shoulders (shoulders are pulled down)
5. Swing your legs to bring them as high as possible
6. Keep your legs perfectly straight with knees locked out
7. Swing back and repeat

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight.

EXERCISES

CORE - LEVEL 5

Toes to Bar



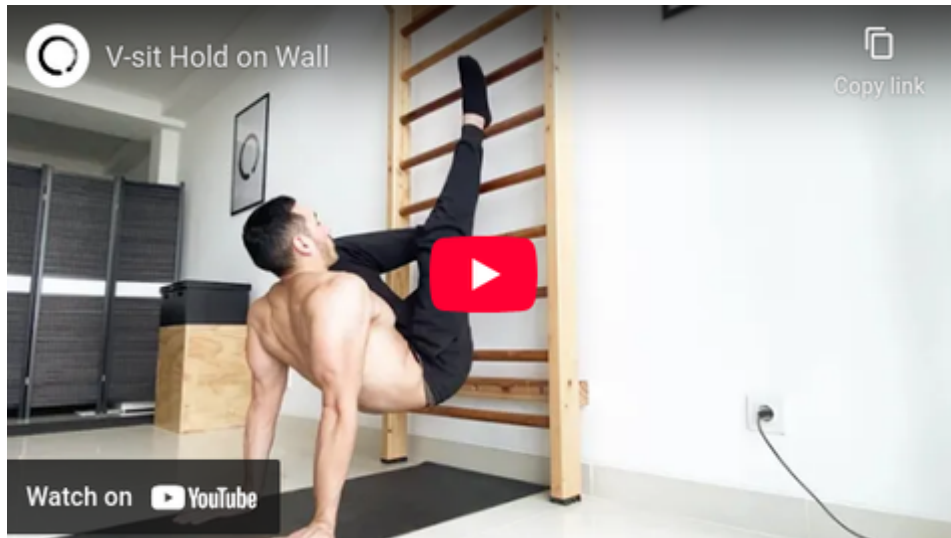
1. Use a Pull-up Bar in front of a wall or place something to support your back
2. Grab the bar with an overhand grip
3. Arms are straight and elbows locked out
4. Lift your legs as high as possible and try touching the bar with your feet
5. Legs should stay straight and knees locked out
6. Return to the original position
7. Your body should never swing back

Tips: Wrap your thumb around the bar to build more grip strength and prepare you for future progressions. The wall is here to support your back and make sure you only use pure core strength to perform this exercise. If this is too difficult, perform Swinging Toes to Bar instead.

EXERCISES

CORE - LEVEL 5

V-sit Hold on Wall



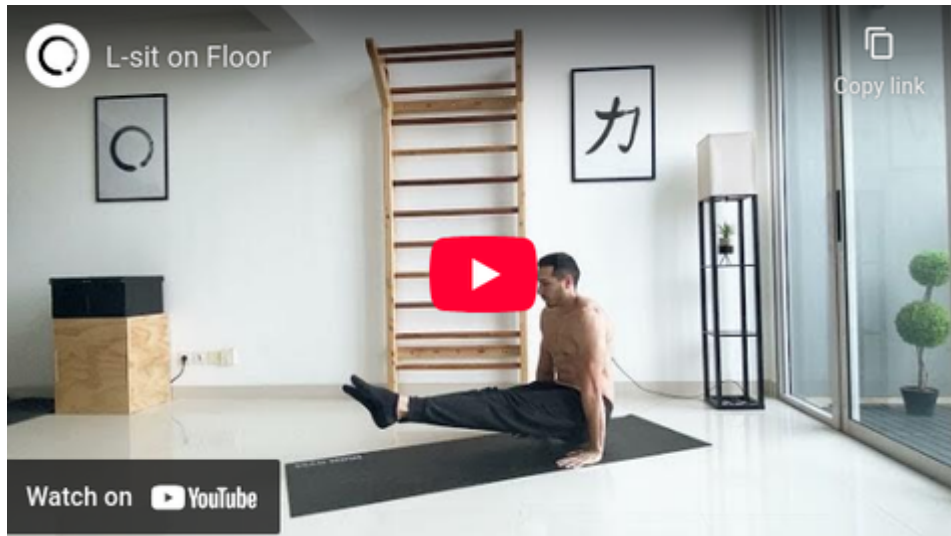
1. Start by sitting down in front of a wall
2. Place your hands behind your hips with fingers pointing away from the wall
3. Walk up the wall to place your legs perfectly straight and flat on it, you will need to bring your hands closer to it too
4. Push your hips forward and up
5. Hold for the desired time

Tips: It is important to push the hips forward and up, not just up, as this will build the strength necessary for future progressions.

EXERCISES

CORE - LEVEL 6

L-sit Hold on Floor



1. Sit on the floor with legs straight and together
2. Place your hands next to your hips
3. Push on the floor to lift your hips
4. Raise your feet and keep your legs straight and parallel to the floor
5. Shoulders should be depressed and contracted (pulled down and forward)
6. Hold for the desired time

Tips: Shoulders protraction and depression, as well as bringing your hips behind your arms will make holding this position easier. Being able to hold a 30 seconds L-sit on parallel bars is a prerequisite for this exercise.

EXERCISES

CORE - LEVEL 6

Leg Raises on Rings



1. Grab the rings firmly and hold yourself over the rings with straight arms
2. Rotate your hands so that the inside of your elbows face forward
3. Protract and depress the shoulders (shoulders pulled forward and down)
4. Make sure your arms stay perfectly straight with elbows locked out
5. Lift your legs horizontally in front of you
6. Keep your legs perfectly straight with knees locked out
7. Lower your legs back to the original position

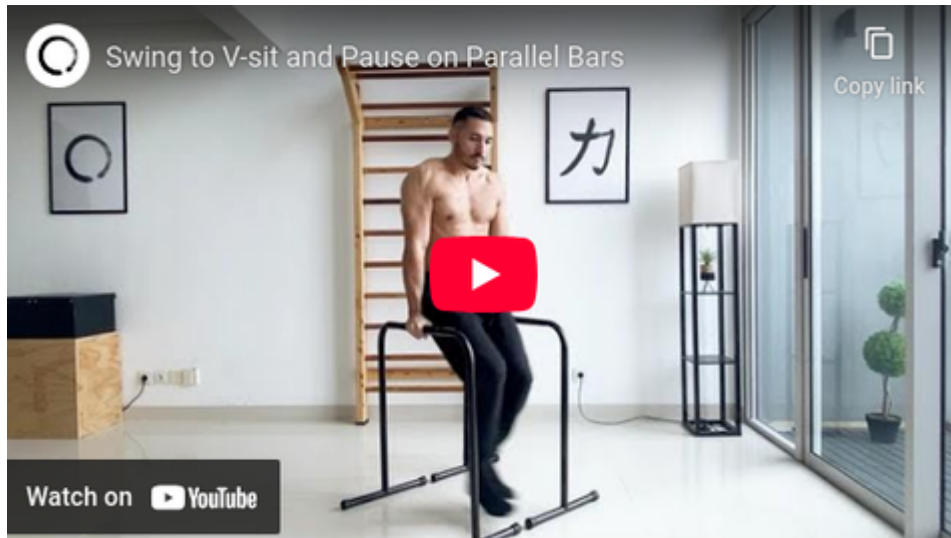
Tips: Keeping the hands close to your body and slightly in front of your hips will give you more stability.



EXERCISES

CORE - LEVEL 6

Swing to V-sit and Pause on Parallel Bars



1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress the shoulders (shoulders are pulled down)
5. Swing your legs to bring them as high as possible
6. Keep your legs perfectly straight with knees locked out
7. Try to pause for a short time at the top
8. Swing back and repeat

Tips: Try to pause for as long as you can, with time you will be able to hold it longer and longer and eventually hold the V-sit properly. Make sure to keep the shoulders position at all time. The arms and legs should be straight.

EXERCISES

CORE - LEVEL 6

Windshields on Pull-up Bar



1. Grab the bar with an overhand grip
2. Arms are straight and elbows locked out
3. Bring your feet up to the bar
4. Legs should stay straight and knees locked out
5. Sway your legs to the right and to the left alternatively while keeping your legs straight
6. In this case, one of your arms might bend as you move your legs

Tips: Wrap your thumbs around the bar to build more grip strength and prepare you for future progressions.

EXERCISES

CORE - LEVEL 7

L-sit on Rings



1. Grab the rings firmly and hold yourself over the rings with straight arms
2. Rotate your hands so that the inside of your elbows face forward
3. Protract and depress the shoulders (shoulders pulled forward and down) and keep your hands as close to your body as you can
4. Make sure your arms stay perfectly straight with elbows locked out
5. Lift your legs horizontally in front of you
6. Keep your legs perfectly straight with knees locked out
7. Hold for the desired time

Tips: Keeping the hands close to your body and slightly in front of your hips will give you more stability.

EXERCISES

CORE - LEVEL 7

One-arm L-sit on Pull-up Bar



1. Grab the bar with one hand and an overhand grip
2. The arm is straight and elbow locked out
3. Lift your legs horizontally in front of you
4. Legs should stay straight and knees locked out
5. Hold for the desired time

Tips: Focus on squeezing the bar as hard as you can to avoid swinging too much.



EXERCISES

CORE - LEVEL 7

V-sit Kicks on Parallettes



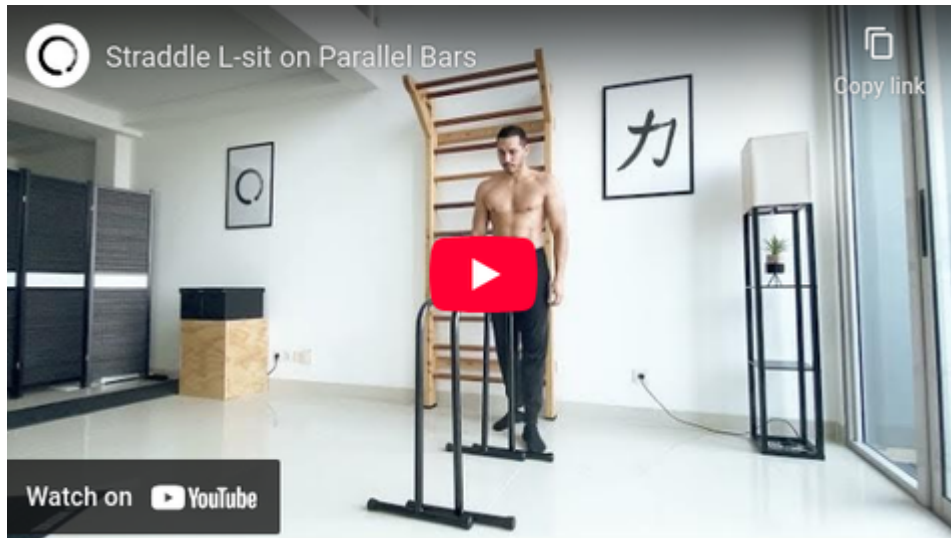
1. Sit on the floor with legs straight and together
2. Place the parallettes next to your hips and hold them firmly
3. Push on the parallettes to lift your hips
4. Tuck your knees to your chest and raise your feet
5. Shoulders should be depressed (pushed down)
6. Kick your feet as high as possible with your legs straight
7. Return to the original position with tucked knees and repeat

Tips: Being able to hold a horizontal L-sit on parallel bars is a prerequisite for this exercise.

EXERCISES

CORE - LEVEL 7

Straddle L-sit on Parallel Bars



1. Bring parallel bars or parallettes together and hold them firmly
2. Place your hips right before your hands
3. Arms are straight and elbows locked out
4. Protract and depress the shoulders (shoulders are pulled forward and down)
5. Lift your legs parallel to the floor
6. Keep your legs perfectly straight with knees locked out
7. Hold for the desired time

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight. If you can't keep them straight, regress to an easier variation like Low Straddle L-sit.

EXERCISES

CORE - LEVEL 8

One-arm Toes to Bar



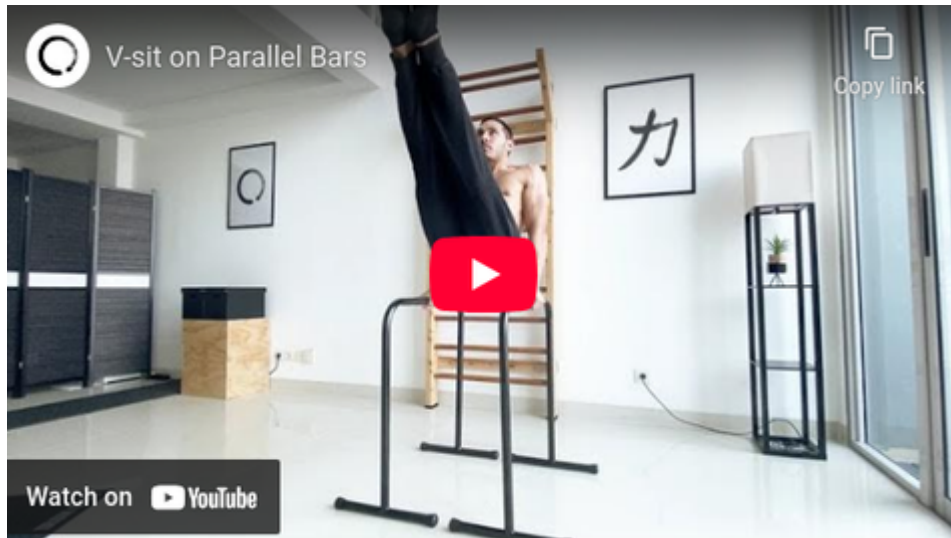
1. Grab the bar with one hand and an overhand grip
2. The arm is straight and elbow locked out
3. Lift your legs straight and bring your feet to the bar
4. Lower down your legs without touching the floor
5. Switch arms and repeat

Tips: Focus on squeezing the bar as hard as you can, grip strength might be the biggest challenge with this exercise.

EXERCISES

CORE - LEVEL 8

V-sit on Parallel Bars



1. Place parallel bars slightly wider than shoulders width and hold them firmly
2. Stand between your hands
3. Arms are straight and elbows locked out
4. Depress the shoulders (shoulders are pulled down)
5. Lift your legs as high as you can, your feet should be at least as high as your chest
6. Keep your legs perfectly straight with knees locked out
7. Hold for the desired time

Tips: Make sure to keep the shoulders position at all time. The arms and legs should be straight. If you can't keep them straight, regress to an easier variation like the L-sit. Focus on pushing your hips forward and up, not only up.

EXERCISES

CORE - LEVEL 8

Back Leg Raises on Stall Bar - Ankle Weights



1. Wrap weights around your ankles
2. Stand in front of the stall bar
3. Bend over and grab a bar at comfortable height with palms facing the wall
4. Hold firmly and gently kick yourself up into a vertical, upside down position
5. Legs should be straight
6. Slowly lower your legs as low as possible while keeping them straight
7. Raise your legs back to return to the original position

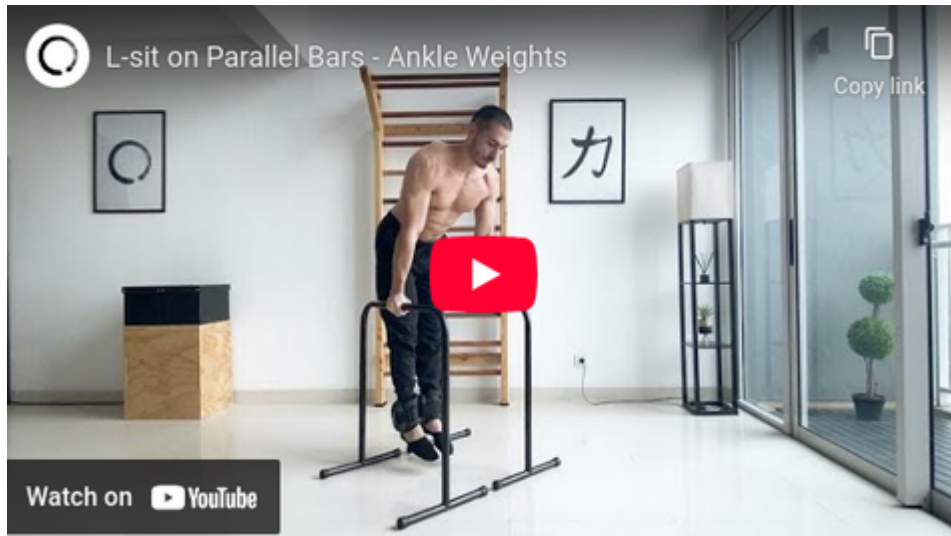
Tips: We use 4kg ankle weights on this video, but you are advised to start with 0.5kg on each ankle and add weight if necessary.

Make sure your lower back is properly warmed up before attempting this exercise. You should also be able to hold an active hang for 30 seconds and perform 15 Back Leg Raises on Box.

EXERCISES

CORE - LEVEL 8

L-sit on Parallel Bars - Ankle Weights



1. Wrap weights around your ankles
2. Place parallel bars slightly wider than shoulders width and hold them firmly
3. Stand between your hands
4. Arms are straight and elbows locked out
5. Depress and protract the shoulders (shoulders are pulled down and forward)
6. Lift your legs horizontally
7. Keep your legs perfectly straight with knees locked out
8. Hold for the desired time

Tips: We use 4kg ankle weights on this video, but you are advised to start with 0.5kg on each ankle and add weight if necessary.

Make sure to keep the shoulders position at all time. The arms and legs should be straight.

