



THE MOVEMENT  
ATHLETE



# THE ULTIMATE GUIDE TO PLANCHE

# THE ULTIMATE PLANCHE GUIDE

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Seeing the planche for the first time for sure leaves an undeniable lasting impression in anyone's mind. A true demonstration of elite-level strength, mobility, control, and balance.

When looking for advanced calisthenics skills to set for your new goal, the planche will definitely be a humbling, yet rewarding journey even if you're already starting as an experienced athlete.

Planche seems impossible to achieve especially when you first-handedly experience the difficulty of the skill. Yet, this impossibility is actually at anyone's reach as long as you dedicate your full effort towards this goal and choose a smart way to safely and efficiently achieve the plan.

Planche training is highly specified which requires a good amount of time and effort while being honest with your current capabilities. It's a high-level skill that you must respect if you really want to learn it.

**Here's The Movement Athlete's complete ultimate guide on how to learn the planche, the safest, most effective and most efficient way.**



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## Chapter 1

# WHAT IS PLANCHE

A guide to the highly coveted advanced calisthenics skill



When you search deeper and learn more about calisthenics, you're bound to find out that it's not only about just the common exercises you think about when bodyweight exercise comes into mind like push-ups, pull-ups, dips, and squats.

Those are the essentials and the basics but, there are a number of skills and exercises, too, that will definitely give you the challenge to attain.

Especially for those advanced individuals thinking calisthenics is "easy", I bet you haven't tried one of the elusive strength skills known in the calisthenics realm: the Planche.

## WHAT IS A PLANCHE?

Planche is a hand-balancing strength skill that exhibits a high level of mobility, body control, coordination and, obviously, strength.

To give you a picture if you haven't seen a planche yet, it's basically a push-up position but your legs are floating so your arm, hands and shoulders are bearing your whole weight at a **very mechanically disadvantageous position**. The resulting posture leaves your whole body straight and parallel to the floor while your arms at an angle with elbows fully locked out.

## Brief History: Where did it come from?

It's origins come from gymnastics where there are 2 commonly sought after forms, the straddle planche, legs are in straddle, and the full planche in which legs are together. These skills are graded as A-D depending on the event or surface used.

To give you an idea of gymnastics grading, it ranks A to E with A being the easiest and E the craziest, most difficult of skills. But keep in mind that these rankings are for elite gymnasts which trained countless hours of specialization in order to perform the planche. They didn't learn it overnight nor in 3 weeks.

## Planche Physics: How does it work?

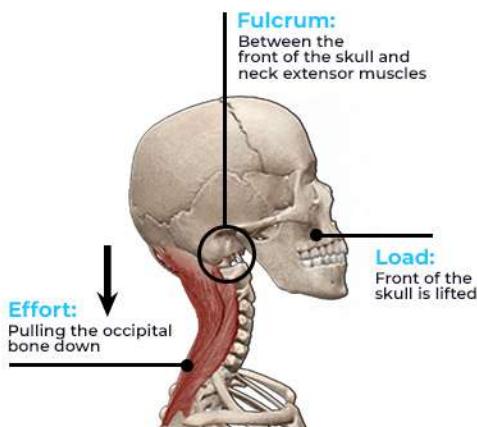
It doesn't seem to be the most difficult and most beautiful shape among other calisthenics skills making planche easy to underestimate, but we can guarantee the **high level of difficulty** this skill requires.

One of the best ways to learn the move is to understand the actual move itself.

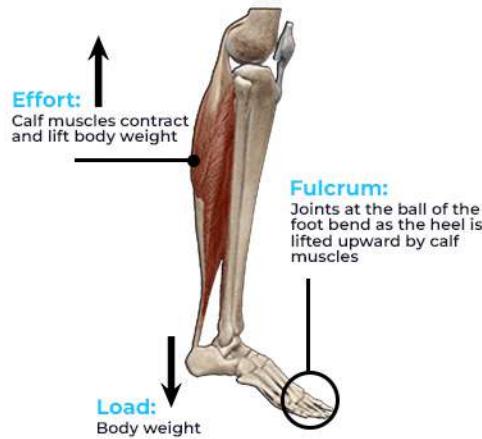
There are a lot more things going on with the biomechanics when performing planche. It's not as simple as assuming the push-up position then lifting your legs all of a sudden. So let's talk briefly about the physics of how you can balance your body in a *seemingly impossible position*.

# TYPES OF LEVER

## 1st Class Lever



## 2nd Class Lever



## 3rd Class Lever

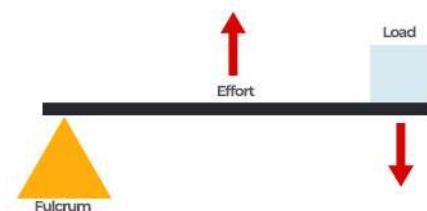
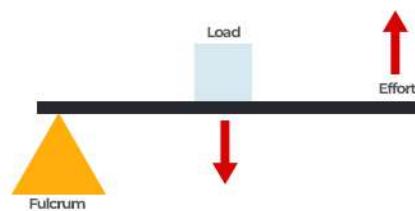
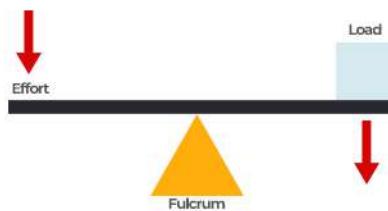
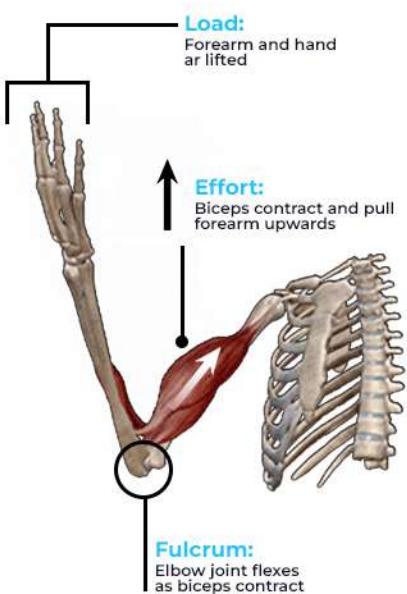


Planche is a *third-class lever* which means that applied force (your hands pushing down) is between the resistance/load (lower body) and the pivot point/fulcrum (shoulder region producing the angle for balance).

Here's a quick representation of the planche as a third-class lever:



Being a *third-class lever*, this means that there's a natural tendency of the position to require more effort in order for you to lift even the lightest resistance. This means that you'll be pushing so much harder to be able to lift your legs.

Moreover being a lever, the farther the resistance is from the effort, the more difficult the move is. In application, we can use progressions by moving our leg position to make planche easier or more difficult.

Tuck planche where the legs (load) are near your hands (effort), the easier. Full planche where the legs (load) are together and far away from your hands (effort), the more insanely difficult.

In order to balance the position, the shoulders should be far away from the hands. You should be able to lean forward to the point that your hands are below your navel to achieve the *center of gravity* of the position. This places a huge amount of load on your wrists and shoulders. It's impossible to achieve planche without leaning forward.

**Also, keep in mind that the CORRECT FORM of Planche is done with completely locked out elbows which requires you progressively work on your own straight-arm strength.**

# HOW HARD IS IT TO LEARN PLANCHE?

Mastering planche is truly a reward for those who dedicated their time and efforts towards this amazing feat of physics and biomechanics. It's not a skill that you can learn in a matter of weeks or even months. Careful preparation and smart programming is essential to maximize training output in each session.

You might have seen advanced street workout athletes that have total control of their planche. This individual has fully dedicated their training to the skill; allotting around 3 hours of training per day. As not everyone can recreate this training plan and dedication, The Movement Athlete program is designed to provide the safest and most efficient plan so you can progress even with only 30-60mins of training time.

Expect to progress a **minimum of 6 months to a year** to achieve even just the straddle planche for the advanced athletes. You might even take 2 years to achieve the full planche. Here are possible factors that could be affecting your planche progress:

- ⌚ **Training Experience**
- ⌚ **Age**
- ⌚ **Rest & Stress**
- ⌚ **Consistency**
- ⌚ **Weight and Height**
- ⌚ **Body Proportions**

You can read more about these factors in our article "["Planche - Muscles used & Requirements"](#)

No matter your disposition, advantage or disadvantage, it's truly a humbling skill that demands respect.

Aside from that, this advanced skill puts high demands on the shoulder and wrist which is why we always need to take into consideration injury prevention.

You can read more about it in the article "["Planche training Injury Prevention"](#)".

## Chapter 2

# PLANCHE BENEFITS

Specific performance with matched functionality



Among the many exercises calisthenics has, planche definitely lies in the highly advanced category. It demands so much mobility, strength, and control which is why training planche gives you undeniable massive benefits.

As you should know by now upon reading our article on "[what a planche is](#)", planche is a hand-balancing move that puts many demands on your body. This is why we're going to say it earlier on that it might not be the best goal for everybody.