EXERCISES

LEGS - LEVEL 1

Sitting Squats



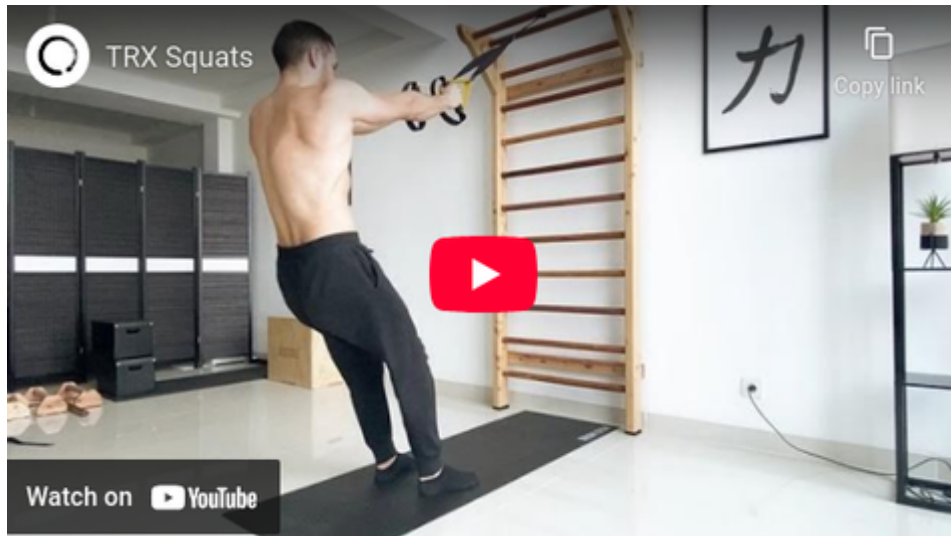
1. Place a box or chair behind you at knee height
2. Stand with your feet a bit wider than shoulders width
3. Slowly bend your knees and let your upper body lean forward as you go down
4. Your knees shouldn't go past your toes, leaning forward will help you keep your balance
5. Rest on the box or chair for a second
6. Stand back up

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 1

TRX Squats



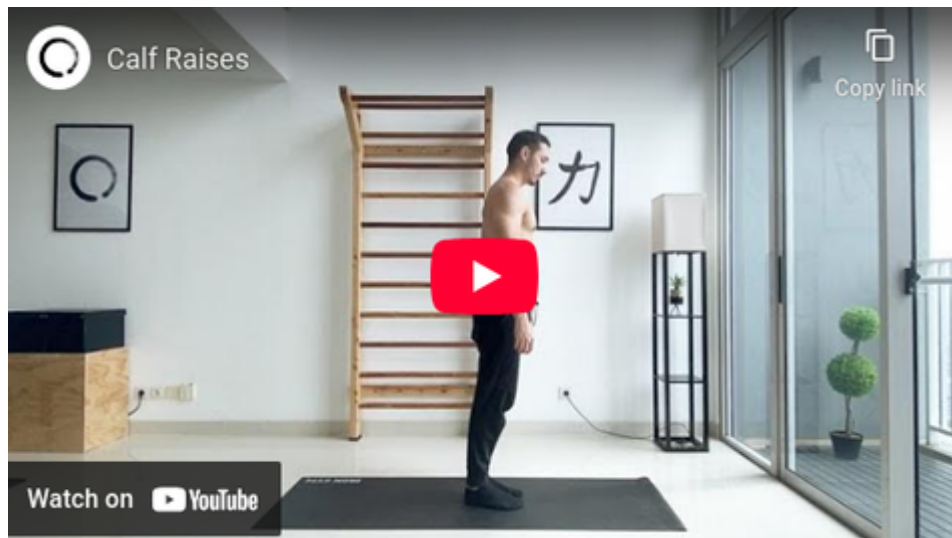
1. Stand with your feet a bit wider than shoulders width
2. Grab the handles with a hammer grip
3. Lean backward and slowly bend your knees
4. Your knees shouldn't go past your toes, the TRX will help you keep your balance
5. Squat down until your knees form a 90° angle or lower if you can
6. Stand back up

Tips: Try not to use the TRX too much to pull yourself back up, and instead rely as much as possible on your legs strength.

EXERCISES

LEGS - LEVEL 1

Calf Raises

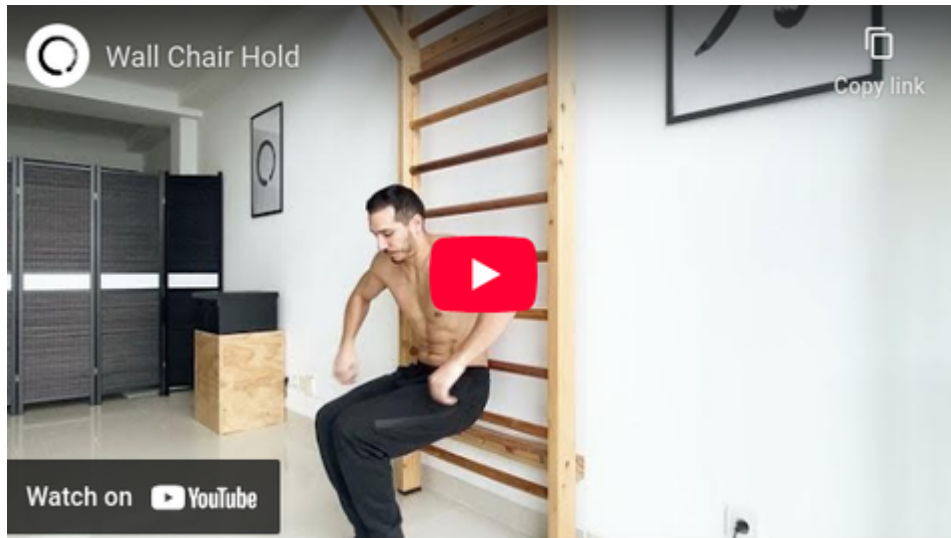


1. Stand with your feet together
2. Raise your heels off the floor
3. Return to the original position

EXERCISES

LEGS - LEVEL 1

Wall Chair Hold



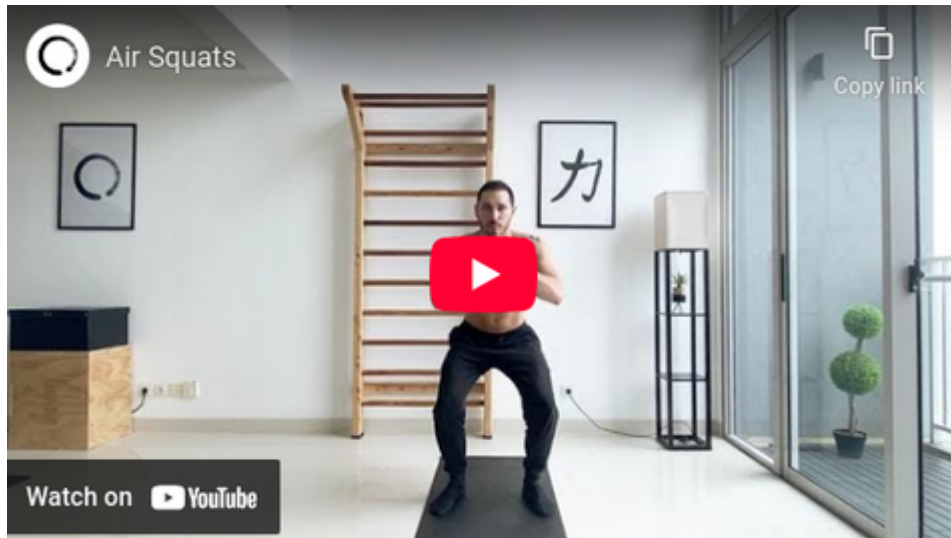
1. Stand in front of a wall, facing away from it
2. Slowly bend your knees until they form a 90° angle
3. Rest your back flat on the wall
4. Hold for the desired time

Tips: Make sure your legs stay at 90° and try not to press on your thighs with your hands.

EXERCISES

LEGS - LEVEL 2

Air Squats



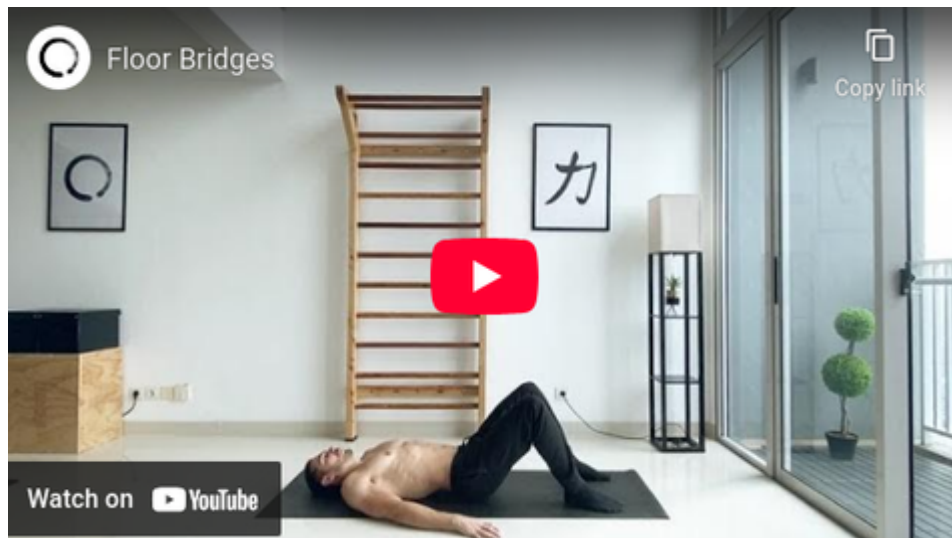
1. Stand with your feet a bit wider than shoulders width
2. Slowly bend your knees and let your upper body lean forward as you go down
3. Your knees shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your knees form a 90° angle or lower if you can
5. Stand back up

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 2

Floor Bridges



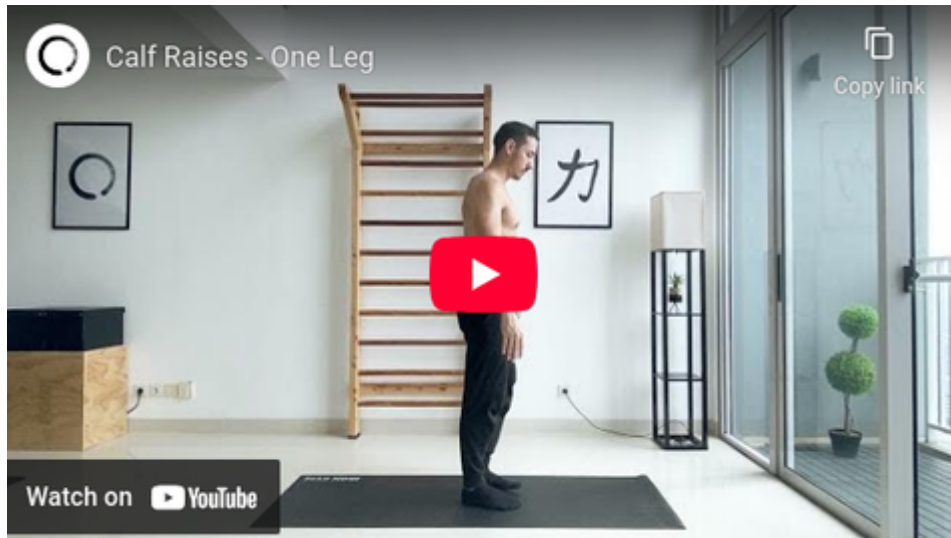
1. Start by lying on your back with your legs bent at around 90° and your hands on each side of your body
2. Push on your legs to raise your hips as high as you can
3. Return to the original position

Tips: Make sure you raise your hips at least high enough to form a line with your shoulders and knees for maximum results.

EXERCISES

LEGS - LEVEL 2

Calf Raises - One leg

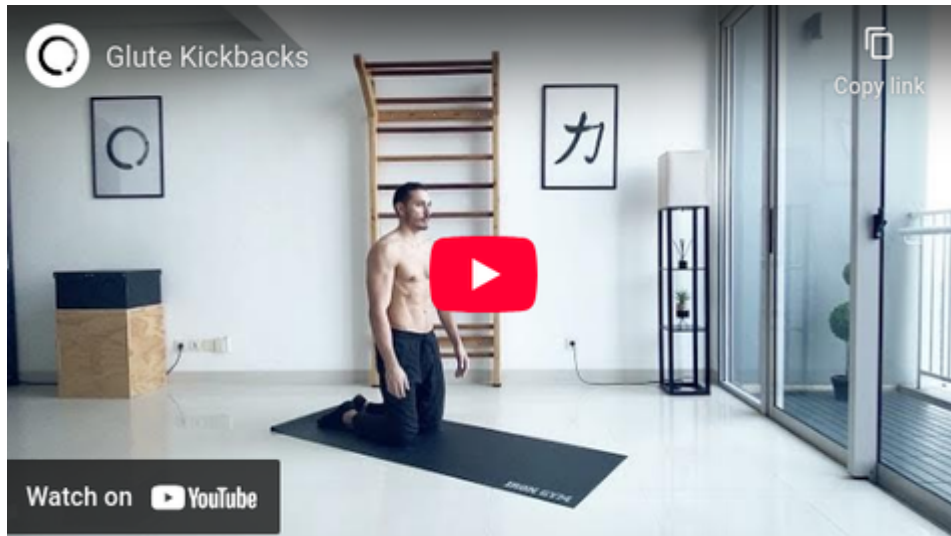


1. Stand on one foot and grab your other foot behind you
2. Use a wall for support if balance is an issue
3. Keep your standing leg straight and raise your heel off the floor
4. Return to the original position

EXERCISES

LEGS - LEVEL 2

Glute Kickbacks



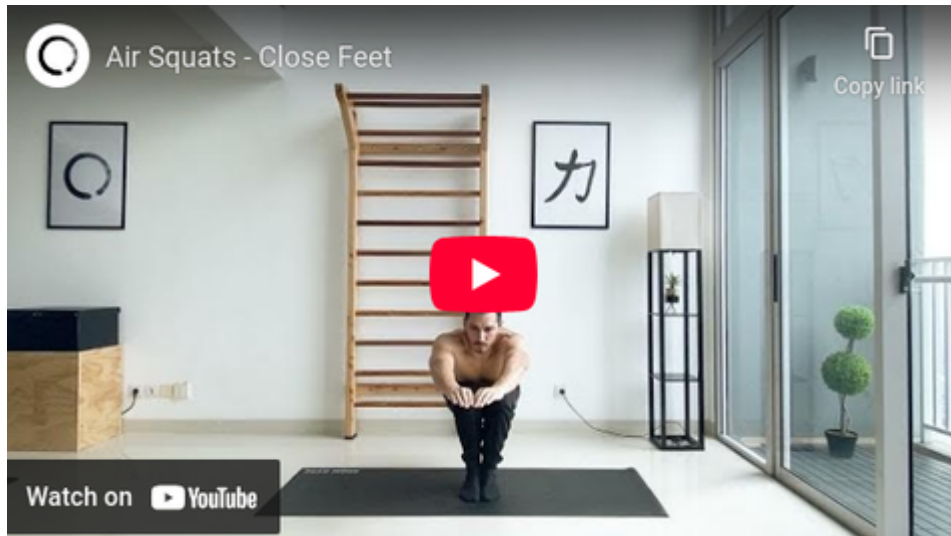
1. Start in a box position with your hands right under your shoulders
2. Raise your heel as high as possible and contract the glutes at the top
3. Return to the original position and repeat

Tips: Keep your abs engaged throughout the exercise. Complete your reps with one leg before training the other one.

EXERCISES

LEGS - LEVEL 3

Air Squats - Close Feet



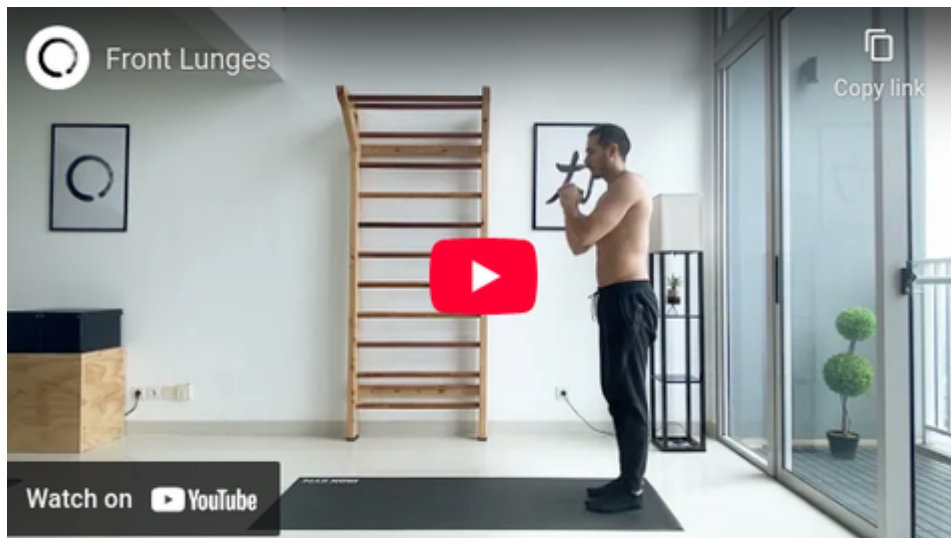
1. Stand with your feet together
2. Slowly bend your knees while keeping them together, and let your upper body lean forward as you go down
3. Your knees shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your knees form a 90° angle or lower if you can
5. Stand back up

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 3

Front Lunges



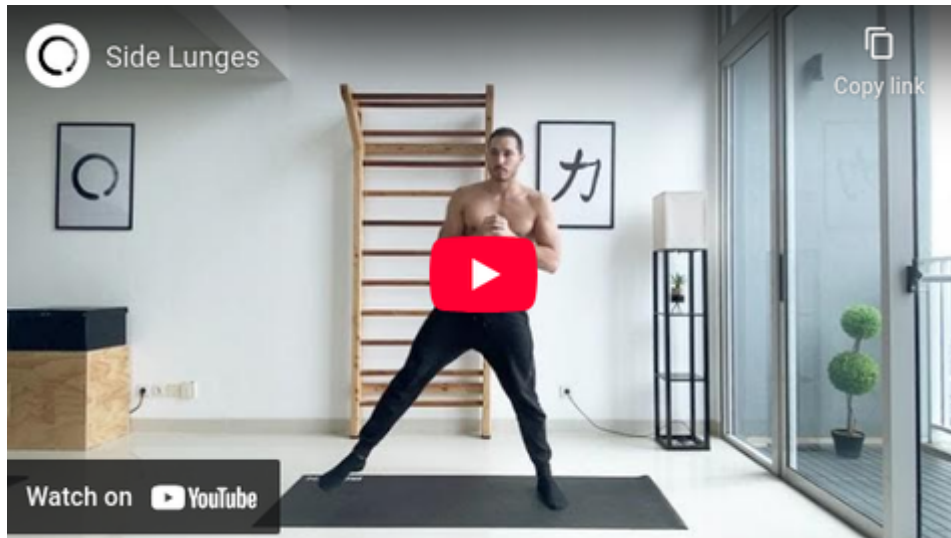
1. Stand with your hands in front of you
2. Take one large step ahead
3. Squat down until your front knee forms a 90° angle
4. Your knee shouldn't go past your toes
5. Return to the original position
6. Complete your repetitions on one leg first, then train the other one

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 3

Side Lunges



1. Stand with your hands in front of you
2. Bring one foot far to the side
3. Bend your leg on that side while keeping the other one extended
4. Squat down until your knee forms a 90° angle
5. Your knee shouldn't go past your toes, leaning forward will help you keep your balance
6. Return to the original position
7. Complete your repetitions on one leg first, then train the other one

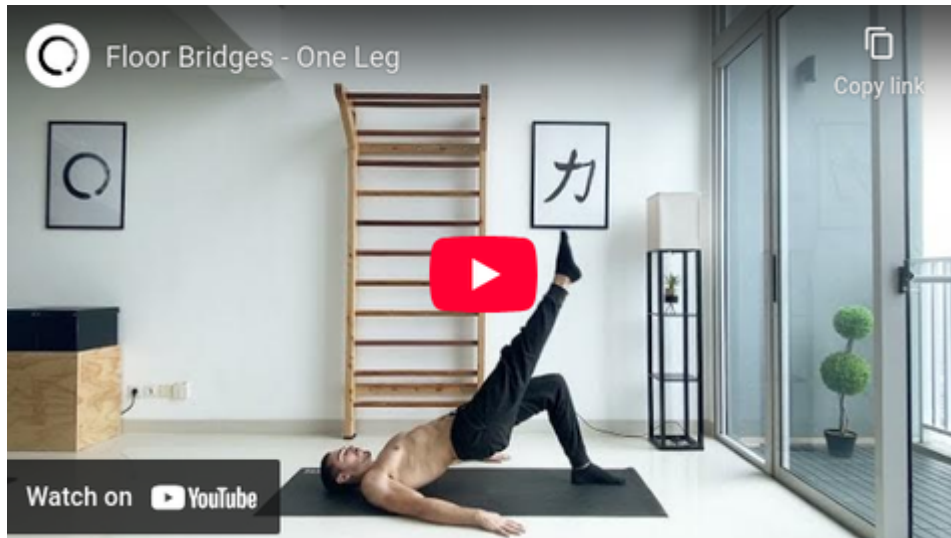
Tips: To simplify the instructions, think about this exercise as a regular squat on one side of your body, with the other leg extended.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 3

Floor Bridges - One Leg



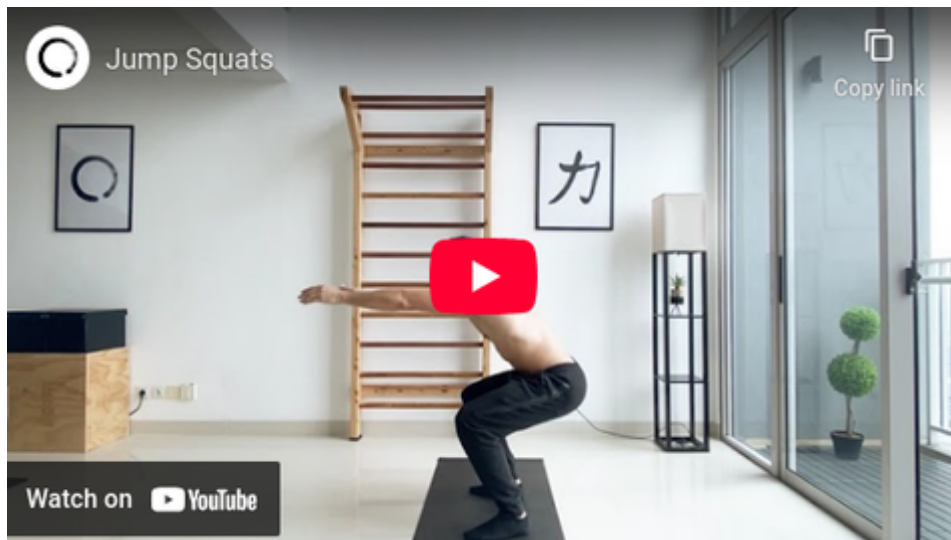
1. Start by lying on your back with your legs bent at around 90° and your hands on each side of your body
2. Lift one leg up and keep it straight
3. Push on your other leg to raise your hips as high as you can
4. Return to the original position

Tips: Make sure you raise your hips at least high enough to form a line with your shoulders and knees for maximum results.

EXERCISES

LEGS - LEVEL 3

Jump Squats



1. Stand with your feet a bit wider than shoulders width
2. Slowly bend your knees and let your upper body lean forward as you go down
3. Your knees shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your knees form a 90° angle or lower if you can, with your arms in front of you
5. Jump as explosively as you can while swinging your arms down and back

Note: You might be surprised by the movement of the arms here. We choose to swing our arms down as we jump to help us stay in place and repeat the jump squats more easily. We are only concerned with producing maximum effort here.

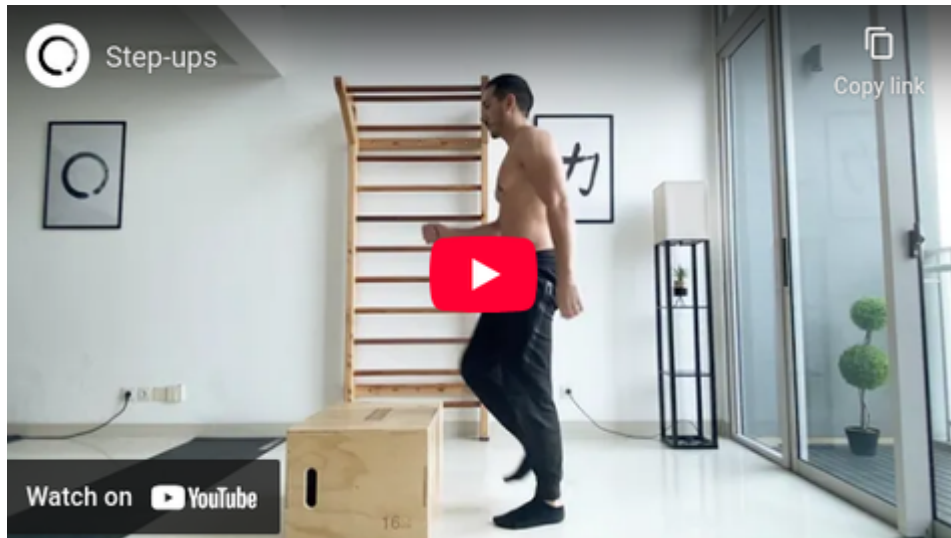
If our goal was to jump as high as possible, then we would do the opposite and swing our arms up to bring our body higher.

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable.

EXERCISES

LEGS - LEVEL 4

Step-ups

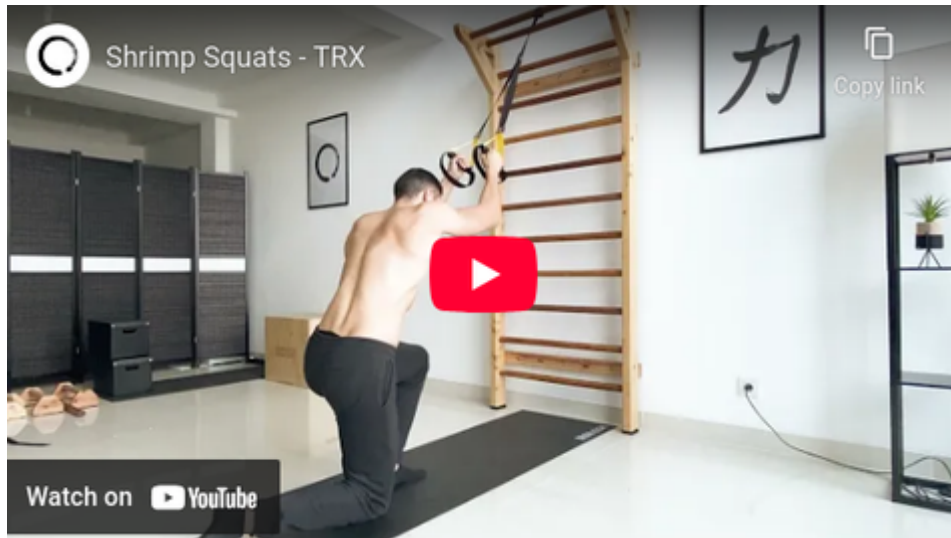


1. Stand in front of a box or any elevated surface
2. Place one foot on the box and push yourself up while raising the other knee
3. Use your arms to keep your balance in the same way you run
4. Come back down
5. Finish all the repetitions on one leg first before training the other one

EXERCISES

LEGS - LEVEL 4

Shrimp Squats - TRX



1. Grab the handles with a hammer grip
2. Stand on one foot and raise your other foot behind you
3. Slowly bend your front knee
4. Your front knee shouldn't go past your toes, the TRX should help you keep your balance
5. Squat down until your back knee touches the floor
6. Stand back in the original position relying as much as possible on your leg strength

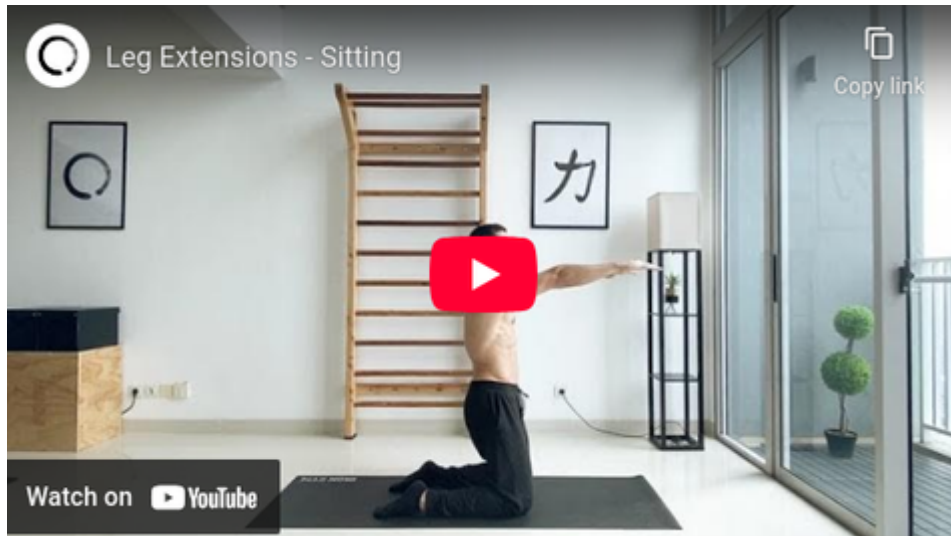
Tips: Make sure your back foot doesn't touch the floor before your knee, as this will make the exercise too easy. For the same reason your knee should never leave the floor before your foot when you stand back up. To avoid confusion, it is better to never let your back foot touch the floor.

Try not to use the TRX too much to pull yourself back up, and instead rely as much as possible on your leg strength.

EXERCISES

LEGS - LEVEL 4

Leg Extensions - Sitting



1. Start on your knees with your feet facing down and your arms in front of you
2. Slowly shift your hips backward while keeping your back upright
3. Rest on your feet
4. Push on the floor with the top of your feet to bring your hips back up and return to the original position

Tips: Make sure to rely only on your legs to push your hips back up.

EXERCISES

LEGS - LEVEL 4

Bulgarian Splits



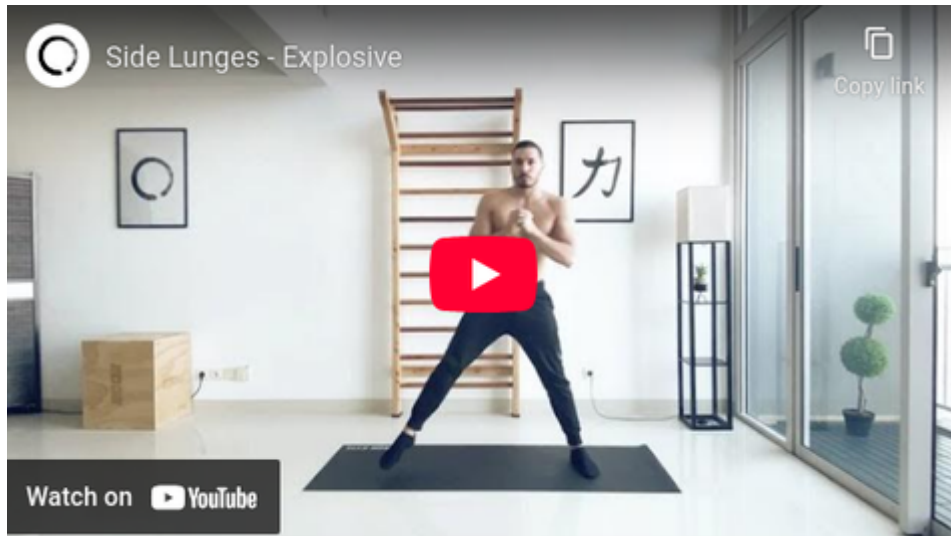
1. Place a box or chair behind you at knee height
2. Take a step forward and put one foot on the box
3. Slowly bend your front knee and let your body go down vertically
4. Your front knee shouldn't go past your toes, your back foot will help you keep your balance
5. Push with your front leg to get back to the original position

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 4

Side Lunges - Explosive



1. Stand with your hands in front of you
2. Bring one foot far to the side
3. Bend your leg on that side while keeping the other one extended
4. Squat down until your knee forms a 90° angle
5. Your knee shouldn't go past your toes, leaning forward will help you keep your balance
6. Push yourself as explosively as possible, your foot should take off the floor
7. Complete your repetitions on one leg first, then train the other one

Tips: To simplify the instructions, think about this exercise as a regular squat on one side of your body, with the other leg extended.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.



EXERCISES

LEGS - LEVEL 5

Pistol Squats - TRX



1. Grab your handles with a hammer grip
2. Stand on one foot and raise your other leg straight in front of you.
3. Slowly bend your back knee
4. Your back knee shouldn't go past your toes, the TRX should help you keep your balance
5. Squat down until your hips reach the same level as your front foot
6. Stand back in the original position relying as much as possible on your leg strength

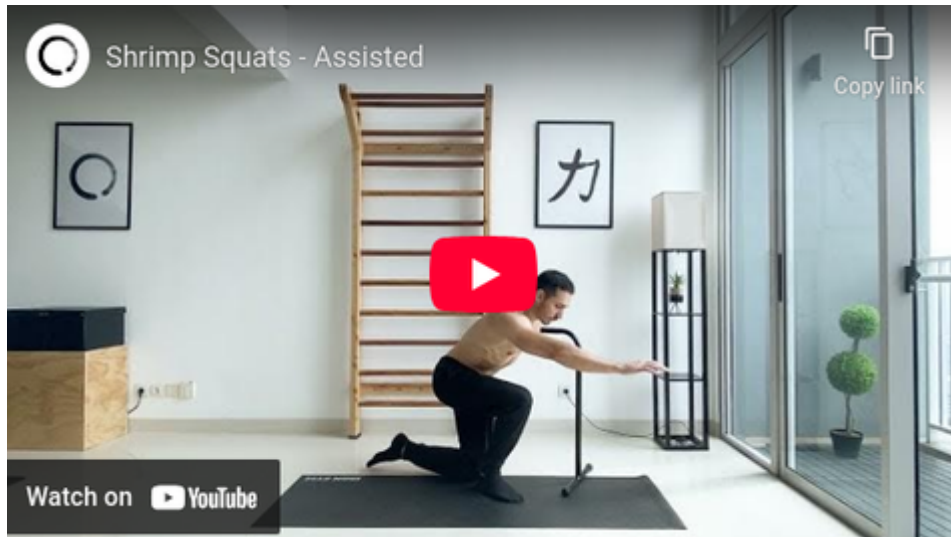
Tips: Make sure to keep your front leg perfectly straight as this will become necessary in order to perform a free standing pistol squat.

Try not to use the TRX too much to pull yourself back up, and instead rely as much as you can on your leg strength.