Although the skill is highly specific, there are tons of benefits that you will enjoy from mastering the move and even the actual journey towards this goal. It isn't only a cool "party trick" to make your friends' jaws drop. It's more functional than you ever thought of!

# WHY SHOULD I BOTHER LEARNING THE PLANCHE?

## » Builds amazing upper body strength

Holding your body parallel to the floor with arms completely straight is an obvious display of outstanding strength. The strength training towards planche provides massive pushing strength that also translates to functionality as well.

An interesting statement from an interview with Coach Christopher Sommers, a renowned gymnastic coach, depicts just how much strength you need to be able to do a planche.

He said that doing a planche is equivalent to benching 3 times your bodyweight while on stability balls. Can you imagine that?

You can read more on his interview in the article from T-nation in the link below:  
[\*\*All Muscle No Iron\*\*](#)

Strength built through planche journey has specificity for the actual planche move but also translates to elite pushing strength that's viable for your everyday strength needs.

## » Develops upper body muscles

Where does all the strength come from? From the muscles developed through your planche training, of course!

Planche demands strength from your body. Your body adapts to this requirement by developing muscles. All thought planche training won't build your muscles the most efficient way, remember that the planche journey's goal is to learn **planche and not build an aesthetic body**. But during your planche training, a great physique also becomes the by-product.

Add to the fact that you need a lower body fat percentage in order to perform the planche. Have you seen someone with an average physique performing a planche? It's impossible. **Even though the actual planche move won't build you the physique, the planche journey will.**

## » Superior wrist strength and mobility

Planche puts your whole body in an awkward position, especially the wrists. Planche can be performed in different hand placements; forward, at an angle, backward (extremely difficult for most of us), nevertheless, it still places a heavy demand on the wrists. Over time, your wrists will get stronger to accommodate the demands required.

This translates to strength for many simple and complex movements such as handstands and presses.

**Strong and mobile wrists are healthy wrists.**

## » Strengthens weak links

Planche is a highly complex movement that requires tons of muscle control and activation while demanding strength. This being said, there are multiple muscles that you might not even know existed, such as the *serratus anterior*, that's getting stronger during planche training. The planche journey helps you work on specified goals while also keeping your holistically strong.

## » Solidify full core strength

You need a good amount of core strength to be able to hold the straight bodyline posture of planche. Planche training works not only the front but also the backside of the core. Expect getting a stronger core as you progress with your journey. Along with this are the amazing benefits of having a strong body!

## » Improved body control & awareness

Body awareness and muscle activation are vital in order to achieve planche. Each essential muscle must be activated and should be in the right position so you can perform the planche with your best effort and with the best form possible. As a result, you get to improve your body control and awareness.

## » Stronger straight-arm strength

A planche can only be considered to be in proper form if the arms are in complete lockout. With planche training, expect to get bigger and stronger biceps, triceps, and elbow joints. Along with this is stronger bent-arm pushing strength as well! The straight-arm strength achieved in the planche training has amazing transfer to other calisthenics skills as well as other movement patterns.

**Build your specific strength for this amazing skill while developing functional strength as well!**

If you want to learn move forward with your planche journey, let's talk about the requirements and muscles used in the move to further understand this complex skill in the article below:



## Chapter 3

# PLANCHE: MUSCLES USED & REQUIREMENTS



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## PLANCHE FUNDAMENTAL REQUIREMENTS & MUSCLES USED

Performing a perfect planche requires the perfect combination of strength, mobility, body control, and awareness. It heavily relies on upper-body control while maintaining a good bodyline posture.

### STRENGTH:

90%

**BACK:** RHOMBoids, LEVATOR SCAPULAE, TRAPEZIUS

**ARMS:** BICEPS BRACHII, TRICEPS BRACHII

**CHEST :** PECTORALIS MAJOR, PECTORALIS MINOR, SERRATUS ANTERIOR

**CORE:** RECTUS ABDOMINIS, TRANSVERSE ABDOMINIS, OBLIQUE EXTERNUS, ERECTOR SPINAE

**SHOULDERS:** ANTERIOR DELTOIDS, ANTERIOR ROTATOR CUFFS

**OTHERS:** QUADRICEP MUSCLES, CALF MUSCLES, HAMSTRINGS MUSCLES,

### FLEXIBILITY:

20%

**LEGS:** QUADRICEPS, HAMSTRINGS, CALVES

### SKILL & TECHNIQUE:

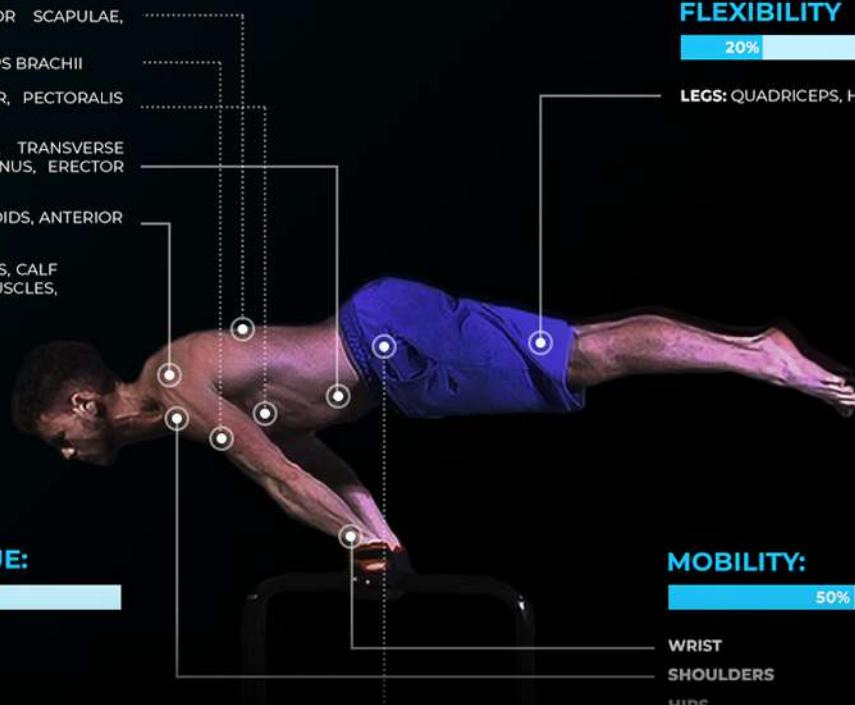
70%

- SCAPULA CONTRACTION
- STRAIGHT ARM LOCKOUT

### MOBILITY:

50%

WRIST  
SHOULDERS  
HIPS



For us mere mortals, planche looks like an impossible task that requires removal of our lower extremities in order to perform the skill. That's really not the case.

Let me tell you that learning planche is **POSSIBLE for everyone.**

But this possibility requires smart allocation of time and effort. Our time and our bodies are valuable assets that we need to take care of. That being said, we can't really just jump immediately to planche.

We're going to talk about the requirements for starting the planche journey and for learning the main skill. Knowing the muscles activated when performing the skill must also be understood in order to learn planche faster and more efficiently.

# FACTORS AFFECTING YOUR PLANCHE JOURNEY

Let's first take a glimpse of what you need to consider first when learning the planche so you'll get a more realistic goal and get super frustrated during your journey.

## Our Bodies Matter

Since calisthenics is the use of our bodies as resistance, height, weight, and body fat percentage highly matter, those factors naturally affect the difficulty of learning planche. Especially that this is a leverage skill that puts your body in a highly mechanically disadvantageous position. Physics, gravity, and our biomechanics are against us so we must put in the extra work to achieve our goal.

But since our bodies are each different in many ways, we also need to consider our differences when learning the planche:

- ⌚ Shorter people will progress faster than taller people
- ⌚ Lighter people will progress faster than heavier people
- ⌚ Leaner people will progress faster than people with higher body fat percentage
- ⌚ People with smaller legs will progress faster than people with bigger legs

Although we cannot do anything about our height, our weight and body composition can be adjusted through proper nutrition. **If you really want to achieve planche, you must also do the work in the kitchen.**

You can learn planche faster if you don't train your legs but who wants chicken legs? Even if your goal is planche, our main goal is still to have a strong, healthy, and complete body. **Don't skip leg day!**

## Starting Training Experience

Take into account your starting point when learning planche. Just like in a race, a person starting in the middle of the track will most likely complete it faster than someone who will start at the back end of the track.

In the planche journey, having a higher base of strength and calisthenics foundation will give an edge to learn the skill much faster compared to someone who's just starting out to learn a push-up.

## Age affects us all

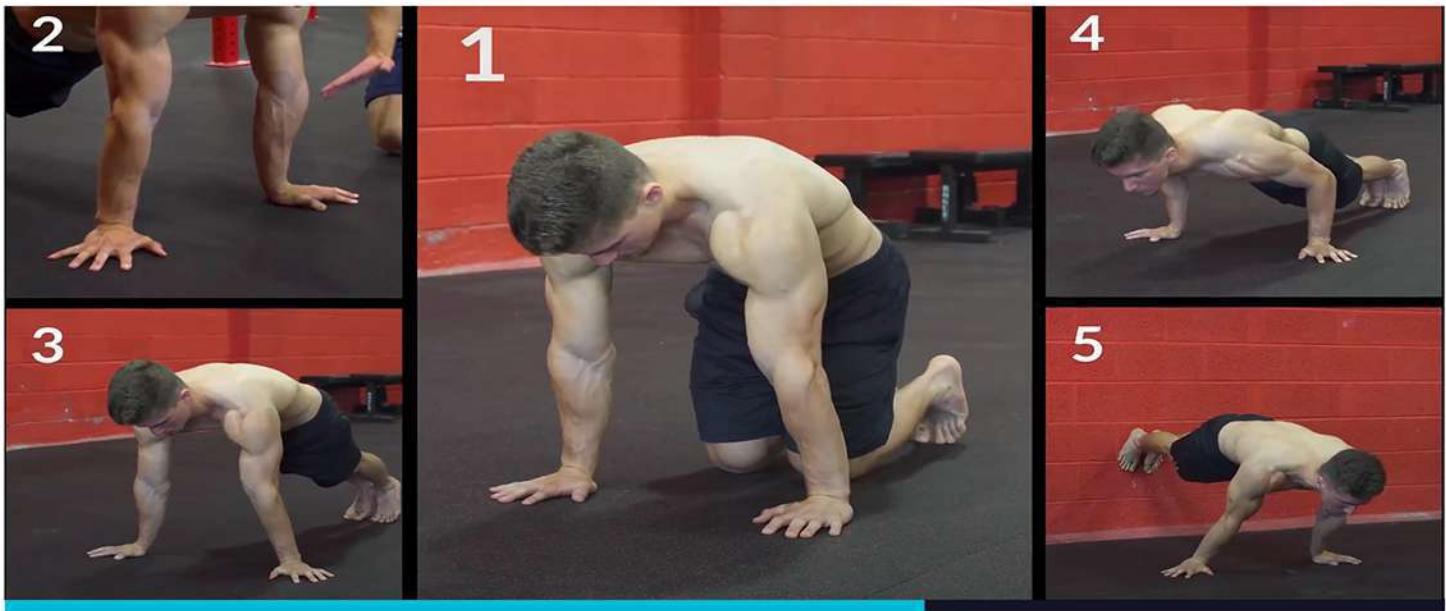
As much as we want to say that age doesn't matter, **it matters**. Younger people tend to progress and learn much faster. They also have fewer responsibilities and more time to train compared to someone in their 30's with work, family, and personal life that they need to balance. These commitments are inevitable and cannot be brushed off just to learn planche. Which is why younger individuals might want to pursue planche harder.

Individuals above 50 experience the inevitable muscle loss that time places upon us. Expect slower progress at this point but planche still open to the table.

## Rest & Stress

Like any time of training or goals, proper rest and stress management play an important role for growth and development. There's no sense in training hard and eating properly if you don't take high-quality rest.

Always keep in mind that we get stronger during our rest, not during the exercise. If you want to learn planche much faster, manage your stress levels in and outside your training and get some high-quality rest.



## Training Consistency

Planche is a skill. Like any other skill, you need to train it consistently with much focus. You won't learn it by training it once a week. Training frequency and focus play a huge role in skill development.

Planche is a highly complex skill that demands complete attention if you want to learn it efficiently. As you will read later on, the requirements are high so you really need to put much focus on the process in order to achieve it.

## Injuries

The mechanical disadvantage placed on the body when performing planche puts tremendous force on the prime movers such as the shoulders and wrists. Any recent injuries will highly affect your progress. We highly suggest taking time to recover first and consulting with your local physiotherapist before proceeding with the planche journey.

We have only one body. Take good care of it before pushing too hard to achieve a high goal such as a planche.

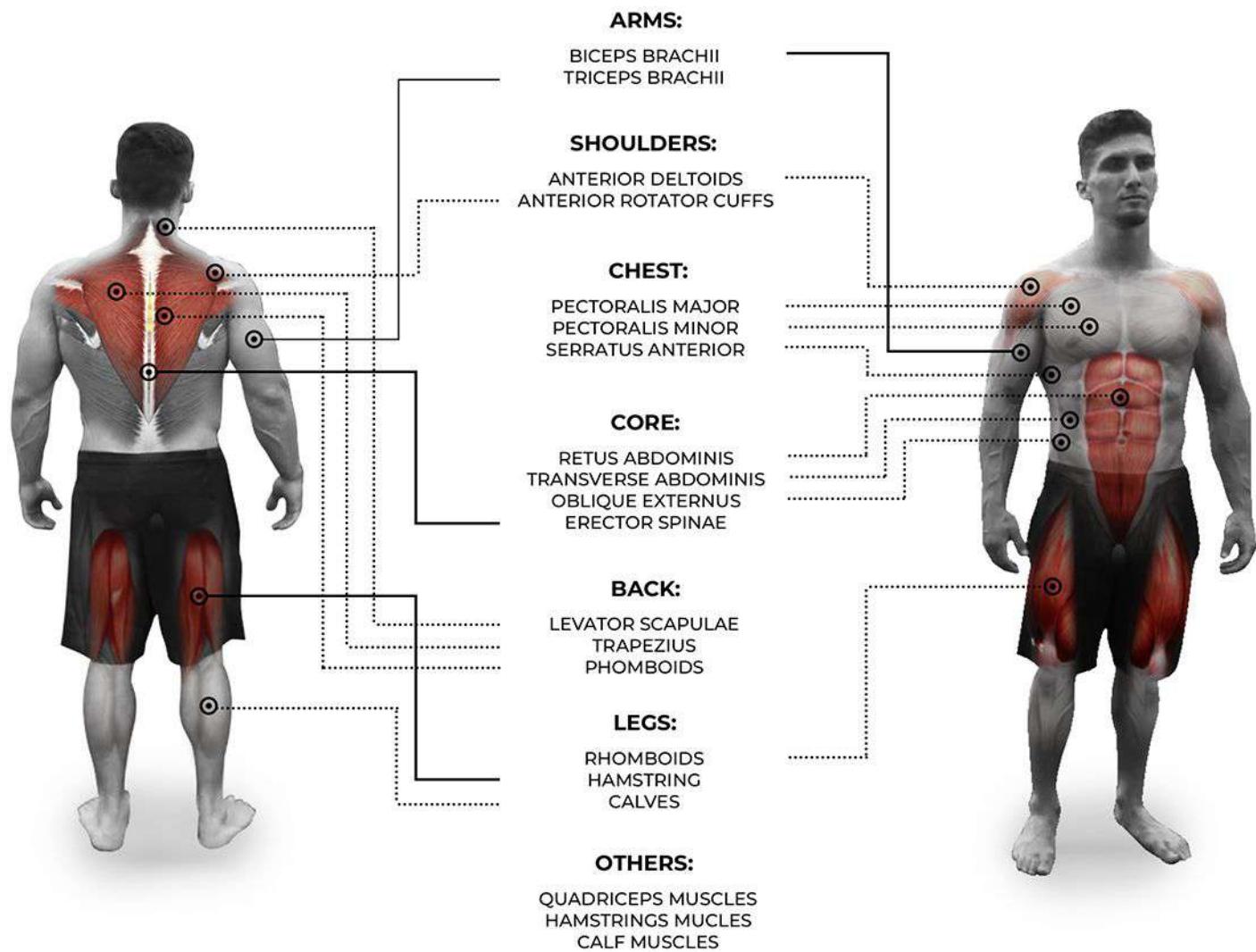
## DON'T GET DISCOURAGED!

With all the factors being said, we have discussed these not to discourage but to provide you an idea of what the planche journey would look like so you can set your goals realistically. This will keep your motivation and drive high as your expectations will be much closer to what would really happen especially with our **progress not being linear**.

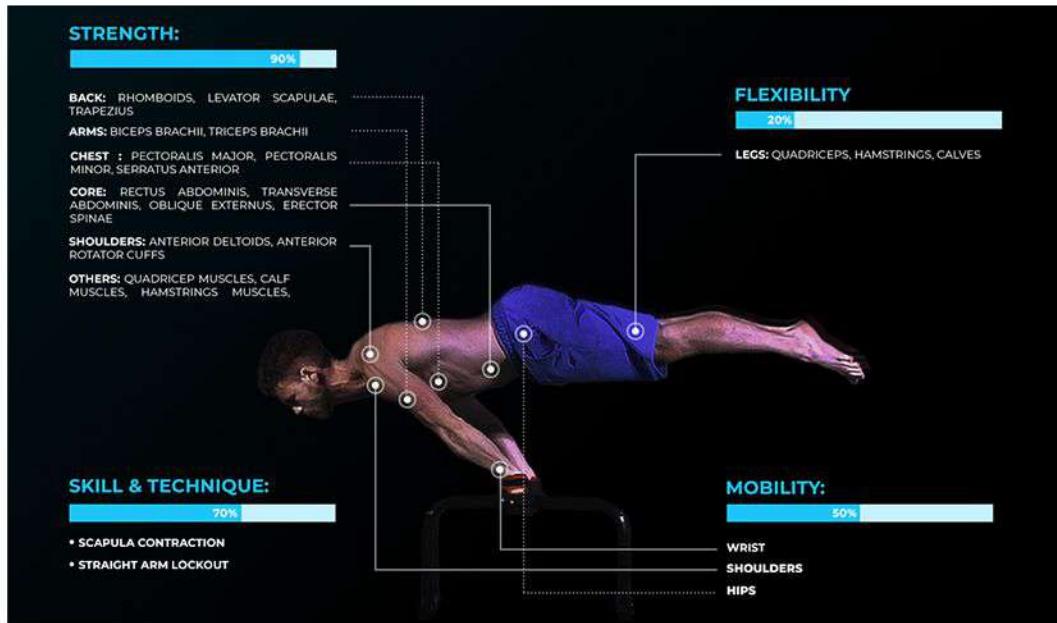
# WHAT ARE THE MUSCLES USED FOR PLANCHE?