EXERCISES

LEGS - LEVEL 5

Shrimp Squats - Assisted



1. Stand next to a bar or table, or anything that you can use for support
2. Place your hand on the support
3. Stand on your foot which is on the opposite side of the support, and raise your other foot behind you
4. Slowly bend your front knee and let your upper body lean forward as you go down
5. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
6. Squat down until your back knee touches the floor
7. Stand back in the original position

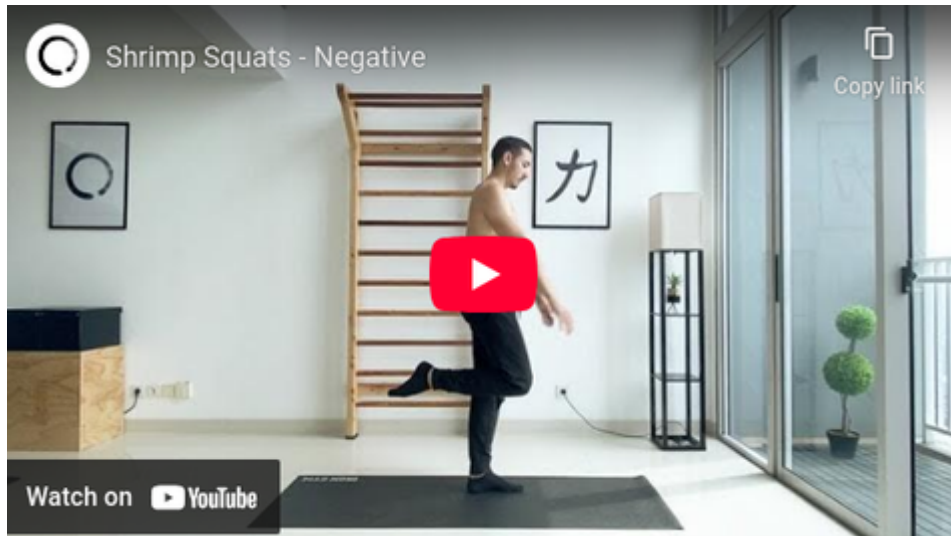
Tips: Make sure your back foot doesn't touch the floor before your knee, as this will make the exercise too easy. For the same reason your knee should never leave the floor before your foot when you stand back up. To avoid confusion, it is better to never let your back foot touch the floor.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arm and hand should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 5

Shrimp Squats - Negative



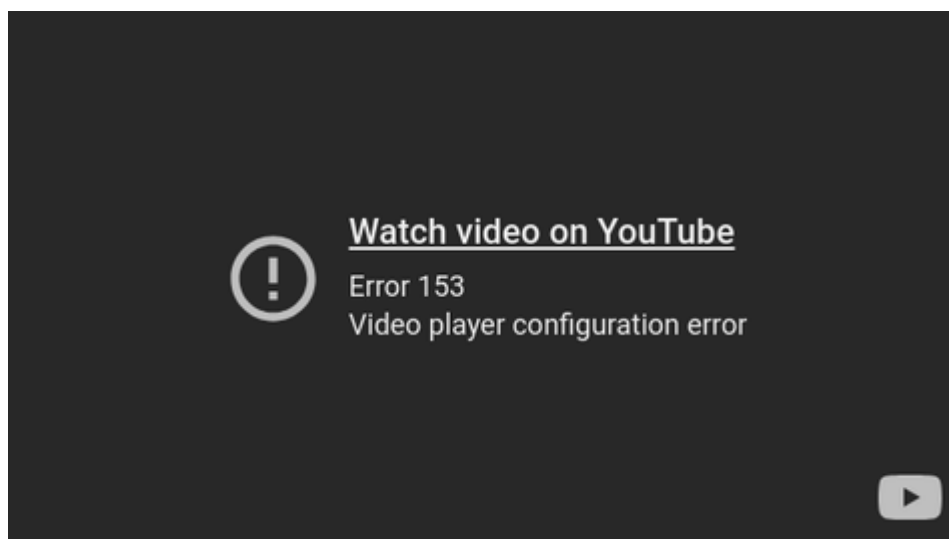
1. Stand on one foot, and raise your other foot behind you
2. Slowly bend your front knee and let your upper body lean forward as you go down
3. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your back knee touches the floor
5. Put your hands down and stand back up with your 2 legs

Tips: Make sure your back foot doesn't touch the floor before your knee, as this will make the exercise too easy. Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 5

Step-up to Jumps

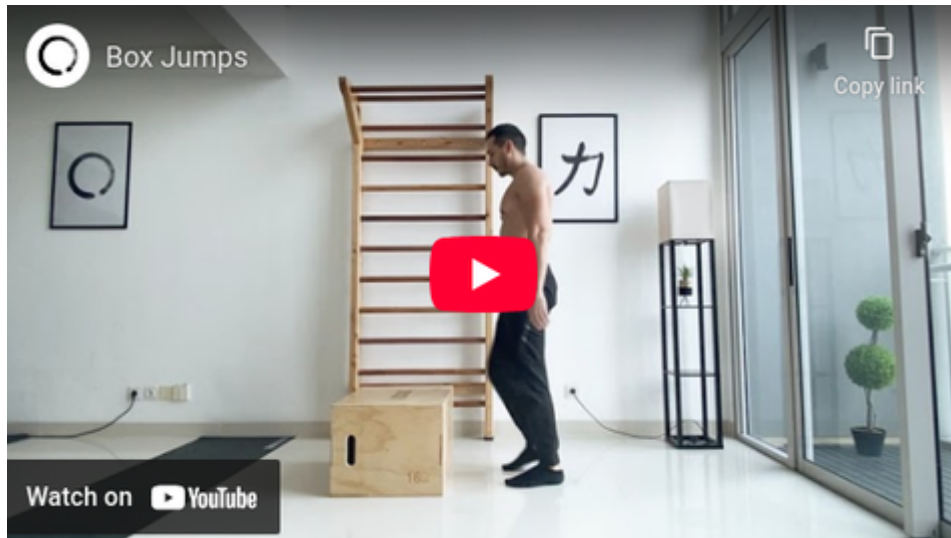


1. Stand in front of a box or any elevated surface
2. Place one foot on the box and push yourself up and jump while raising the other knee
3. Use your arms to keep your balance in the same way you run
4. Come back down
5. Finish all the repetitions on one leg first before training the other one

EXERCISES

LEGS - LEVEL 5

Box Jumps



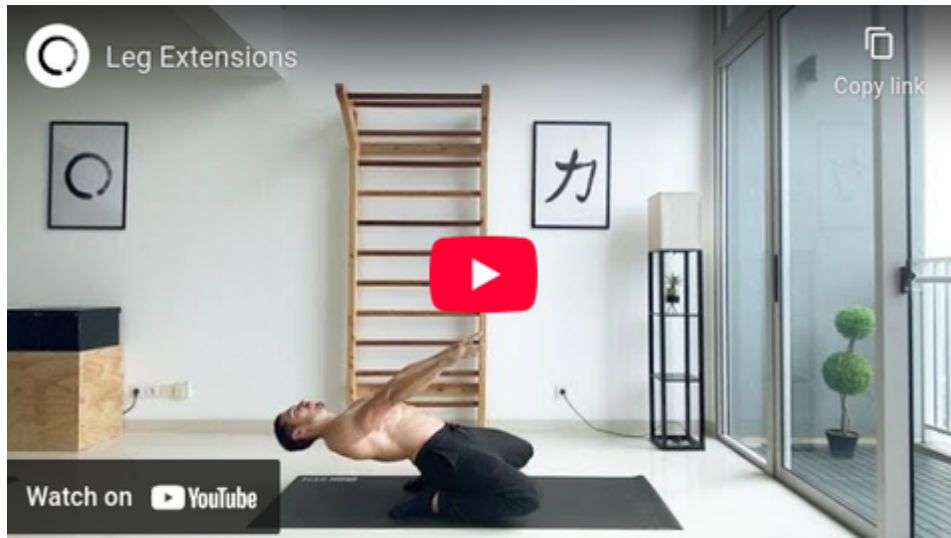
1. Stand in front of a box with your feet a bit wider than shoulders width
2. Slowly bend your knees and let your upper body lean forward as you go down
3. Your knees shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your knees form a 90° angle or lower if you can, with your arms behind you
5. Jump on the box while swinging your arms up

Tips: Pay attention to the arms movement. Swinging your arms up will help you jump as high as possible and make sure you land on the box. Your back should remain in a relatively neutral position during the squat, as long as it feels comfortable.

EXERCISES

LEGS - LEVEL 5

Leg Extensions



1. Start on your knees with your feet facing down and your arms in front of you
2. Slowly lean backward while keeping your body fully straight and go as low as you can
3. Push on the floor with the top of your feet to bring your body back up and return to the original position

Tips: Make sure to rely only on your legs to push your body back up. Your shoulders, hips, and knees should stay aligned throughout the exercise.

EXERCISES

LEGS - LEVEL 5

Bulgarian Splits - Explosive



1. Place a box or chair behind you at knee height
2. Take a step forward and put one foot on the box
3. Slowly bend your front knee and let your body go down vertically
4. Your front knee shouldn't go past your toes, your back foot will help you keep your balance
5. Push with your front leg as explosively as possible, your foot should take off the floor

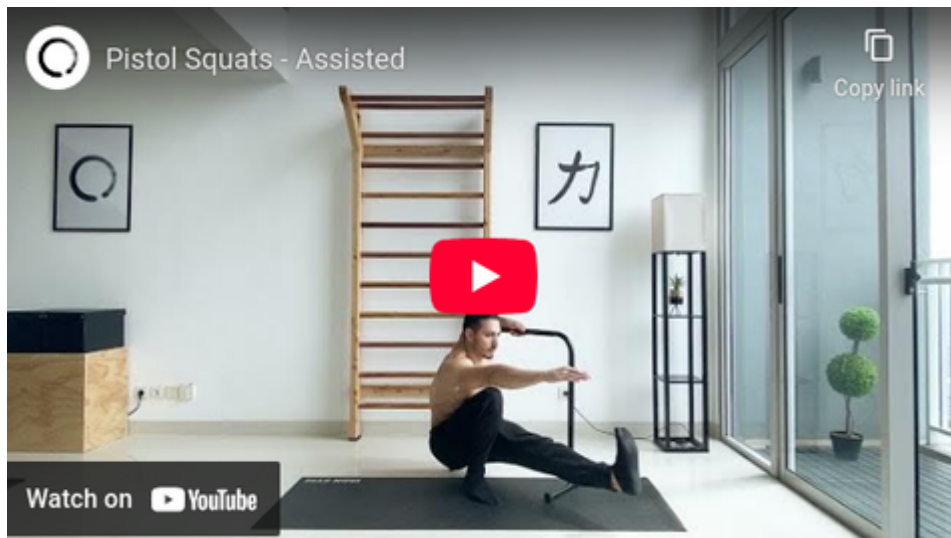
Tips: Make sure your knees and ankles are properly warmed up before performing this exercise, and stay mindful of your ankle as you land.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 6

Pistol Squats - Assisted



1. Stand next to a bar or table, or anything that you can use for support
2. Place your hand on the support
3. Stand on your foot which is on the opposite side of the support, and raise your other leg straight in front of you.
4. Slowly bend your back knee and let your upper body lean forward as you go down
5. Your back knee shouldn't go past your toes, leaning forward will help you keep your balance
6. Squat down until your hips reach the same level as your front foot
7. Stand back in the original position

Tips: Make sure to keep your front leg perfectly straight as this will become necessary in order to perform a free standing pistol squat.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arm and hand should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 6

Shrimp Squats



1. Stand on one foot and raise your other foot behind you
2. Slowly bend your front knee and let your upper body lean forward as you go down
3. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your back knee touches the floor
5. Stand back in the original position

Tips: Make sure your back foot doesn't touch the floor before your knee, as this will make the exercise too easy. For the same reason your knee should never leave the floor before your foot when you stand back up. To avoid confusion, it is better to never let your back foot touch the floor.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 6

Pistol Squats - Negative



1. Stand on one foot and raise your other leg straight in front of you.
2. Slowly bend your back knee and let your upper body lean forward as you go down
3. Your back knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your hips reach the same level as your front foot
5. Put your hands on the floor and stand back up using your two feet

Tips: Make sure to keep your front leg perfectly straight as this will become necessary in order to perform a free standing pistol squat.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 6

Shrimp Squat Hold



1. Stand on one foot, and raise your other foot behind you
2. Slowly bend your front knee and let your upper body lean forward as you go down
3. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your back knee is only a few centimeters above the floor
5. Hold for the desired time

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 7

Pistol Squats



1. Stand on one foot and raise your other leg straight in front of you.
2. Slowly bend your back knee and let your upper body lean forward as you go down
3. Your back knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your hips reach the same level as your front foot
5. Stand back in the original position

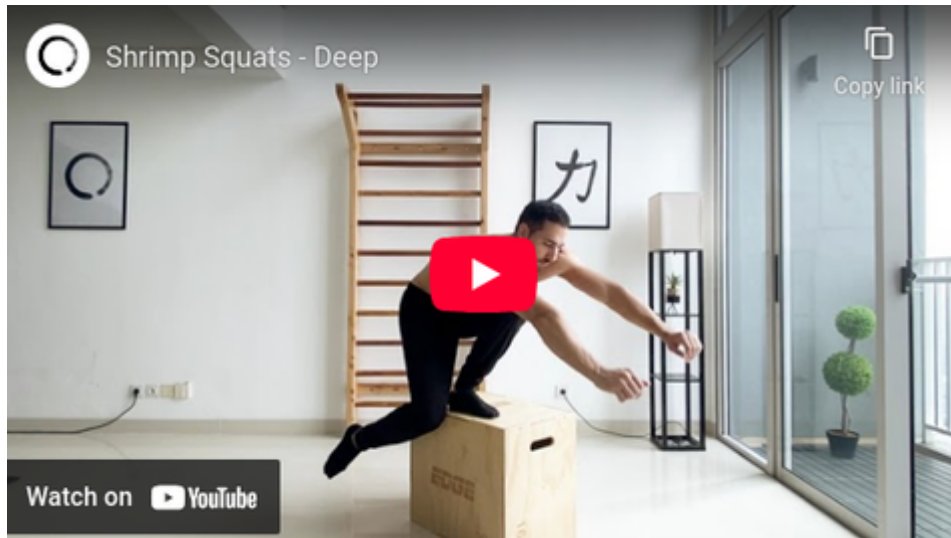
Tips: Make sure to keep your front leg perfectly straight as this will become necessary in order to perform a free standing pistol squat.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 7

Shrimp Squats - Deep



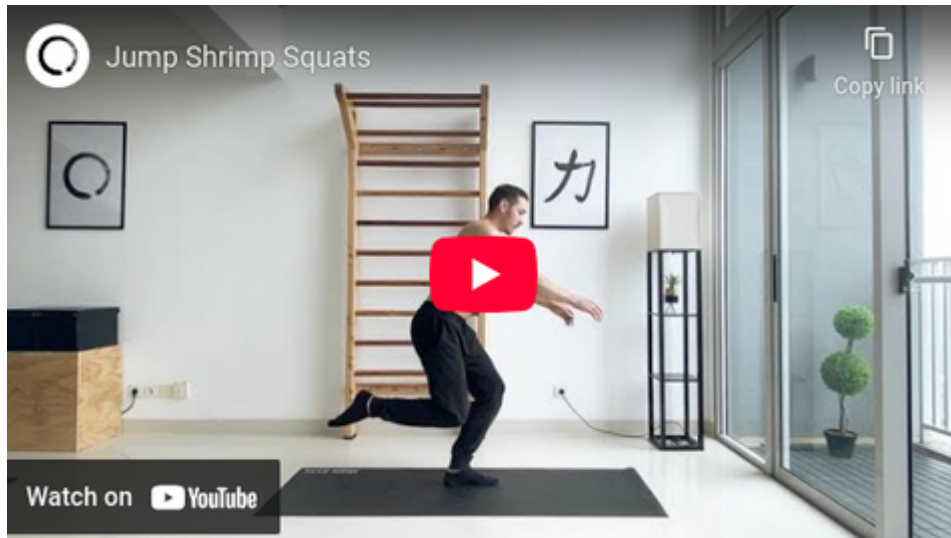
1. Stand on a box with one leg, and your other leg bent and hanging next to the box
2. Slowly bend your front knee and let your upper body lean forward as you go down
3. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down as low as you can without letting the hanging leg touch the floor
5. Stand back up

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

LEGS - LEVEL 7

Shrimp Squat Jumps



1. Stand on one foot with your other foot raised behind you
2. Slowly bend your front knee and let your upper body lean forward as you go down
3. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
4. Squat down until your back knee touches the floor behind you, with your arms in front of you
5. Jump as explosively as you can while swinging your arms down and back

Note: You might be surprised by the movement of the arms here. We choose to swing our arms down as we jump to help us stay in place and repeat the jump squats more easily. We are only concerned with producing maximum effort here.

If our goal was to jump as high as possible, then we would do the opposite and swing our arms up to bring our body higher.

Tips: Your back should remain in a relatively neutral position, as long as it feels comfortable.

EXERCISES

LEGS - LEVEL 7

Shrimp Squats with Resistance Band



1. Step on one end of the resistance band and place the other end behind your neck
2. Stand on one foot and raise your other foot behind you
3. Slowly bend your front knee and let your upper body lean forward as you go down
4. Your front knee shouldn't go past your toes, leaning forward will help you keep your balance
5. Squat down until your back knee touches the floor
6. Stand back in the original position

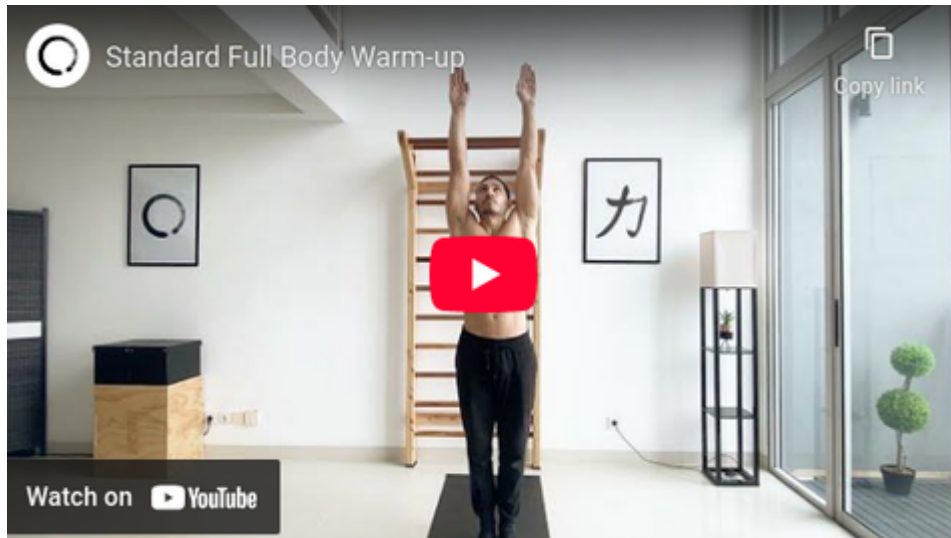
Tips: Make sure your back foot doesn't touch the floor before your knee, as this will make the exercise too easy. For the same reason your knee should never leave the floor before your foot when you stand back up. To avoid confusion, it is better to never let your back foot touch the floor.

Your back should remain in a relatively neutral position, as long as it feels comfortable. The arms and hands should also be positioned as you feel most comfortable, keeping them high and in front of you will probably help you keep your balance.

EXERCISES

MOBILITY

Standard Full Body Warm-up

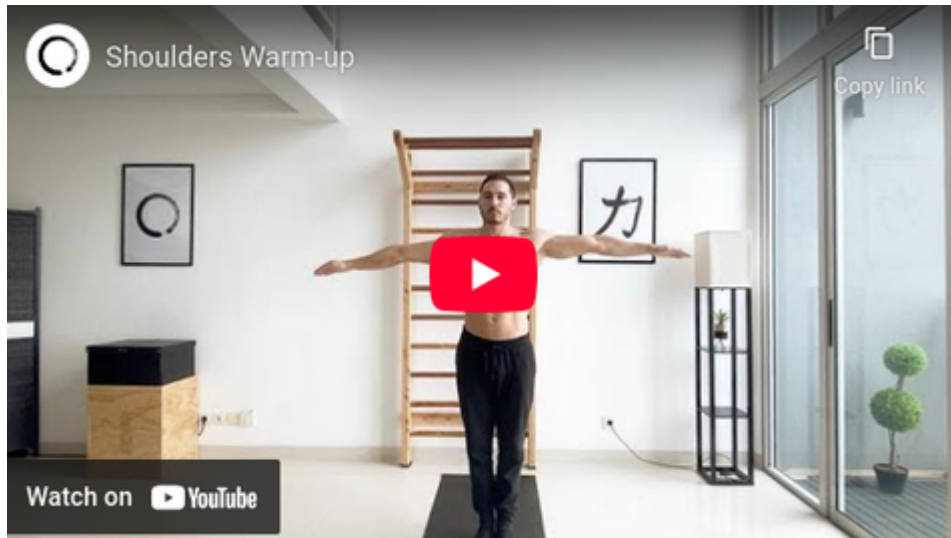


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight arms or legs on the video, it is important that you keep them perfectly straight with elbows or knees locked out at all times.

EXERCISES

MOBILITY

Shoulders Warm-up

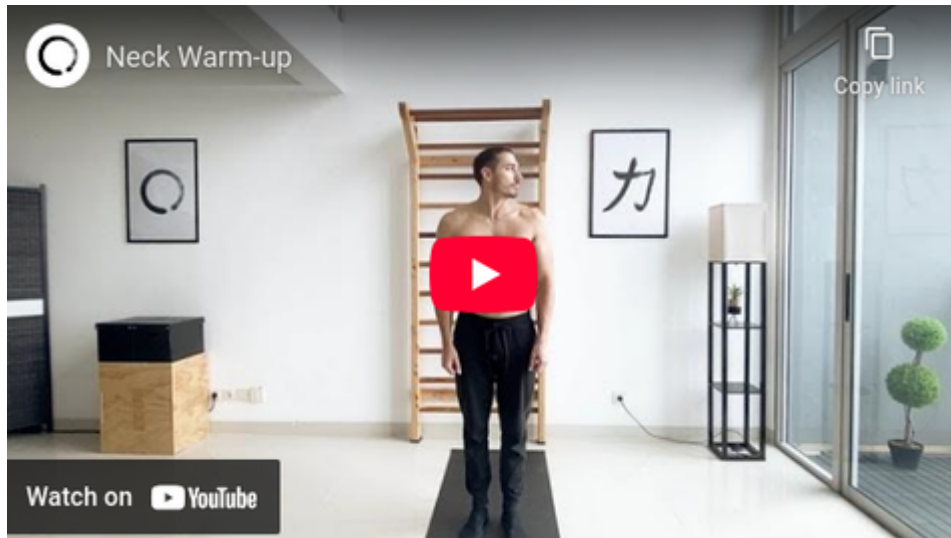


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight arms on the video, it is important that you keep them perfectly straight with elbows locked out at all times.

EXERCISES

MOBILITY

Neck Warm-up

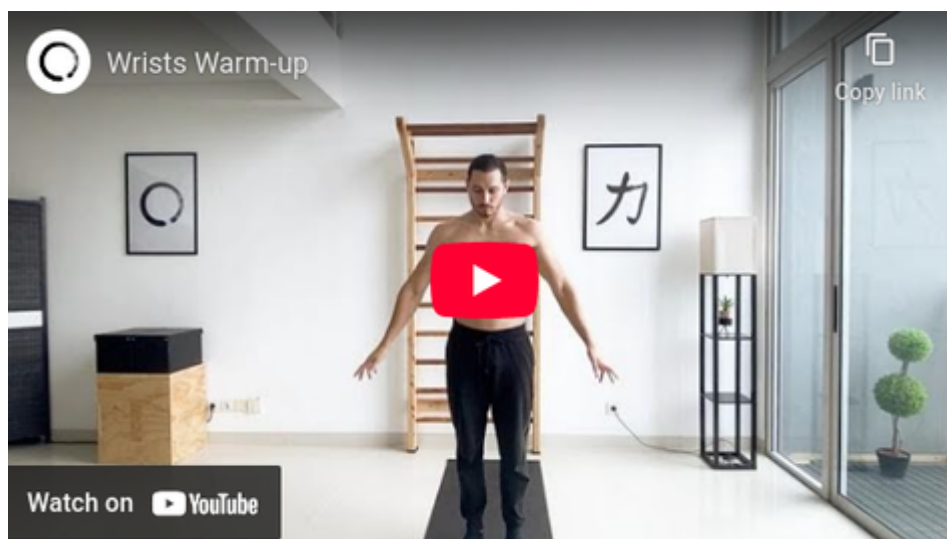


- Perform 10 repetitions of every exercise.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.

EXERCISES

MOBILITY

Wrists Warm-up

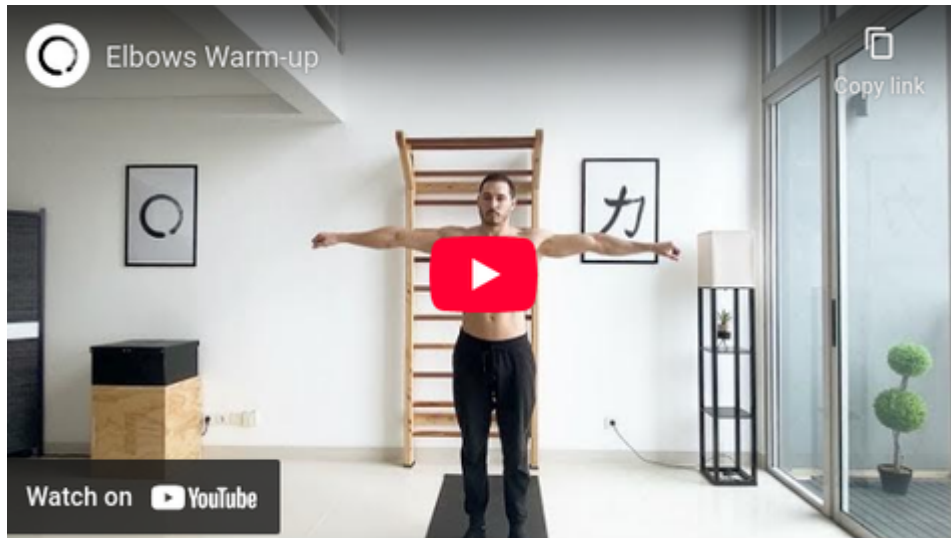


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- If the exercise is a hold, hold the position for 15 seconds
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight arms on the video, it is important that you keep them perfectly straight with elbows locked out at all times.

EXERCISES

MOBILITY

Elbows Warm-up

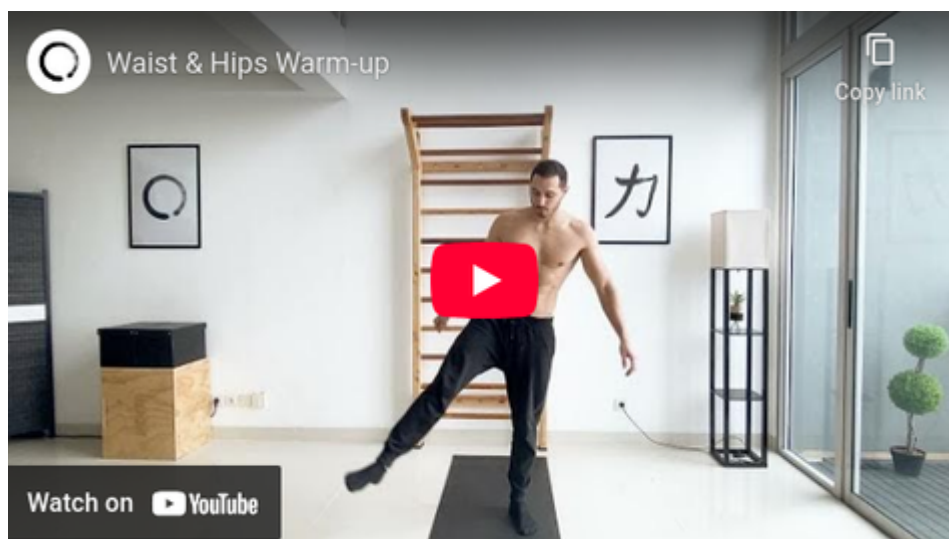


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight arms on the video, it is important that you keep them perfectly straight with elbows locked out at all times.

EXERCISES

MOBILITY

Waist & Hips Warm-up

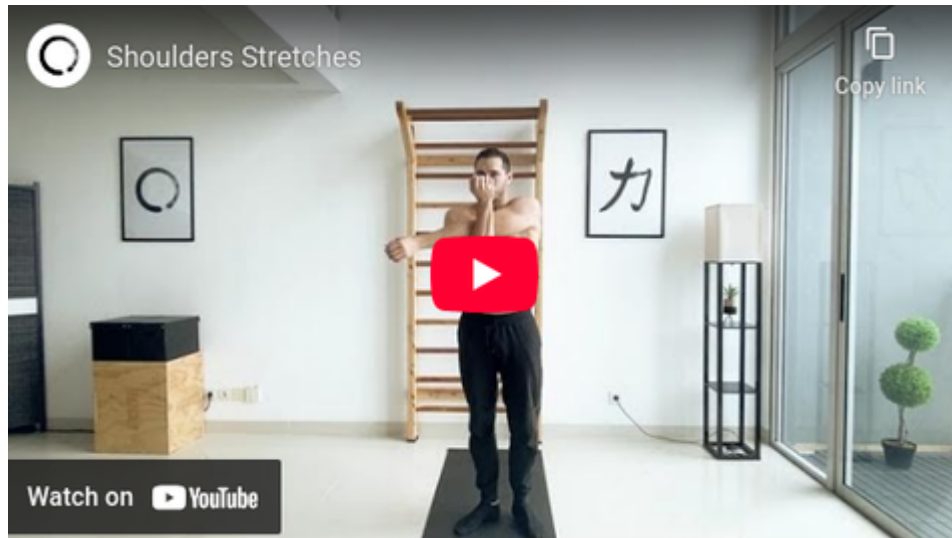


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight legs on the video, it is important that you keep them perfectly straight with knees locked out at all times.

EXERCISES

MOBILITY

Shoulder Stretches

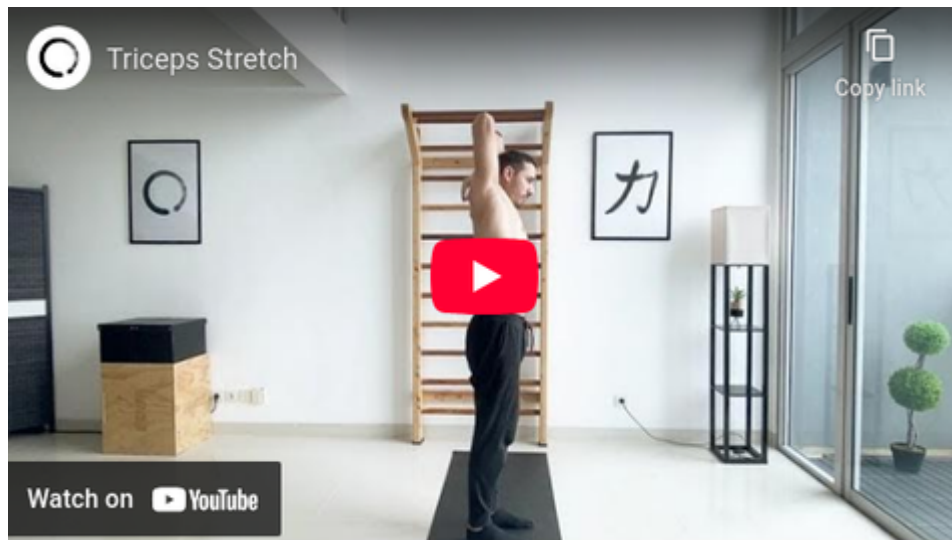


- Hold each position for 20 seconds.
- If an exercise is performed with straight arms on the video, it is important that you keep them perfectly straight with elbows locked out at all times.

EXERCISES

MOBILITY

Triceps Stretch

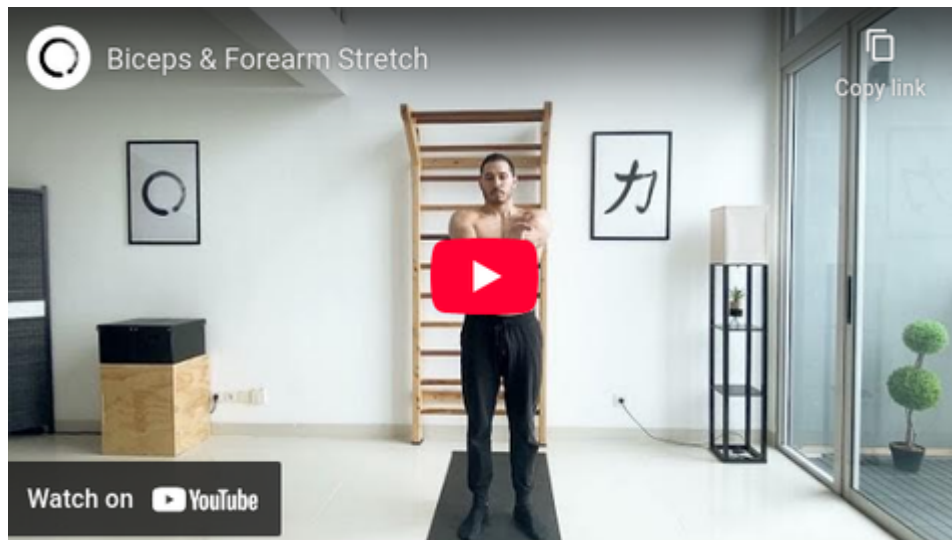


Hold the position for 20 seconds

EXERCISES

MOBILITY

Biceps and Forearm Stretch

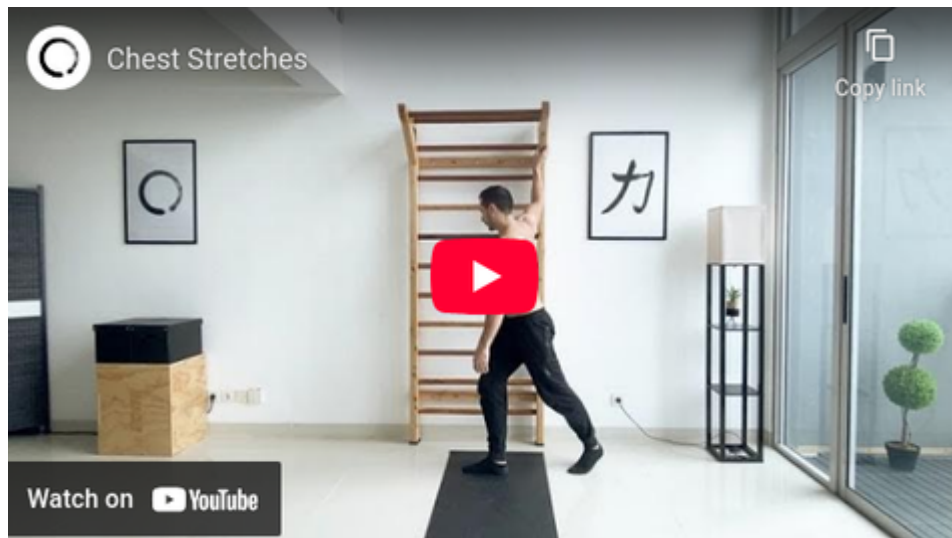


Hold the position for 20 seconds

EXERCISES

MOBILITY

Chest Stretches

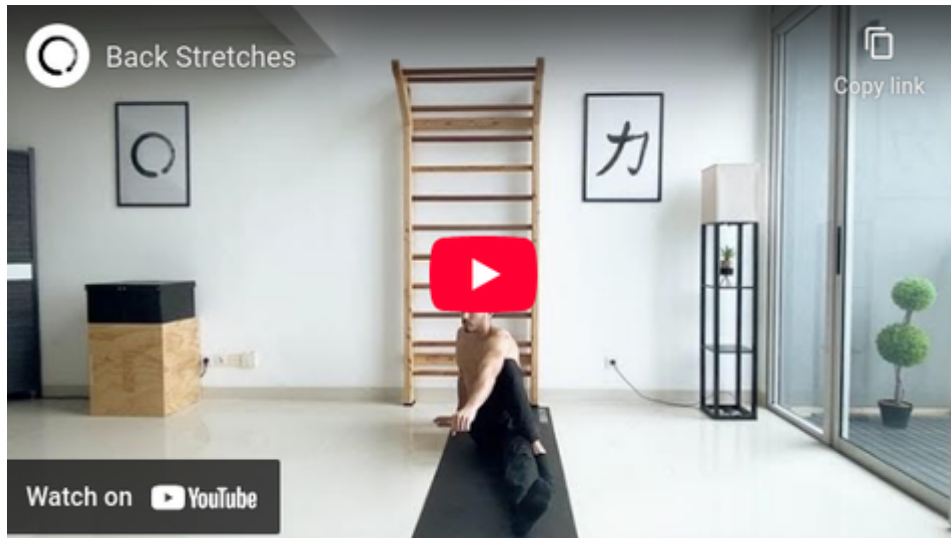


- Hold each position for 20 seconds
- Pay attention to the angle of the arms and the position of the legs

EXERCISES

MOBILITY

Back Stretches



- Hold each position for 20 seconds
- If an exercise is performed with straight arms or legs on the video, it is important that you keep them perfectly straight with elbows or knees locked out at all times.