Let's take a closer look at the muscles used when performing a planche so we can further understand the movement. A better understanding of the mechanics helps us learn the skill much faster.

Here are the muscles in action:



# WHAT ARE THE REQUIREMENTS TO PERFORM THE SKILL?



## Strength:

Established general strength and planche specific-strength is required to perform this skill. Obviously, the skill is a display of a tremendous amount of upper-body strength, specifically; amazing shoulder strength, straight arm strength, and powerful wrists.

While a strong core is also needed to hold the position, the core plays a lesser role compared to the upper-body strength. As long as you have adequate core strength such as being able to hold a powerful hollow body, you are already good to go.

Planche is a full-body move. You have to activate your full body in order to hold the move, but of course, there are still muscles that play a more important role when performing the skill.

Here are the main muscles used in planche:

**Chest:** Pectoralis Major, Pectoralis Minor, Serratus Anterior

**Shoulders:** Anterior Deltoids, Anterior Rotator Cuffs

**Arms:** Biceps Brachii, Triceps Brachii, Wrist muscles, Wrists

**Back:** Rhomboids, Levator Scapulae, Trapezius

**Core:** Rectus abdominis, Transverse Abdominis, Obliquus Externus, Erector Spinae

**Others:** Quadricep muscles, Calf muscles, Hamstrings muscles, Neck Muscles, Hip muscles

## ♣ Mobility:

Mobility is a common area where people lack when performing the skill. It is needed to maximize strength and performance for planche.

## ♣ Wrists

Your wrists are forced to work extra hard when performing a planche, especially when done on the floor. Each progression of the planche requires wrist mobility and the demand increases even more as you move closer to the full planche.

There are different hand placement for planche which means there are also different wrist movements for the move. The important thing is having an overall strong and mobile wrist for any direction and using a hand placement that's comfortable for you. Usually, an outward 45-degree angle works best for most people.

## ♣ Shoulders

Your wrists work together with your shoulders to achieve the balanced position of the planche. The very awkward forward lean puts massive stress on your anterior deltoids while holding a protracted scapula. Complete shoulder mobility, as well as back mobility, gives you a great advantage to maximize strength output when performing the planche.

## ♣ Hips & Legs

Sounds weird since planche is an upper body strength skill work, but remember that you have to fully extend your legs to perform the full planche. You can't do that with weak immobile hips and legs. Good things we'll work on progressions to build the necessary mobility to hold legs in position for the planche. Without proper hip and leg mobility, you can only reach an advanced tuck planche.

## Skill & Technique:

This move isn't only about strength and mobility, it requires proper technique and cueing to execute in perfect form.

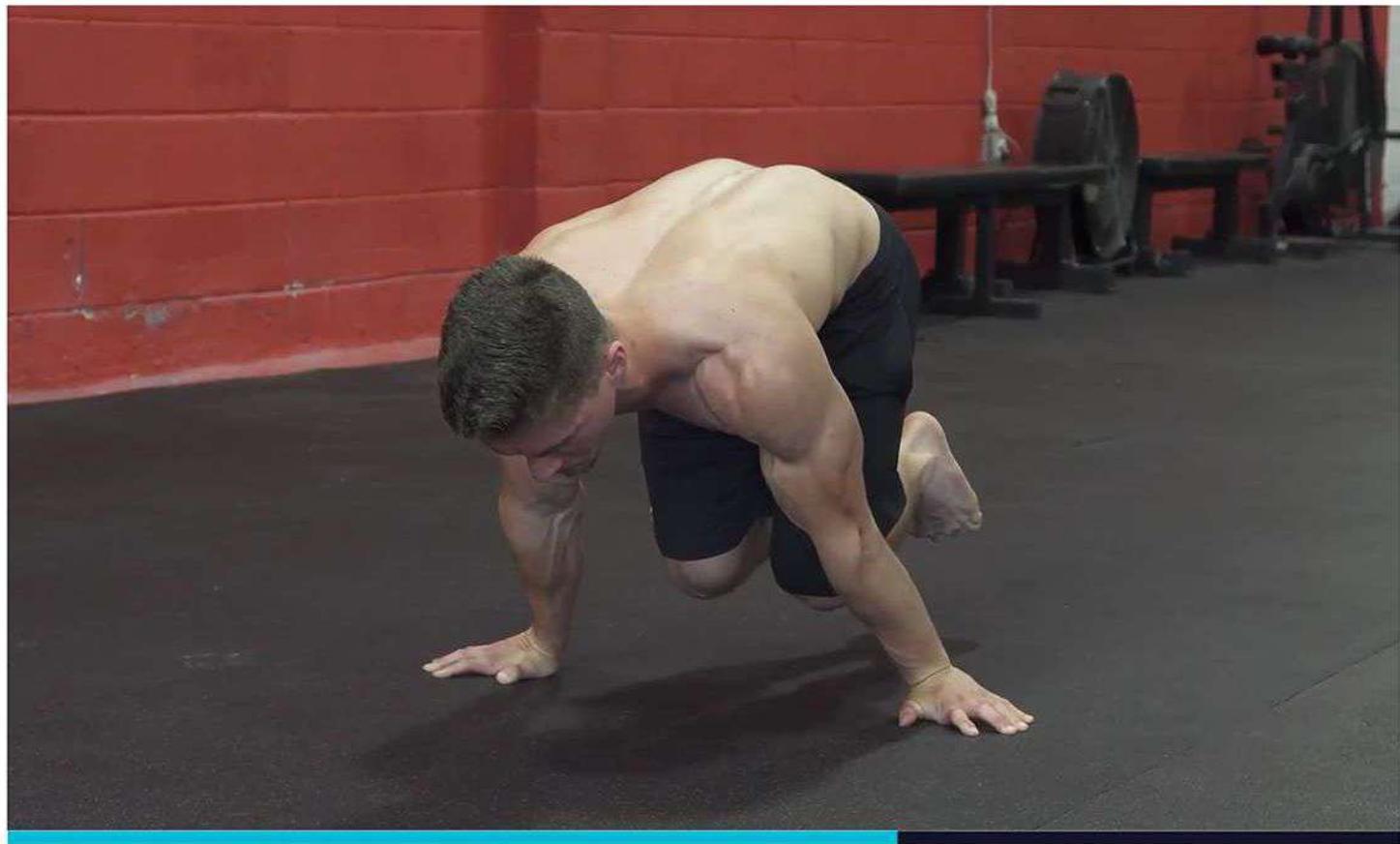
## ♣ Scapula protraction

A solid scapula protraction is a necessary skill to master planche. Not only it is mandatory for the proper form, but it also allows proper chest, shoulder, and back activation when performing the movement. You must learn how to perform the protract the scapula while maintaining the proper body posture.

## ♣ Straight bodyline

Speaking of posture, maintaining a strong and straight bodyline is also needed. It's a strength aspect in which core plays an important role but there's also a skill in it. You can have a strong core without knowing the right feeling of having a complete straight bodyline.

To achieve the proper bodyline, the core should be strong enough to maintain a *posterior pelvic tilt* (PPT) in different positions. This skill lets you be aware of proper posture even when you are moving into a planche.



## ♣ Full-body Activation

Calisthenics requires full-body activation even with the calisthenics “*isolation*” exercises. Adding the air quotes is a must since there are no real isolation exercises in calisthenics. All exercises demand multiple muscle groups to acquire movement which is highly advantageous.

In terms of the planche, learning how to fully activate each and every fiber of your muscles will produce maximum output for planche performance. Without the full activation, expect your efforts to be substandard when training the skill.

## ♣ Straight-arm lockout

Straight-arm lockout is both a skill and strength component, just like the whole planche. When performing the planche, it's no longer the actual planche even if you slightly bend your elbows. A bend on the arms will provide an advantage. That's cheating!

Proper arm cueing regardless of hand placement teaches the correct technique to hold the complete straight-arm lockout.

Keep in mind that when practicing this skill, take things slowly as this is not a common position for the average person to hold.

## ♣ Endurance:

Planche looks like a skill that demands superhuman strength. To tell you the truth, it does not. Arching of the lower back when performing planche is mistakenly identified as deficiencies with core strength. In actuality, the arching of the lower back is compensation due to lack of forward lean when performing the planche.