EXERCISES

MOBILITY

Leg Stretches

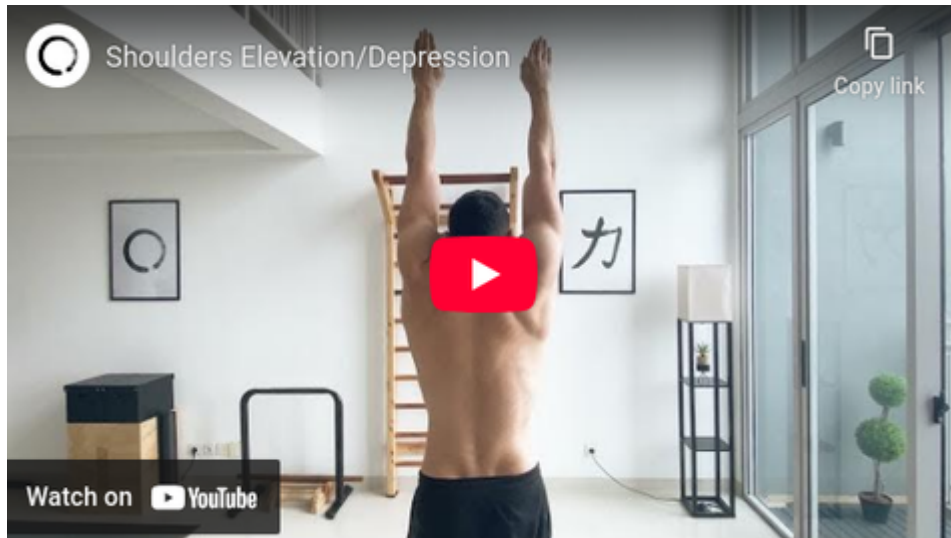


- Hold each position for 20 seconds.
- If an exercise is performed with straight legs on the video, it is important that you keep them perfectly straight with knees locked out at all times.

EXERCISES

MOBILITY

Shoulder Elevation / Depression



11. Lift your arms vertically and straight
2. Push your shoulders up towards your ears. This is called Elevation.
3. Pull your shoulders down towards your hips. This is called Depression.

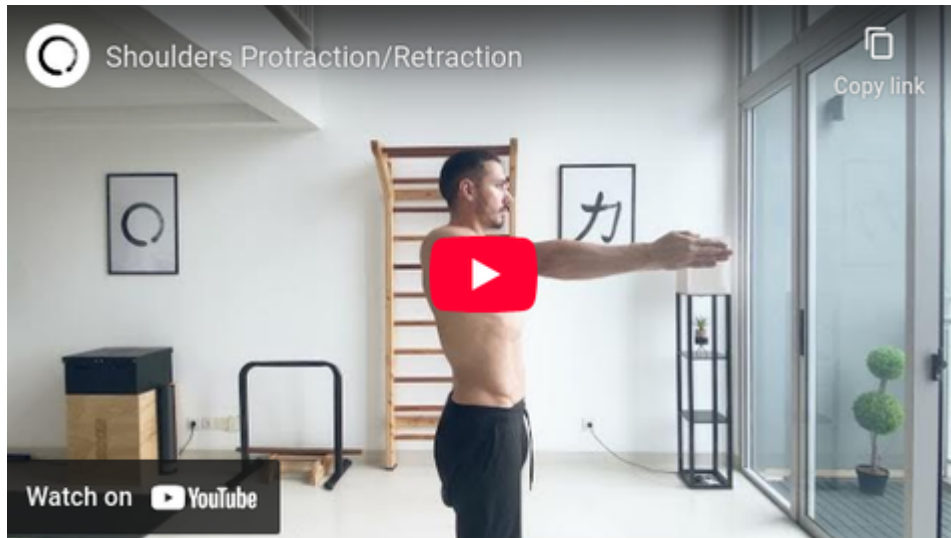
Tips: Remember Elevation means "towards the ears" and Depression means "towards the hips" as this may not always be as simple as "up" and "down" depending on your body angle.

Train yourself to perform these moves without bending your arms. Bring your shoulders as far as you can in both directions. The moves on this video might seem exaggerated, but this is how they should actually be performed during exercises requiring Elevation and Depression.

EXERCISES

MOBILITY

Shoulder Protraction / Retraction



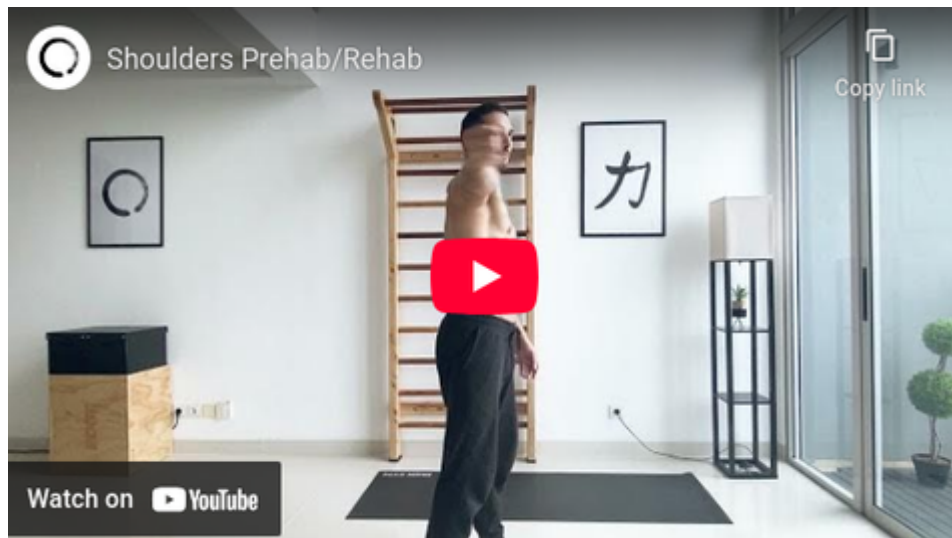
1. Lift your arms straight in front of you
2. Push your shoulders forward, this should round your upper back. This is called Protraction.
3. Pull your shoulders back, squeezing the shoulder blades together. This is called Retraction.

Tips: Train yourself to perform these moves without bending your arms. Bring your shoulders as far as you can in both directions. The moves on this video might seem exaggerated, but this is how they should actually be performed during exercises requiring Protraction and Retraction.

EXERCISES

MOBILITY

Shoulders Prehab/Rehab



- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight arms on the video, it is important that you keep them perfectly straight with elbows locked out at all times.

EXERCISES

MOBILITY

Knees Prehab/Rehab

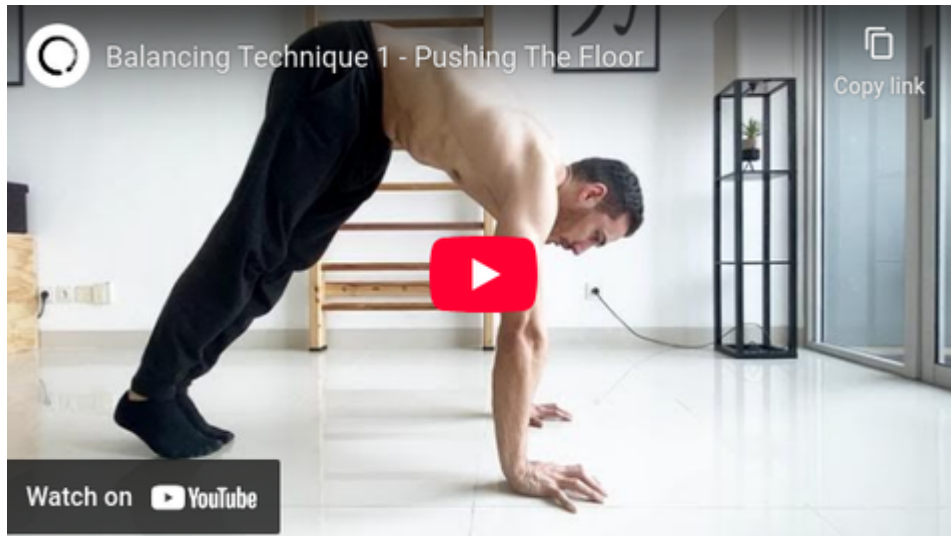


- Perform 10 repetitions of every exercise. If the exercise trains one side at a time, perform 10 repetitions on each side.
- If the exercise is a hold, hold the position for 30 seconds
- This sequence is more efficient if it is performed as a flow, rather than by taking breaks between exercises.
- If an exercise is performed with straight legs on the video, it is important that you keep them perfectly straight with knees locked out at all times.

EXERCISES

HANDSTAND

Balancing Technique 1 - Pushing The Floor



1. Place your hands on the floor at shoulders width, spread and bend your fingers to "grip" the floor
2. Your arms should be straight
3. Practice pushing the floor using your fingertips and shoulders
4. Stand on your feet and keep your hands on the floor
5. Slowly lean forward then push hard on the floor using your fingertips and shoulders. Your head, shoulders and hips will naturally shift backward.
6. Continue as long as necessary until this makes perfect sense to you. This is how you will avoid falling forward when you are practicing free handstands.

EXERCISES

HANDSTAND

Balancing Technique 2 - Pulling the floor

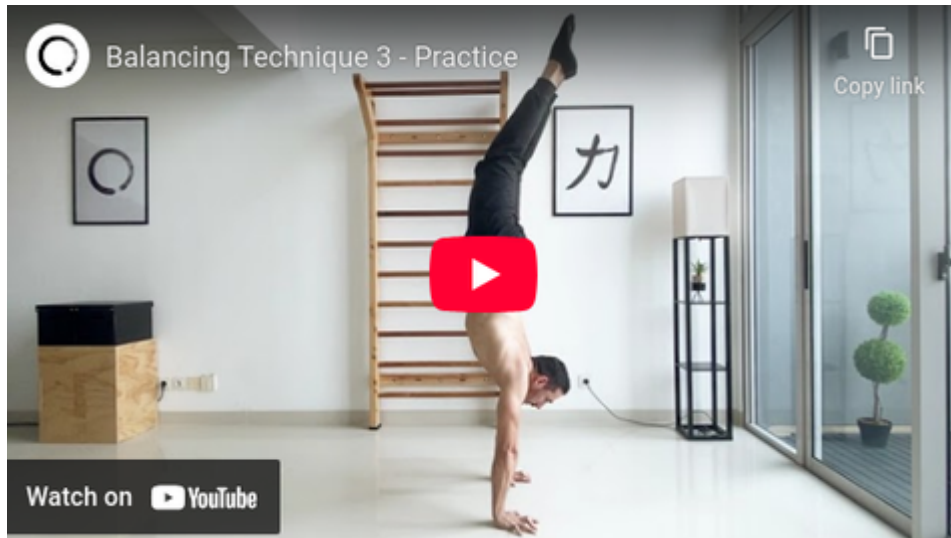


1. Place your hands on the floor at shoulders width, spread and bend your fingers to "grip" the floor
2. Your arms should be straight
3. Practice pulling your hands on the floor using your lats (back muscles)
4. Continue doing so, but this time press your hands hard on the floor to make sure they do not slide as you pull them back, and let your shoulders and head naturally come forward
5. Stand on your feet and keep your hands on the floor
6. Practice the same thing and you should notice that your hips naturally follow your head and shoulders.
7. Continue as long as necessary until this makes perfect sense to you. This is what will help you shift forward when you are practicing free handstands.

EXERCISES

HANDSTAND

Balancing Technique 3 - Practice

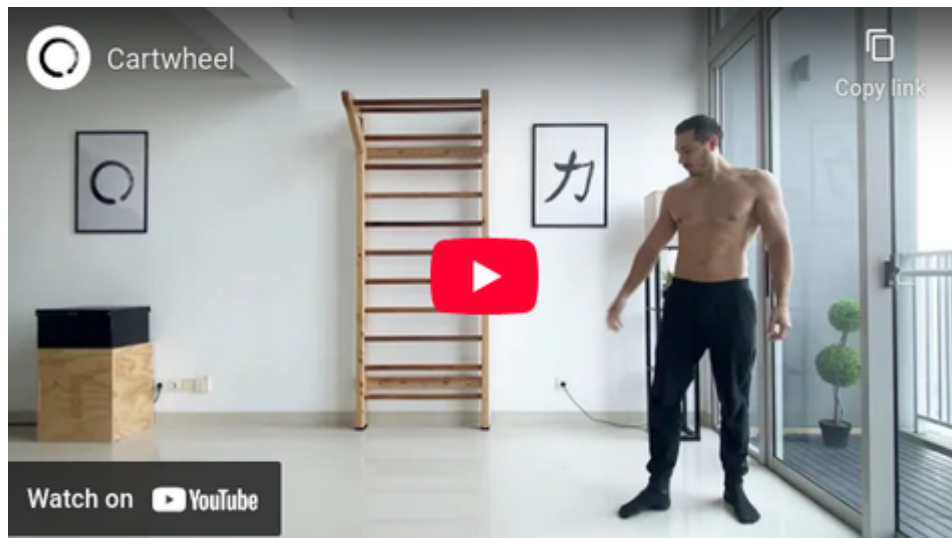


- Note how the shoulders and head move together forward and backward to keep adjusting the weight distribution over the hands.
- As seen in previous videos (Balancing Technique 1 & 2), when pressure is applied on the finger tips, the shoulders and head move backward to avoid falling forward. Conversely, when palms "pull" the floor back, the shoulders and head move forward to avoid falling backward.
- Remember to use your fingertips and shoulders to push the floor, and your palms and lats to pull the floor, as explained in previous videos.
- Make sure to practice these techniques in front of a wall at first.
- As you get more comfortable, these movements should become more subtle and you should be able to start straightening your body.

EXERCISES

HANDSTAND

Cartwheel



1. Choose the side you are most comfortable with and put one foot forward
2. Place the hand on the same side as your front foot on the floor
3. Place your other hand next to your front hand at shoulders width and lift your back foot
4. Use your front foot to jump and land on the opposite side with your back foot first
5. Let your front foot land on the floor while lifting your front hand
6. Stand up
7. Repeat the same steps and bring your feet higher and higher

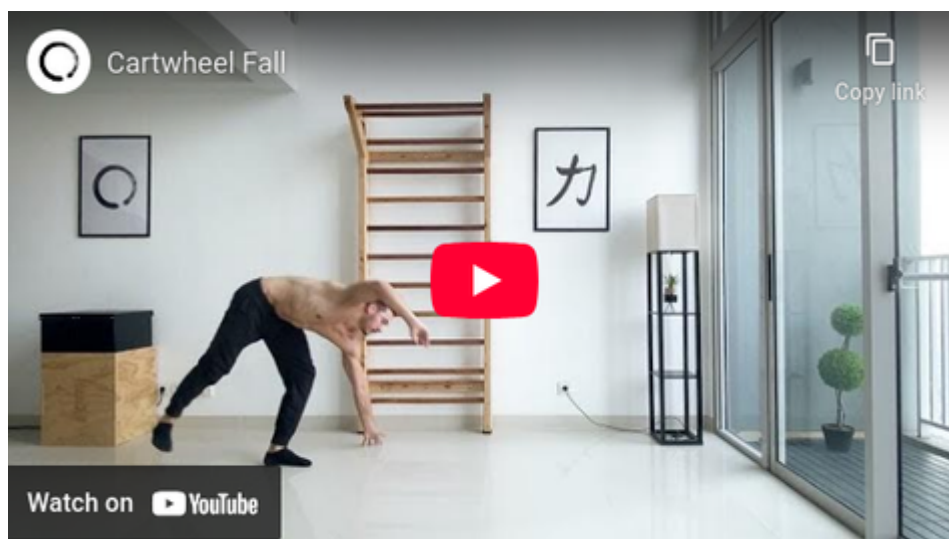
Tips: This exercise is very important to learn how to fall safely from a handstand. Start by following these steps slowly and keeping your feet low. As you become more comfortable you can bring your feet higher and higher until it looks like a cartwheel. You might want to experience both sides first to know which side you are most comfortable with.



EXERCISES

HANDSTAND

Cartwheel Fall



1. Perform a cartwheel and pay attention to the second half of this move
2. Put your hands on the floor at shoulders width and repeat the second half of the cartwheel, this is how falling from a handstand works
3. Start with a handstand on the wall and repeat the cartwheel fall
4. Do a reverse handstand on the wall with hands relatively far from the wall and repeat
5. Start with a reverse handstand on the wall again, but this time with your hands closer to the wall and perform the cartwheel fall
6. Repeat until it becomes second nature

Tips: From the reverse handstand on the wall with hands close to the wall, you will need to move your hand forward on the side where you fall before you can comfortably exit the handstand. This is an important step. It is also important to practice and be comfortable with the cartwheel before attempting this exercise (see previous video).