As long as you have good enough hip mobility and core strength, your core shouldn't be an issue. A good indicator is if you have mastered the bodyline fundamentals.

Having good core endurance will allow you to train planche throughout the week as the core will always be activated in each exercise.

# REQUIREMENTS TO START TRAINING PLANCHE

To start your planche journey, you must first master two fundamentals:

**Bodyline Fundamentals** and  
**Push-ups Fundamentals**

Mastering the bodyline allows you to perform good posture for the planche. It also teaches the **proper awareness and activation of the core**.

Even though planche is a **static exercise** that demands **straight-arm strength**, it is a pushing exercise. This is when push-up comes to play. Push-ups help develop a good base of pushing strength. The bent arm nature of the exercise still transfers to the straight-arm requirements of planche. Master your push-ups and you'll make faster progress for planche.

## BODYLINE FUNDAMENTAL GOAL: ONE ARM PLANK

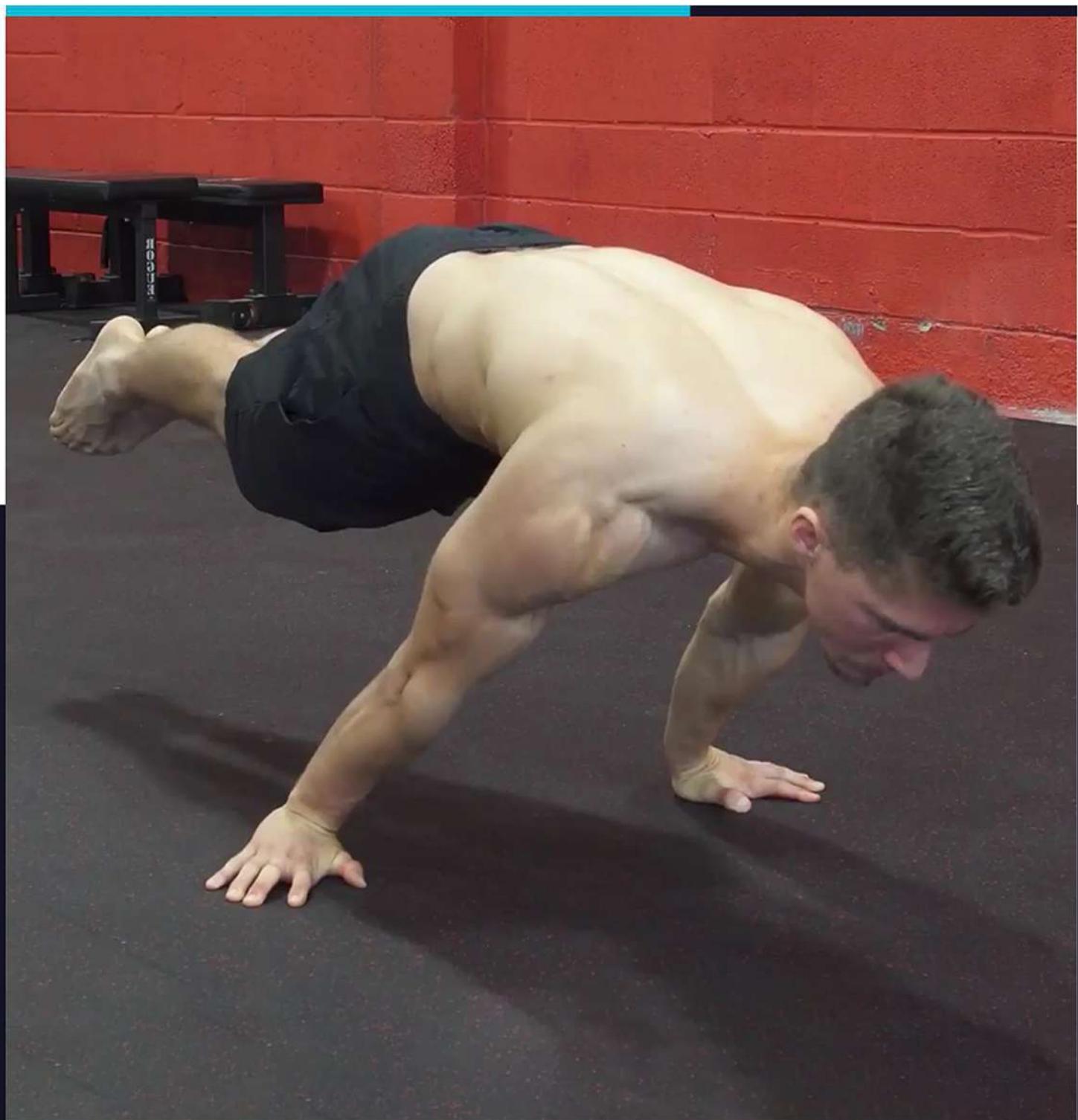
STRENGTH WORK		SET AND REPS
1. PSEUDO PLANK HOLD		2 SETS OF 60 SECS
2. ELBOWS PLANK ON KNEES HOLD		2 SETS OF 60 SECS
3. WALL PLANK		2 SETS OF 60 SECS
4. ELBOWS PLANK		2 SETS OF 60 SECS
5. ARMS PLANK HOLD		2 SETS OF 60 SECS
6. RUNNING MAN		3 SETS OF 20 REPS
7. ELBOW PLANK PULSES		3 SETS OF 20 REPS
8. ROCKING HIPS ELBOW PLANK		2 SETS OF 20 REPS
9. PLANK PULSES		3 SETS OF 15 REPS
10. SINGLE ELBOW PLANK HOLD		3 SETS OF 20 SECS
11. UNSTABLE SURFACE PLANK		2 SETS OF 60 REPS
12. ONE ARM PLANK		2 SETS OF 30 SECS

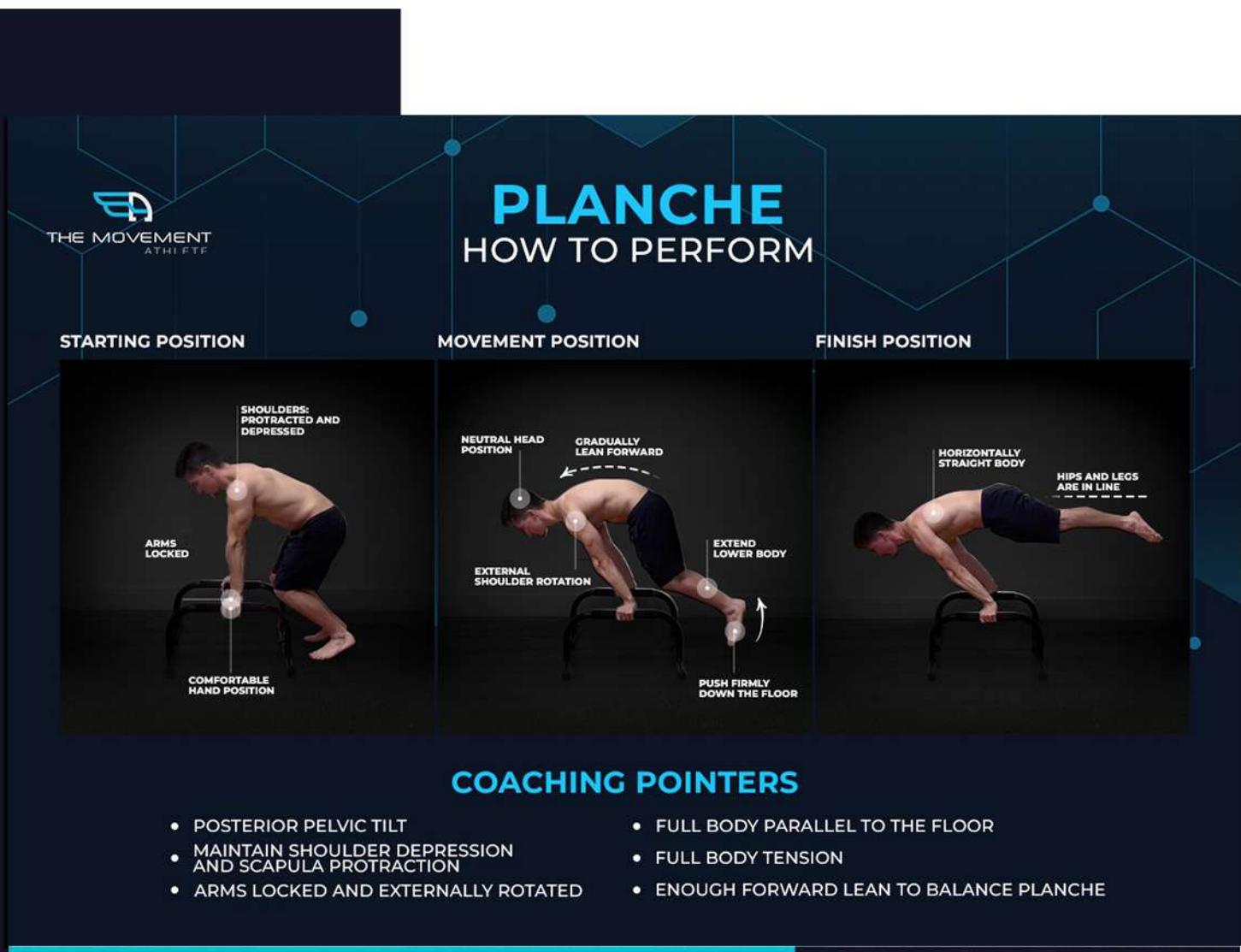
## PUSH-UP FUNDAMENTAL GOAL: NORMAL PUSH-UP

STRENGTH WORK		SET AND REPS
1. WALL PUSHUPS		3 SETS OF 30 REPS
2. KNEE PUSHUP		3 SETS OF 20 REPS
3. KNEE WIDE PUSHUPS		3 SETS OF 20 REPS
4. KNEE DIAMOND PUSHUPS		3 SETS OF 15 REPS
5. INCLINE PUSHUPS (MEDIUM)		3 SETS OF 15 REPS
6. HALF PUSHUPS		3 SETS OF 15 REPS
7. WIDE HALF PUSHUPS		3 SETS OF 15 REPS
8. DIAMOND HALF PUSHUPS		3 SETS OF 12 REPS
9. NORMAL PUSHUPS		3 SETS OF 12 REPS

## Chapter 4

# HOW TO PERFORM A PERFECT PLANCHE





The infographic illustrates the three stages of performing a planche:

- STARTING POSITION:** Shows a person in a high plank position on parallel bars. Labels include: SHOULDERS: PROTRACTED AND DEPRESSED, ARMS LOCKED, and COMFORTABLE HAND POSITION.
- MOVEMENT POSITION:** Shows the progression to the planche. Labels include: NEUTRAL HEAD POSITION, GRADUALLY LEAN FORWARD, EXTERNAL SHOULDER ROTATION, EXTEND LOWER BODY, and PUSH FIRMLY DOWN THE FLOOR.
- FINISH POSITION:** Shows the final planche position. Labels include: HORIZONTALLY STRAIGHT BODY and HIPS AND LEGS ARE IN LINE.

**COACHING POINTERS:**

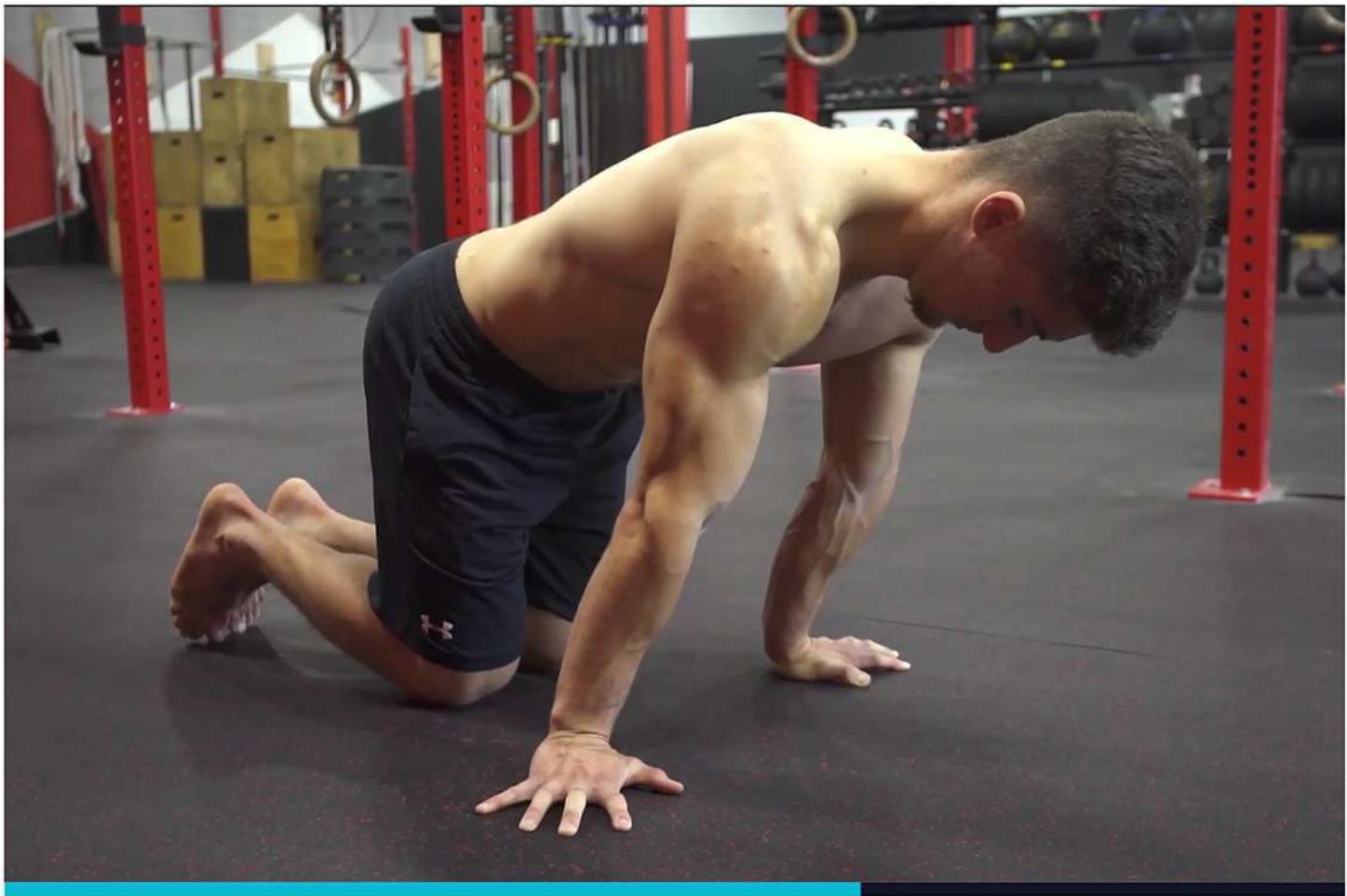
- POSTERIOR PELVIC TILT
- MAINTAIN SHOULDER DEPRESSION AND SCAPULA PROTRACTION
- ARMS LOCKED AND EXTERNALLY ROTATED
- FULL BODY PARALLEL TO THE FLOOR
- FULL BODY TENSION
- ENOUGH FORWARD LEAN TO BALANCE PLANCHE

Performing the planche looks simple enough to the naked eye but there are very important details that you need to be mindful of.

Proper cueing and body preparation should first be learned before performing the move to maximize skill performance and mitigate risks of injuries.

Here steps in order to perform a full planche:

## STEP 1: PUSH-UP POSITION



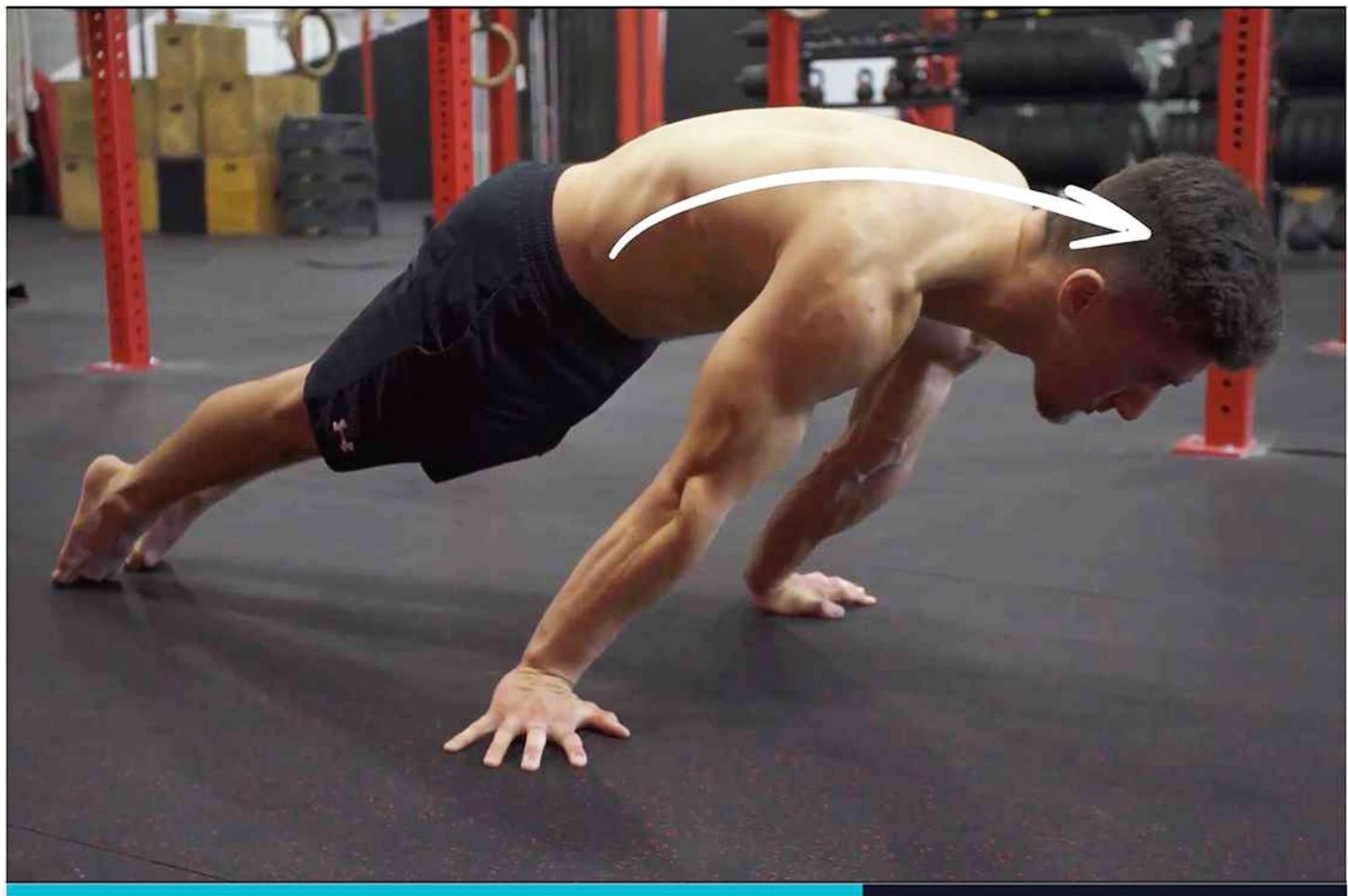
First step to going to the planche position is by preparing your body posture. At a glance, the full-planche hold is basically a push-up position with legs elevated, body parallel to the ground, and arms at an angle. So we'll take advantage of that similarity by assuming the push-up position to begin.