EXERCISES

HANDSTAND

Kick to Handstand to Cartwheel Fall



1. Place your hands on the floor at shoulders width
2. Kick your legs up as if you were going to do a handstand
3. Rotate and perform the second half of a cartwheel on the side you prefer

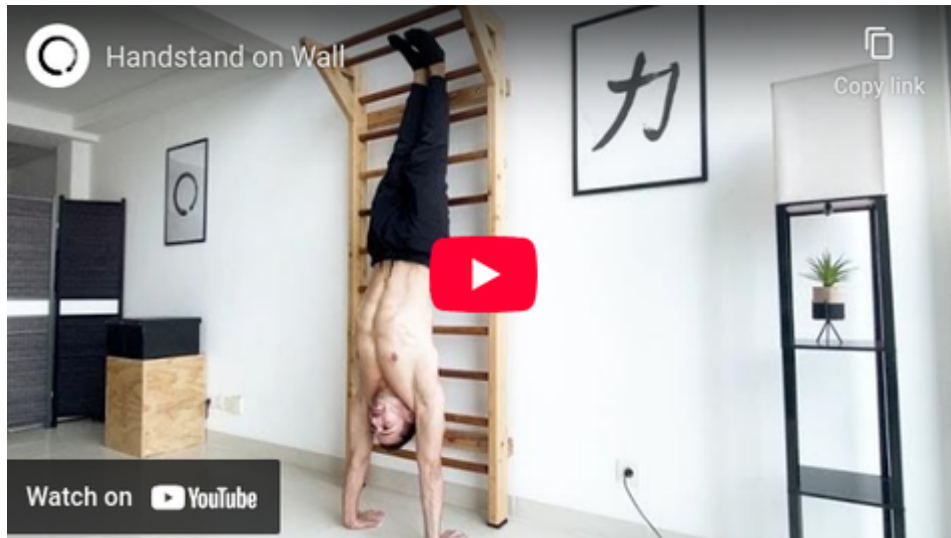
Tips: It is important to practice and be comfortable with the cartwheel and cartwheel fall before attempting this exercise (see previous videos).



EXERCISES

HANDSTAND

Handstand on Wall



1. Place your hands close to the wall at around shoulders width
2. Kick yourself up and rest your feet on the wall
3. Keep your arms straight and push the wall down using your shoulders
4. Try using the balancing techniques learnt in previous videos and feel how they affect your balance
5. Try to tuck your chin in and look behind you if you feel comfortable
6. Hold it as long as you can

Tips: In the beginning, you may not feel anything when trying to use the balancing techniques. This is often due to a lack of strength and you will see gradual improvements with consistent practice. Holding this position regularly will build the muscle endurance required for handstands.

EXERCISES

HANDSTAND

Reverse Handstand on Wall



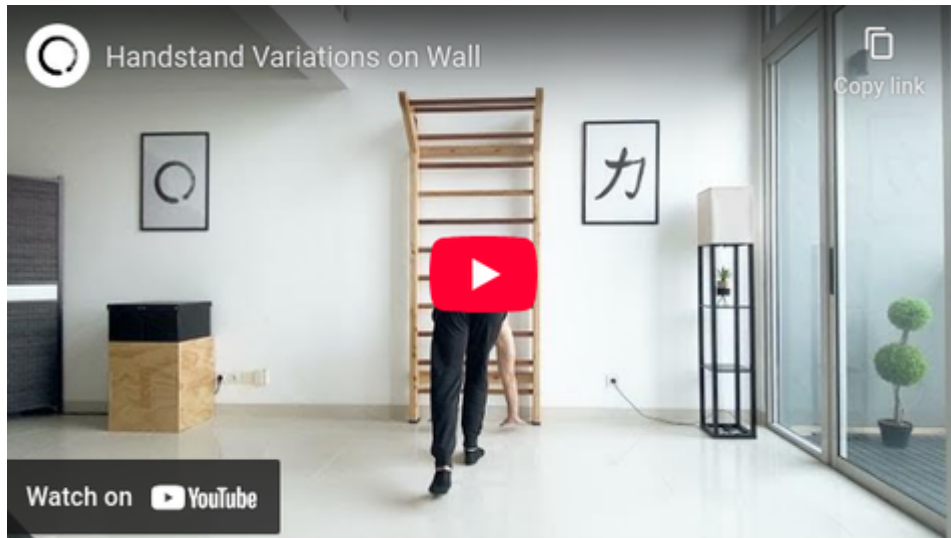
1. Stand with a wall behind you and place your hands on the floor at around shoulders width
2. Walk up the wall backward while bringing your hands as close to it as you can hold
3. Keep your arms straight and push the wall down using your shoulders
4. Try using the balancing techniques learnt in previous videos and feel how they affect your balance
5. Try to tuck your chin in and look behind you if you feel comfortable
6. Hold it as long as you can

Tips: This is slightly harder than the regular wall handstand. In the beginning, you may not feel anything when trying to use the balancing techniques. This is often due to a lack of strength and you will see gradual improvements with consistent practice. Holding this position regularly will build the muscle endurance required for handstands.

EXERCISES

HANDSTAND

Handstand Variations on Wall

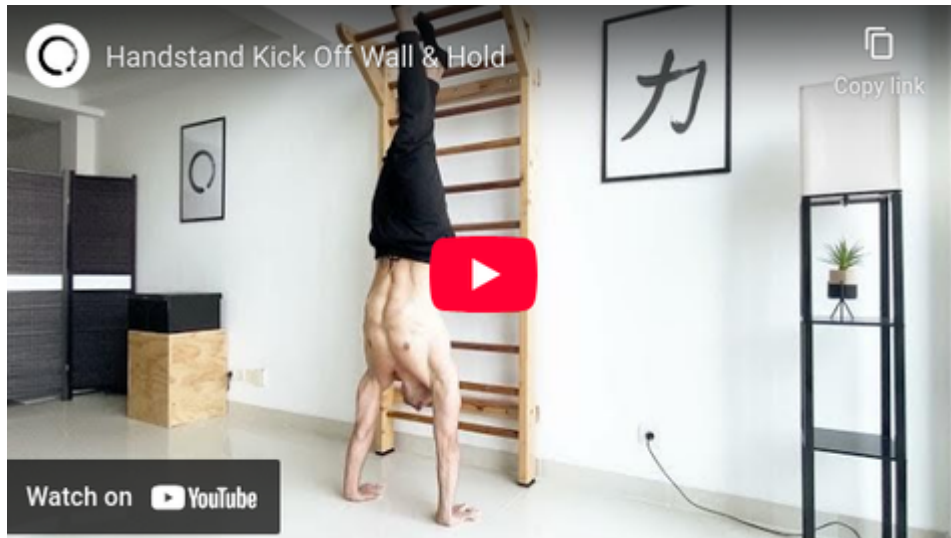


- Training different variations will not only improve your balance, it will also build strength in different muscles
- Make sure you can hold a wall handstand comfortably for at least 10 seconds before exploring different variations
- It is better to plan which variations you want to try before starting
- The straddle (legs wide apart) is probably the best variation to start with, as this is one of the easiest but also one that can teach you the most about balance and body awareness
- Once you can comfortably hold a new variation, try returning to a straight handstand and repeat without falling
- Take breaks between each handstand and let your arms recover, this exercise can be very tiring and you need to make sure you can spend as much time as possible on your hands when you practice this

EXERCISES

HANDSTAND

Handstand Kick Off Wall & Hold



1. Place your hands about 30cm or more from the wall, at around shoulders width
2. Kick yourself up and rest your feet on the wall
3. Take one foot off the wall while keeping your balance
4. Prepare to use the balancing techniques learnt in previous videos
5. Take your second foot off the wall and try to hold a free handstand for as long as you can
6. If you feel like you're about to fall, force yourself to rest your feet back on the wall and repeat when you're ready

Tips: This exercise is the most important of all when learning handstands because the wall allows you to stand on your hands for as long as possible and experience free balancing repeatedly. This will not only save you time but also build your endurance. Muscle endurance, especially in the shoulders and forearms, is very important if you want to hold a free handstand for a long time. With time, you will feel that you can hold your handstands without the wall for longer and longer. Then you will be ready to train free handstands.

EXERCISES

HANDSTAND

Free Handstand Hold



1. Place your hands on the floor at shoulders width
2. Lift one leg up and kick your other leg up softly enough to keep control
3. Contract your abs, glutes and legs and make sure your body stays strong like a block
4. Focus on keeping your hips high and use the balancing techniques learnt previously to keep your balance and find a comfortable spot
5. Start aligning your feet, hips and shoulders
6. Slowly tuck your chin in if possible, while still looking at the floor
7. If you are still straight and stable, bring your chin to your chest and look behind you.

Tips: You should really avoid practicing free handstands before you are comfortable with all previous progressions, as this will most likely be a waste of time and will delay your success. Remember the fastest path is the slow path! Going through all progressions diligently will get you to your goals earlier than trying to rush things.

EXERCISES

HANDSTAND

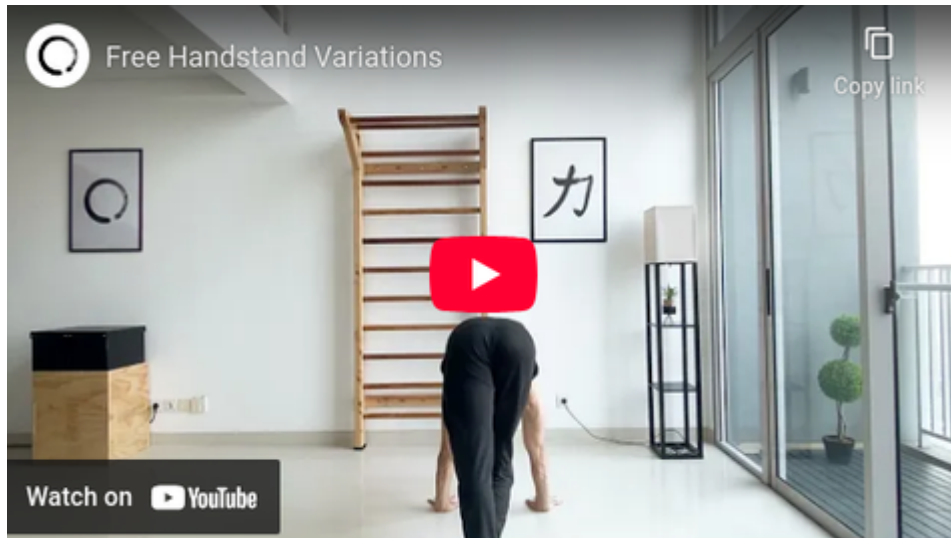
Free Handstand Hold

It is ok if your body is curved when you start practicing free handstands, as long as you engage all your muscles and keep your body strong. The most important thing at first is to find your balance and make sure you can hold it for at least 15 seconds consistently. Once you can do that, you can start practicing your line. If you are straight and stable enough to look behind you, think about keeping your ears between your arms, this should help you stay straight.

EXERCISES

HANDSTAND

Free Handstand Variations



- Training different variations will not only improve your balance, it will also build strength in different muscles
- Make sure you can hold a free handstand comfortably for at least 10 seconds before exploring different variations
- It is better to plan which variations you want to try before starting
- The straddle (legs wide apart) is probably the best variation to start with, as this is one of the easiest but also one that can teach you the most about balance and body awareness
- Once you can comfortably hold a new variation, try returning to a straight handstand and repeat without falling
- Take breaks between each handstand and let your arms recover, this exercise can be very tiring and you need to make sure you can spend as much time as possible on your hands when you practice this

USEFUL INFORMATION

Shoulder Position

Shoulder position is a crucial element in calisthenics and time should be taken to understand and practice the 4 basic shoulder positions, namely, protraction, retraction , elevation and depression.

- Protraction: Shoulders are pushed forward in front of the chest, forcing the upper body to round.
- Retraction: Shoulders are pulled backward, squeezing the shoulder blades together.
- Elevation: Shoulders are pushed up, or more exactly towards the ears. In an upside down position, shoulder elevation means the shoulders are pushed towards the floor.
- Depression: Shoulders are pulled down, or more exactly towards the hips. In an upside down position, this means the shoulders are pulled towards the ceiling.

Please watch the relevant videos in the "Mobility" section of this book or on our app for free to see how this actually looks like and practice it until it becomes easy and comfortable.

Resistance Bands

Resistance bands are a staple when it comes to bodyweight training and calisthenics. Not only can they apply resistance to your exercises, but they can also provide support to make some exercises easier. Their use is so versatile and every home gym wouldn't be complete without at least 2 or 3 of them. Fortunately, they are also very affordable and easy to store in a drawer or even in your suitcase when you are on the go.

Which resistance bands should you get?

First of all, it's important to remember that you will use your bands for resistance and support and this is why you should make sure you have at least 3 bands, a light one, a medium one, and a heavy one.

In the beginning stage of your fitness journey, the light and medium bands will help you build strength and muscle by applying resistance, while the heavy one will be of great help to support your weight if you have to do harder exercises.

As you progress to higher levels of fitness, you may want to use the heavy band for resistance and the light band for support. A lighter band for support means you will have to rely more on your own strength than the strength of the band.

Light, medium, heavy, what does that mean?

You'll find that brands usually offer between 6 and 8 different sizes only. We suggest you go with the lightest or second lightest one, the one in the middle, and the one that's just one notch above the middle.

Example: A brand offers 7 different levels of resistance. You could get levels 2, 4 and 5. Brands often indicate the level of resistance in kg or lbs but please don't be afraid if these sound heavy, they always feel much lighter.

Resistance Bands

Which one of your bands should you use for a particular exercise?

The answer is quite simple. It all depends on how many reps your program requires you to do. Whether it is 5, 10, or 15 reps, you should use a resistance that makes the exercise challenging enough while still allowing you to keep proper execution form.

This might require a trial set at first, but with time you will be able to know what band is right for a new exercise after trying just 1 or 2 reps.

There isn't one resistance band which is right for you, it will vary depending on the exercise and this is why you'll quickly realize that you need a set of 3 bands rather than only 1.

A set of 3 bands can be found for as little as US\$15, so if you're wondering which piece of equipment you should get first, we suggest starting with them.

Supplements

Do you have a hard time getting all your meals of the day? Do you find it difficult to eat in sufficient quantities? Do you have an eating disorder that stops you from eating enough?

If you answered no to these questions, then the answer to whether or not you should get supplements is probably NO as well.

There is no better way to get your nutrients than through food, and that includes protein too. If you're like most people, you're already getting enough protein from your diet, if not more than you should. While the supplement industry would like you to believe you need protein shakes in order to get fit, or other supplements to help with recovery, please bear in mind that unless you're participating in fitness competitions or you are already very lean and trying to get your fat percentage to an extraordinary low level, you do not need any supplement.

So please stop wasting your money.

Way too often, we see people getting addicted to their protein supplement while not realizing they already get enough from food. And what happens when you get more protein than recommended? You might think this results in more muscle mass and increased fat loss, but the truth is simply the opposite.

More protein than you should means more calories than you should. And when your body gets more calories than it should, it stores them. And unless you burn them quickly they will be stored as fat. That's right, too much protein results in more fat.

Supplements

Even seasoned fitness practitioners still swear by some recovery supplements and still believe it is the reason why they can recover between sessions. The truth is they probably never tried training without them because if they did, they would know it doesn't make a difference unless you're competing at a professional level and need to train every day.

You do not need to, and should not train every day. Therefore, sleep and a balanced diet are ALL you need. Nothing can replace or do better than sleeping and rest when it comes to recovery. And if you get these right, you will never need any expensive supplement.

So stop spending your hard-earned money on things you don't need. Being fit doesn't have to be expensive.

Joint Supports

You may have seen athletes wearing them and wonder whether you need to use support tools for your joints or not. Or maybe you are experiencing pain in your elbows or knees and are thinking of using them to continue training at the same intensity. The truth is you most likely shouldn't use them.

The first thing you need to consider is your goal. Are you training for a strength competition or are you training to be stronger and healthier?

Professional athletes and competitors do not have a choice but to deliver maximum performance using any method allowed by the rules of their sport, even if this is not always the healthiest thing to do.

If you want to progress, you need to stick to our golden rule which is to never skip steps.

It is very important to understand that if you need any kind of external support for you to perform an exercise or lift a certain amount of weight, then you are simply not strong enough to do it. And if you are not strong enough to do it, you should not try. You can't rush progress and you can definitely not get strong faster by increasing resistance too soon.

The reason why you can't do it without support is because although your primary muscles are strong enough, your stabilizers and core aren't. Using support tools like wraps and belts will help you do harder exercises and lift heavier, but will also widen the strength gap between your bigger muscles and secondary muscles and core. If you want to be really strong, you must understand that you need to master the basics. A building is only as strong as its foundations.

Therefore, you should keep training without external support tools until you are fully ready to progress. This is why we always recommend to stick with an exercise until it becomes easy to perform all reps of all sets with perfect form. This is how you know you are strong enough to increase the difficulty and move onto the next step.

Joint Supports

As for those of you who experience pain in your joints and tendons or ligaments, it is even more important to train light and make sure you train within a range of resistance which doesn't bring pain. You might want to use wraps, elbow sleeves or knee sleeves to be safe, but make sure the exercises you do are not painful even without them. In fact, full rest may be more advisable in most cases of joint and connective tissue pain until full recovery.

The key point here is that if you cannot perform an exercise without a wrap, a belt, or any support tool, then you lack strength somewhere. And the only way for you to fix this is by continuing to train at your level without added support until you are ready.

And if you are injured or feel pain, you should decrease the intensity or fully rest until the pain disappears, but you should certainly not keep increasing the intensity.

If you want real strength, train safe and think on the long term!

Growing Legs With Bodyweight Training

As we've seen in previous chapters, one of the main concerns people have when starting bodyweight training is whether or not they can build muscle. If you've been reading this book from the beginning, you should already have a pretty good understanding about what factors are needed in order to grow muscle.

The truth is that your body does not care what you use as resistance, whether it is dumbbells, machines or your body weight, as long as the resistance is challenging enough.