What massively differs is the **mental preparation and specific muscle activations**.

As you assume the push-up position, prepare your form for the actual planche and activate the muscles you will be prioritizing when holding such as the scapula, wrists, and anterior deltoids. Don't forget about the lower body as well!

Another difference could also be the foot position. Instead of having your feet planted on the ground, you have to point your toes so that your upper part of your foot is on the floor. This allows you to slide your foot easily as you move towards the planche position.

## STEP 2: PLANCHE LEAN TO FULL PLANCHE



From the push-up position, lean forward while keeping the body line and posture for the planche. Continue leaning until your hands are aligned to your navel. The amount of lean will put more pressure on your wrists and shoulders, but less weight on your lower body. This will allow you to lift them for the planche position.

The lean is essential. It is impossible to lift your whole lower body without this lean as this will place the center of gravity to the middle of your body, allowing balance for the planche hold.

## STEP 3: FULL PLANCHE HOLD

When you reach the planche position, it's a matter of holding the correct form and maintaining full body tension.



### Keep in mind the proper form:

- Slight hollowed upper back** - When you do the scapula protraction, you might think of it as the rounding of the upper back. That is not the case. A completely rounded upper back is a result of a closed chest. This shortens the serratus anterior making it unable to produce the maximum potential effort. Rounding of the upper back is a compensation for the lack of strength in your scapula.

**Aim for a neutral chest position.** This will put more load on the shoulders and helps you maximize your body's effort to hold the planche position. It might be more difficult at first but once you get stronger, the benefit outweighs the difficult journey.

Plus it makes your planche look a lot better!

- ✓ **Protracted scapula** - While maintaining the neutral chest position, have your scapula still protracted. It makes the move more biomechanically efficient as planche is already such an awkward position to hold.
- ✓ **Shoulders fully depressed** - Push your shoulders far away from your ears. This is an excellent cue to activate your anterior deltoids, one of the main muscles for planche.
- ✓ **Legs squeezed together** - Full body tension is required for such an advanced skill. Squeeze the legs together in order to attain the tension as well as hold the position longer and better.
- ✓ **Arms completely straight and locked** - Planche is a straight-arm strength work. There's no point in training the skill itself with bent arms. There are tons of other bent-arm work that can supplement planche training, but having your arms bend during the planche attempt will only teach you bad habits.

It might be frustrating as our bodies aren't used to pushing with much effort while having our elbows completely locked out. Joint development is slow so respect this portion of the planche journey.

- ✓ **Hands underneath the navel** - As mentioned in our previous articles, you can only lift your legs if you are able to find the center of gravity of the position. The only way to do this is to lean far enough so that your hands are underneath your navel, basically the almost the center of your body. This motion requires you good shoulder strength, scapula mobility and of course, wrist strength and mobility.
- ✓ **Upper and lower body parallel to the ground** - Planche hold can only count if your body is parallel to the ground. It could be difficult to achieve at first, but it is the proper form of planche. Plus it looks so much cooler than having your body diagonal.
- ✓ **Flat lower back** - Arching of the lower back indicated compensation or weaknesses in other areas. It could also show weakness for the lower back itself. Always be mindful of your lower back as it leads you to what are your weak links that need to be addressed.
- ✓ **Posterior Pelvic Tilt** - Maintaining PPT allows maximum core activation, which obviously, vital for planche work and for maintaining a good bodyline and planche posture.

## For easier progressions

The easier planche positions have the basic form: straight bodyline, rigid depressed shoulders, lockout elbows, neutral chest, protracted scapulas, and so on.

The difference lies in the amount of lean and lower body position. More lean means more difficulty but paves your way to extending legs. Start from the tucked position then gradually extend it. You'll also encounter open positions such as the straddle planche and the frog planche which spreads the weight of your lower body outwards, making it much easier compared to the full planche.

Attaining the planche doesn't happen by accident. It's achieved through countless hours of hard, but smart training. Making progress is done by working on specific planche progressions so you can build the necessary strength and mobility, specific for the skill.

## Chapter 5

# HOW TO ACHIEVE A PLANCHE

The most effective planche progression



If you have been aiming to learn the coveted calisthenics planche, then we have the most effective and realistic method for you.

But first, let's talk about what it's going to take to learn the skill.

Planche isn't a skill that you can learn from training random exercises or by just getting strong. Although it's considered a *strength-based skill*, general pushing strength will not get you planche. 😰

Planche requires high specific strength and mobility which you can read more of this here: 🔍 [“Planche Muscles Used & Requirements”](#).

Being a strength-based skill, obviously strength is a vital component. Combined with proper mobility, skill, muscle and endurance, and applying them in a well-structured program appropriate for your level, then you'll have a productive time every session towards planche.

Within this program should have a set of **progressions** that builds everything you need for the full planche. Progressions are everything in calisthenics. 🔥

This is exactly what *The Movement Athlete* can provide you for your dream, planche: progressions.

## So what are progressions? 😱 😱 😱

Progressions are a set of exercises that covers the mentioned fitness attributes so you can work your way to a particular skill. It starts from the basics and levels up until you reach your goals. It's basically the way to add intensity so you can develop the necessary requirements for a move.

Luckily, even an advanced skill such as a planche has progressions that you can start with earlier in your journey.

After each progression, the next one will be harder and harder. It will integrate more complex elements as well as increase the intensity of the exercise. You're kinda like playing a video game. Each progress you make, the level gets harder.

This goes on until you reach the coveted full planche.

# ⚡ WHERE TO START

As mentioned earlier, you can start pretty early for your planche journey despite the high requirements for holding the full planche. You can start making progress early in your journey.

These are minimum requirements to start with specific training:

- 🏆 **Bodyline Fundamental**
- 🏆 **Push-up Fundamental**

Bodyline fundamentals ensure your core stability and that you have proper posture to hold the earliest stages of planche training. Having a strong core is not enough but it could help. What matters more is specific core strength by having good bodyline fundamentals.

Planche is a pushing exercise and if you have read our intro about planche: **• What is a planche**, then you'll know that it "simulates" the push-up position. That's why general pushing strength gives you a massive advantage when learning the skill. Of course, more specific pushing strength is required to hold a planche.

If you have mastered these two, you can start your planche journey ASAP. **100** If not, work on these fundamentals as heading straight to planche training will lead to very slow progress or even worse; injury.

You can start with our Movement Athlete Assessment to get a better gauge on where to start your planche training.



## When Should I Progress?

Sometimes, it's easy to overestimate your skills especially when you feel strong and confident. We recommend that you take things slowly when progressing. Be sure to be comfortable with the current step before moving forward.

Training progress is highly individualized. Only you can surely know when you're ready to progress. Don't worry. With TMA, we can guide you as long as you train honestly.

# PLANCHE TRAINING STRUCTURE

The training structure consists of progressions that covers all the elements that you need to master in order to master the skill.

When building a training program for any calisthenics skills we always use 4 categories to achieve overall development geared towards your goals:

-  **Strength**
-  **Skill**
-  **Muscle**
-  **Endurance**

Let's look at each one of those separately in relation to planche work.



## SKILL WORK

Planche is a very technical skill and is not just about brute strength. There are specific cues and techniques required mastery of in order to perform it efficiently with perfect form. This will be tackled alongside mobility exercises which benefits strength and skill work all together.