In order to grow muscle mass, it is usually recommended to work with 3 to 5 sets of 8 to 12 reps with 45 seconds to 1 minute rest between sets. At Enso Calisthenics, we like to stay conservative regarding hypertrophy (muscle mass growth) and usually stick to a basic scheme of 4 sets of 10 reps, with less than 1 minute rest.

The problem that we find with legs is that they are made of the most powerful muscles in our body, therefore it seems hard at first to find bodyweight exercises that are challenging enough.

But let's not discard bodyweight leg training so soon...

First of all, let's remember that there are many different variations of bodyweight exercises for legs and that some are already pretty hard.

For example, how easily can you do 10 pistol squats in a row? If the answer is anything between "I can't do a single pistol squat" and "I can do it but not easily at all", then you can be sure you'll be able to find exercises to grow your legs even if you have no heavy equipment.

And I don't want to scare you, but you should also know that pistol squats are not even the hardest exercise you'll find in our method!

Growing Legs With Bodyweight Training

The other thing worth noting is that we do use a few pieces of equipment to help with our leg training, as long as they are movement-focused. Resistance bands can make any exercise harder, try squatting with a heavy band and you'll see. Too easy? How about pistol squats with a resistance band?

Last but not least, let me tell you about a very nice trick for you to get that pump even if you don't have, don't want or are not allowed to use heavy weights. Run with inclination or cycle at a high resistance until your legs burn, then pick 3 or 4 exercises that are usually challenging and do 4 sets of 10 reps with short rest.

Starting with tired legs and following a bodybuilding routine like this is a proven method to grow legs just as effectively as with machines or weights. You might want to curse me at first but you'll thank me later.

Now that you have all the cards in your hand, go and crush that leg day.

Feel Like Quitting? Read This

We all feel it. Sometimes training gets tough, sometimes we are just having a bad day but whatever the reason, it feels like we have reached our limit and can't go on. And in fact, we did reach our limit, or more exactly, we reached ONE limit. The limit of our comfort. And this is exactly where progress is made.

Any kind of fitness training follows a principle called the general adaptation syndrome. To make it simple, the purpose of training is to put stress on our body through our workouts, and let our body adapt to it through recovery. If there is no stress, there is no adaptation. If there is no fitness challenge, there is no fitness progress.

Every time it feels difficult, recognize that this is an opportunity to put a new kind of stress on your body and push the limit of your comfort further. You should actually be pleased when exercise feels hard because this is exactly when you get a chance to become stronger, leaner, faster or whatever your goal is.

On the contrary, if you stop, you lose a chance to stress your body and induce adaption (progress).

This also means that all the repetitions or time you spent training until you reach this tough feeling become useless. Pushing through for a few more reps or a little more time is enough to force your body to adapt and progress, and makes all the previous work worth it.

So next time you feel like quitting, remember you have reached a critical point where you have 2 options: either quitting and giving up on all your previous effort and the chance to progress, or endure the difficulty a little longer and make progress.

Feel Like Quitting? Read This

This works for an exercise when you feel like not doing the last reps, for cardio when you feel like stopping earlier than planned, or a workout that you feel like skipping. Actually, it applies for almost everything in life. Pushing through the limit of your comfort is what separates you from getting better or staying in the same place.

Remember it doesn't feel too hard because you are not strong enough, but because you were strong enough to come so far with ease. Now is the time to push the limit of what is easy even further. Do this every time and those small steps forward will eventually add up to great progress you didn't even think was possible.

However, a final word is needed about proper recovery management. It is important to understand the difference between working hard and working too hard, so please make sure you read the chapters about recovery, pain, and safe training to make sure you never overdo it.

One more rep!

False Grip

The false grip is a technique used to grab gymnastics rings, and sometimes a pull-up bar, widely used in gymnastics.

When performed correctly, it allows us to shift our elbows and body smoothly from under to over the rings/bar without moving our hands. It also makes exercises like muscle-ups and other pulling moves much easier by providing more support, shortening the range of motion, and decreasing the demand on grip strength.

The false grip might be the only obstacle stopping you from doing your first muscle-up today, so read on.

Using a false grip is actually pretty simple and straight-forward. All you need to do is to grab the rings or the bar with an overhand grip and place your wrists above them.

Having your wrists already above the bar will make it much easier to bring your elbows and upper body above it too, although you will still need good pushing strength (in the case of a muscle-up, practicing Tiger Push-ups and Bulgarian Dips should get you there).

But the real magic can be seen when this technique is used on gymnastics rings. Using a false grip will make the transition of a rings muscle-up as easy as rotating your hands outside. This simple move will naturally bring your elbows above the rings so that you are ready to perform the third phase of the rings muscle-up: a dip on rings.

With this being said, please keep in mind that you will still need to train your pulling strength and pushing strength by following proper progressions if your goal is the muscle-up.

Just follow our relevant skill trainings and you will surely get there.

No-Kip Muscle-up

If you started training calisthenics, it might be because you have seen impressive moves like the muscle-up and want to be able to do the same. While some other methods will teach you to do a muscle-up as soon as you can do a few pull-ups and a straight bar dip, at Enso Calisthenics we prefer to guide you on a slower, but more viable path.

It is indeed possible to pull yourself up above the bar with technique and momentum but this causes 2 problems in contradiction with our method. The first one is that we miss an opportunity to actually build real strength. The real interest of a muscle-up is the ability to pull our body from just under the bar to just above it, thanks to a compound movement of pulling and pushing with arms bent.

The second problem is safety. While you won't have the strength to perform a strict transition from the muscle-up to the straight bar dip, your arms and joints will still find themselves in the same position if you use momentum. If you slip or don't use enough momentum, the sudden amount of stress put on your joints will be tremendous and potentially dangerous if you are not properly conditioned.

Our "Muscle-up" skill training program will guide you through the proper progressions to build adequate strength and perform a strict and more rewarding muscle up safely.

TRX Squats Tip

The purpose of using TRX when performing suspension assisted squats is to provide just enough support for the legs to perform an exercise, while still being as much challenged as possible.

The first challenge then is not the exercise itself but knowing how to adjust the difficulty to our exact current level. This can be solved with a simple trick:

Start by grabbing the handles with your arms fully extended and straight, do not bend the elbows. Lower down in the squat position you are training (Pistol, Shrimp etc...). Stand back up while keeping your arms perfectly straight. If you can do this, you probably don't need the suspension handles.

If you can't, try again but this time bend your arms very slightly when you go up and pull as little as possible. If that is still too hard, try again while bending your arms and pulling a little bit more.

Repeat until you are able to stand up and keep this "setting".

Reassess yourself often as you will surely get stronger over the weeks and will need less and less support from the handles.

Please watch the related videos in the exercises section for further instructions on TRX squats.

Leg Extensions

At first glance, leg extensions seem pretty simple and essentially they are. However, the difficulty lies in the ability to adjust this exercise to your own level.

As beginners, we usually start with “Leg Extensions- Sitting” (see video). As we progress and gain more strength, we need to be honest with ourselves if we want to make this exercise hard enough and effective. Simply sitting on our feet and bringing our hips back to the original position won’t do the trick. We need to be very mindful of how much strength we use from the quads to bring our hips up, and make sure we use as much of it as we can and don’t just rely on a hip swing.

Swinging won’t make your legs work and won’t have any benefit.

As we get stronger, the goal is to hinge less and less at the hips and try to keep a straight line from the shoulders to the knees, until eventually we are able to fully lean backward as low as possible with no hip movement at all.

Please watch the videos to get a better idea of what the starting point looks like (Leg Extensions- Sitting) and what the final goal is (Leg Extensions).

Shrimp Squat Tip

You may have already seen the exercise called “Shrimp Squats – Negative” in the exercises list, a program or skill training of our app.

It is easier to explain the negative, or eccentric, phase of an exercise if we start by defining its opposite: the concentric phase.

The concentric phase is when we contract the targeted muscles to produce power. Simply put, when performing a pull exercise, the concentric phase is the act of pulling, and when performing a push exercise, the concentric phase is the act of pushing.

The negative, or eccentric, phase of an exercise is the opposite of the concentric phase.

The eccentric phase could be compared to loading, while the concentric phase would be comparable to firing.

In the case of squats, the negative phase consists in bending the legs to lower the body, while the concentric phase consists in extending the legs to stand up.

Negatives are a great way to build strength when we are not strong enough to perform the concentric phase of an exercise, and this is why shrimp squat negatives are often prescribed to those who are still unable to do a full shrimp squat.

But here is one more tip to build shrimp squat strength even faster when practicing negatives: try pausing for 2 seconds just before your knee touches the floor. It might be too hard in the beginning but this is what you should try and focus on when doing this exercise. This will allow you to build enough strength to finally push yourself back up with one leg.

You can find this exercise's video in this book or on our app for free.

Getting Fit After 40

Have you reached middle age and are you wondering how to stay fit? Or maybe you're not there yet and you are starting to feel conscious about how aging will affect your health and fitness.

Before we dive into it, let me tell you this: aging doesn't have to be synonymous with regressing. It is indeed possible to keep progressing and get stronger, fitter and healthier as you age. The key is to recognize you have entered a new phase of your life and to train accordingly.

First of all, it is important to understand that your number of years do not directly dictate how fit and healthy you are. Rather, it is what you have been doing through those years that determine how fit you are today, and it is what you do now that will determine how your fitness will evolve in the coming years.

It is true that there are physiological changes that occur as we age and they impact the way we progress and recover. However, progressing slower doesn't have to be a fatality and it is certainly not the same thing as regressing. While it may require more planning and patience, it is still possible to keep progressing and get stronger as we age. Take the case of George Hood for example. This ex-marine broke the world record of the longest plank (more than 8 hours) in 2020 when he was 62 years old. This is a man who had always been in great shape since his marine training, but he was able to get stronger than ever in his sixties. This shows us that while we may find it harder to recover and make slower progress, our bodies are still able to improve late in our life, as long as we keep training.

Progressing past middle age comes down to 2 main keys: finding the right balance between training and recovery, and working our way up gradually and mindfully, step by step.

Getting Fit After 40

We are only as strong as our weakest link and that is especially true as we age. It is of utmost importance that we train our tendons, ligaments, and every small muscle at least as much as we train our bigger muscles. This can be done by doing functional training and other basic strength and mobility drills regularly. Building strong foundations allows us to push a little harder on our main exercises and increase our overall strength. Once we have consolidated those gains, we are then able to increase the load on our foundational exercises, and then increase our overall strength again in the same way. It is similar to applying mortar before laying each new brick.

Recovery is equally important as the right training method. We actually progress when we recover. This is because workouts are used to stress our bodies in order to force them to get stronger as an adaptation mechanism. This adaptation occurs during recovery periods.

It is best to train strength and mobility 3 to 4 times a week and include cardio training in your regimen for a total of 4 to 5 active days per week. It is preferable to take a rest day between each session, although training two days in a row is still acceptable, as long as proper rest is taken. Remember you will still need to rest even if you train different muscle groups every time. While you might think of different muscle groups as completely distinct agents, they are still part of the same body, nervous system, metabolism etc...

Do not overlook cardio training. Your heart is one of the most important organs you should take care of and even more so as you age, but you probably already know that.

The recipe is simple: build proper foundations, take it slow, prioritize recovery and be patient. While you may not progress as fast as in your twenties, you will still progress, and that's the most important.

Conclusion

The Enso Bodyweight Strength System puts your health first.

We are concerned with long-term goals and lasting results.

We use bodyweight training to build aesthetic and super strong bodies while never compromising safety and always considering each individual's condition.

We do train to perform impressive and aesthetic skills like the human flag, front lever, or handstand, but we do so while listening to our bodies and progressing mindfully.

One of our golden rules is to never skip steps. By learning to train at the right pace, we ensure we always have strong enough foundations to progress further, continuously, and with a risk of injury close to zero. Doing otherwise almost always leads to setbacks and time wasted.

So remember, the fastest path is the slow path!

Not rushing things and going through all the exercise progressions also allows us to reach and celebrate many smaller goals along the way. This keeps us engaged and makes our training always enjoyable and exciting.

You now have all the tools in your hands to start your own journey and become the best version of yourself.

Your transformation starts now.



APPENDIX

Strength Level Assessment Grids

Pull Strength Assessment

Australian Pull-ups (bar at hip height)						
Reps	Less than 6	6 to 8	9 to 11	12 to 16	17 to 19	More than 19
Pull Strength	4	5	6	4	5	6
Pull Endurance						
TRX Rows Hammer Grip (45° body angle)						
Reps	Less than 6	6 to 8	9 to 11	12 to 16	17 to 19	More than 19
Pull Strength	1	2	3	4	No change	No change
Pull Endurance	1	1	1	1	2	3
Pull-ups						
Reps	Less than 2	2 to 5	6 to 8	9 to 11	12 to 16	17 to 19
Pull Strength	6	7	8	9	7	8
Pull Endurance	4	No change	No change	No change	7	8
Front Lever Straddle Raises						
Reps	Less than 2	2 to 5	6 to 8	9 to 11	12 to 16	More than 16
Pull Strength	9	10	11	12	12	12
Pull Endurance	7	No change	No change	No change	10	11

Pull Strength Result:
Pull Endurance Result:

Push Strength Assessment

Push-ups						
Reps	Less than 6	6 to 8	9 to 11	12 to 16	17 to 19	More than 19
Push Strength	3	4	5	3	4	5
Push Endurance						
Knee Push-ups						
Reps	Less than 6	6 to 8	9 to 11	12 to 16	More than 16	
Push Strength	1	2	3	No change	No change	2
Push Endurance	1	1	1	1	2	
Dips						
Reps	Less than 2	2 to 5	6 to 8	9 to 11	12 to 16	17 to 19
Push Strength	5	6	7	8	6	7
Push Endurance	3	No change	No change	No change	6	7
Handstand Push-ups on Wall						
Reps	Less than 2	2 to 5	6 to 8	9 to 11	12 to 16	More than 16
Push Strength	8	9	10	11	11	11
Push Endurance	6	No change	No change	No change	9	10

Push Strength Result:
Push Endurance Result:



APPENDIX

Strength Level Assessment Grids

Core Strength Assessment

Leg Raises on Parallel Bars				
Reps	Less than 8	8 to 12	13 to 15	More than 15
Core Strength	3	4	3	4
Core Endurance				

-> Knee Tucks
-> Toes to Bar

Knee Tucks				
Reps	Less than 8	8 to 12	13 to 15	More than 15
Core Strength	1	2	No change	No change
Core Endurance	1	1	1	2

Toes to Bar				
Reps	Less than 4	4 to 7	8 to 12	13 to 15
Core Strength	4	5	6	
Core Endurance	3	No change	No change	5
				6

-> V-sit Kicks on Parallettes

V-sit Kicks on Parallettes				
Reps	Less than 4	4 to 7	8 to 12	More than 12
Core Strength	6	7	8	8
Core Endurance	5	No change	No change	7

Core Strength Result:
Core Endurance Result:

Leg Strength Assessment

Assisted Shrimp Squats				
Reps	Less than 6	6 to 8	9 to 11	More than 19
Leg Strength	4	5	6	
Leg Endurance			4	5
				6

-> Air Squats
-> Pistol Squats

Air Squats				
Reps	Less than 6	6 to 8	9 to 11	More than 19
Leg Strength	1	2	3	No change
Leg Endurance	1	1	1	2
			1	3

Pistol Squats		More than 5	
Reps	Up to 5	6	7
Leg Strength			
Leg Endurance	4		5








Leg Strength Result:
Leg Endurance Result:



APPENDIX

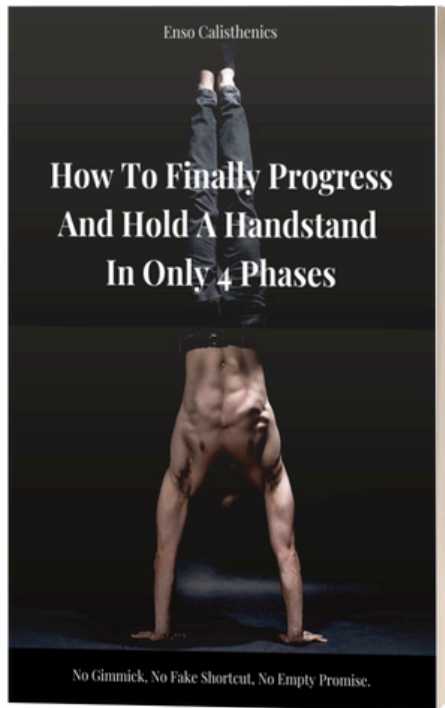
Belt Grades Requirements



		Pull Endurance	Push Endurance	Core Endurance	Leg Endurance	Additional Tests Required
	White Belt	Level 1	Level 1	Level 1	Level 1	
	Yellow Belt	Level 2	Level 2	Level 2	Level 2	
	Orange Belt	Level 3	Level 3	Level 3	Level 3	
	Green Belt	Level 4	Level 4	Level 3	Level 4	1 Pull-up + 20 Push-ups
	Blue Belt	Level 5	Level 5	Level 4	Level 4	5 Pull-ups + 30 Push-ups + 15 sec L-Sit
	Purple Belt	Level 6	Level 6	Level 5	Level 5	10 Pull-ups + 30 sec L-sit + 5 Shrimp Squats
	Brown Belt	Level 7	Level 7	Level 6	Level 6	1 Strict Muscle-up + 25 Dips + 5 sec Handstand
	Black Belt	Level 8	Level 8	Level 7	Level 7	20 Pull-ups + 3 one-arm Push-ups + 10 sec Handstand

APPENDIX

How To Finally Progress And Hold A Handstand In Only 4 Phases



Have you been struggling to hold a handstand for years? Would you like to learn hand balance but you are too scared to fall? Or do you simply not have enough strength to hold a wall handstand yet? This 40-page ebook will guide you step by step through all the exercises and different phases required to hold a handstand!

[Download For Free Here](#)