## STRENGTH WORK

General strength works a massive advantage for your planche training but specific planche strengthening exercises are our primary focus. These are high intensity exercises which every level has a suitable equivalent variation. Planche strengthening exercises should always be challenging to recruit the muscle fibers and build the skill for planche as well. Both straight-arm and bent arms exercises are included for the most efficient progress possible.



## MUSCLE WORK

Planche is a very technical skill and is not just about brute strength. There are specific cues and techniques required mastery of in order to perform it efficiently with perfect form. This will be tackled alongside mobility exercises which benefits strength and skill work all together.



## ENDURANCE WORK

Planche involves a lot of body holds with proper bodyline. Whether it be static or dynamic exercises, all include a rigorous training of the core. Upper-body also works for longer periods of time to generate volume to ensure strength and muscle gains. Endurance work focuses primarily on core endurance, shoulder stabilization and straight-arm work.

Most training programs divide these elements into separate days.

In **The Movement Athlete** program, we bring them all together in a single day for the most efficient training that's suitable for the real world.

## Why do we do it this way?

In a world where we have all the time of the world, always full of energy, equipment and resources, we would want to train these elements separately. It's also beneficial to have separate goals on each day to maximize the output of each training.

Oftentimes, professional athletes train like this. Each day has a dedicated goal which prevents interference of any fatigue. They get to focus on a particular aspect. They also train multiple sessions a day, six days a week and get paid to do that.

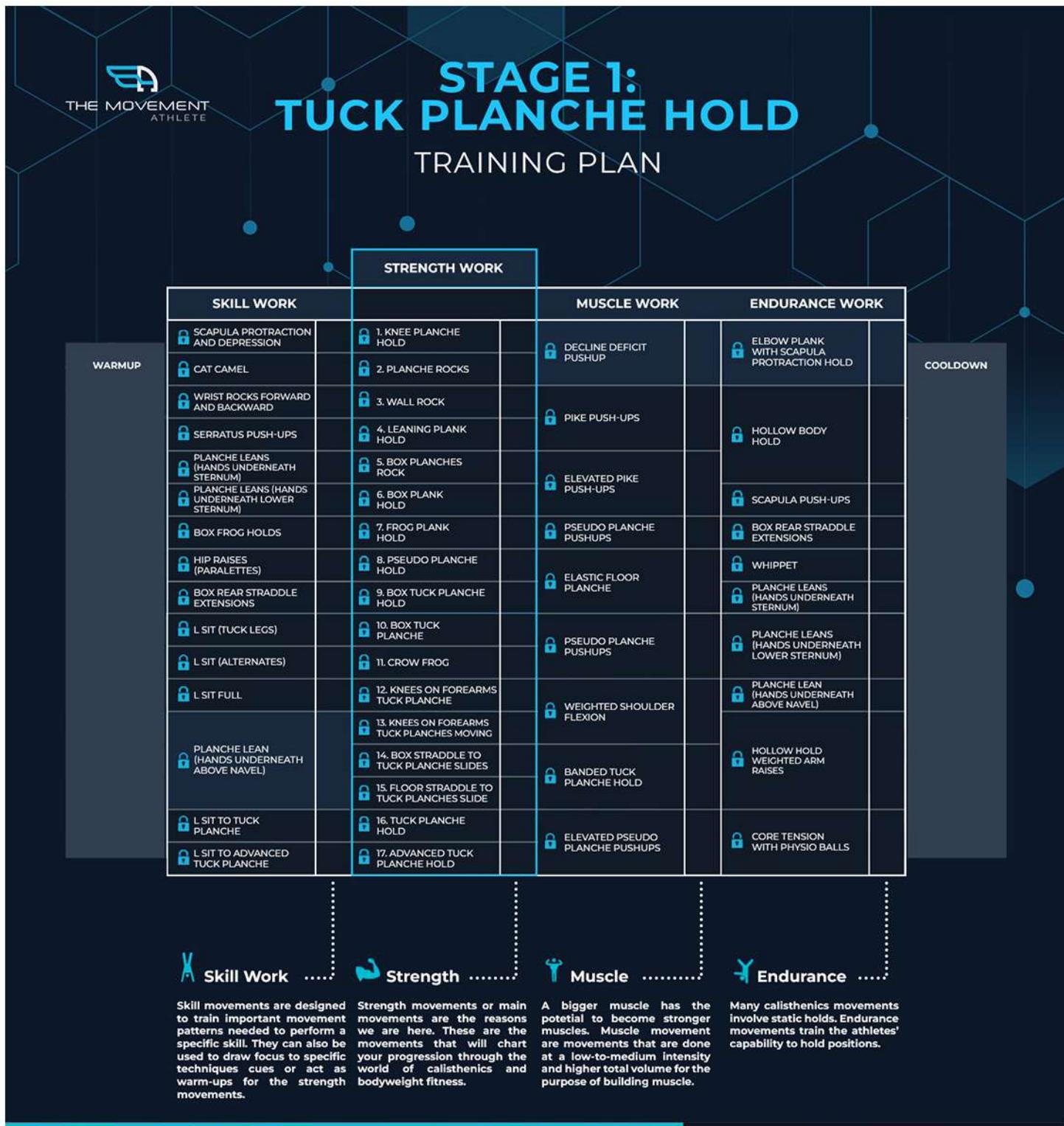
Unfortunately for us folks, we do not have the luxury of time, resources and energy to commit to such a schedule.

This is why **The Movement Athlete** puts its focus on different aspects. It allows a more realistic way to train on a tight schedule. This doesn't hinder our progress but even promote it as we are unable to train for hours within a day while still covering the important elements of our goals.

# PLANCHE PROGRESSION

Achieving a planche its a long journey that's why in The Movement Athlete we divided the training into two stages;

## STAGE 1: TUCK PLANCHE



## STAGE 2: FULL PLANCHE

**STAGE 2: FULL PLANCHE TRAINING PLAN**

		STRENGTH WORK		
SKILL WORK		MUSCLE WORK	ENDURANCE WORK	
<b>WARMUP</b>	BOX REAR STRADDLE EXTENSIONS (NO TUCKS)	18. FROG PLANCHE HOLD 19. PIKE STRADDLE HOLD 20. TUCKS TO STRADDLE 21. STRADDLE PLANCHE HOLD 22. TUCKS TO ONE LEG EXTEND 23. ONE LEG EXTEND PLANCHE HOLD 24. HALF LAY PLANCHE HOLD 25. FULL PLANCHE HOLD	ADVANCED TUCK PLANCHE PUSH-UPS DEFICIT PIKE PUSH-UPS PSEUDO PLANCHE PUSHUPS WEIGHTED SHOULDER FLEXION	BOX BENT LEG HOLDS WALL WALKS + PUSHUP FROG PLANCHE HOLD BANDED FULL PLANCHE STRADDLE PLANCHE HOLD
	BOX BACK LEG EXTENSION			
	HEEL DRIVE			
	L SIT TO ONE LEG EXTENDED PLANCHE			
	L SIT TO HALF LAY			
<b>COOLDOWN</b>				

**Skill Work** ..... **Strength** ..... **Muscle** ..... **Endurance** .....

**Skill movements** are designed to train important movement patterns needed to perform a specific skill. They can also be used to draw focus to specific techniques, cues or act as warm-ups for the strength movements.

**Strength movements** or main movements are the reasons we are here. These are the movements that will chart your progression through the world of calisthenics and bodyweight fitness.

A bigger muscle has the potential to become stronger muscles. Muscle movement are movements that are done at a low-to-medium intensity and higher total volume for the purpose of building muscle.

Many calisthenics movements involve static holds. Endurance movements train the athletes' capability to hold positions.

## PLANCHE PROGRESSION

Here is our progression as well as briefs on committing to the planche journey.

Remember that planche is a highly complex skill that's why don't get overwhelmed too much when you see the long list of the progression. Each exercise helps massively in bridging gaps for you to achieve a full planche safely and efficiently.

**Prerequisites:** Push-up fundamentals & Bodyline fundamentals

**Goal:** Full Planche

**Priorities:** Our ultimate goal is to learn planche, but planche doesn't happen overnight. It's the result of the good habits you have built over time. Here are the elements that we need to learn and refine:

- Body Alignment
  - Straight-arm strength
  - Leaning forward with proper body posture
  - Upper and lower body awareness
  - Scapula protraction
  - Wrist mobility
  - General pushing strength

You can check out our article on "[How to Perform the Perfect Planche](#)" to review the form and the general requirements to hold the position.

 Key reminders you should be aware when you're practicing your planche progressions:

- **Watch Form** - Once your form breaks, stop. It's better to practice with short holds with good form than holding it longer but bad form. Build and maintain good habits as it will translate later on in your journey.
- **Body Alignment** - Most positions require a proper bodyline. Do not break the position.
- **Body Awareness** - You should be able to be aware of your mistakes and correct it while in holding the position.
- **Body Control** - Perform every move with control. When entering the static positions, do not rush.

# PLANCHE STAGE 1

## FULL PLANCHE PROGRESSION

### Strength Progression

You still need to solidify your form in order to progress faster and you can do that through these progression:

#### 1. Knee Planche Hold

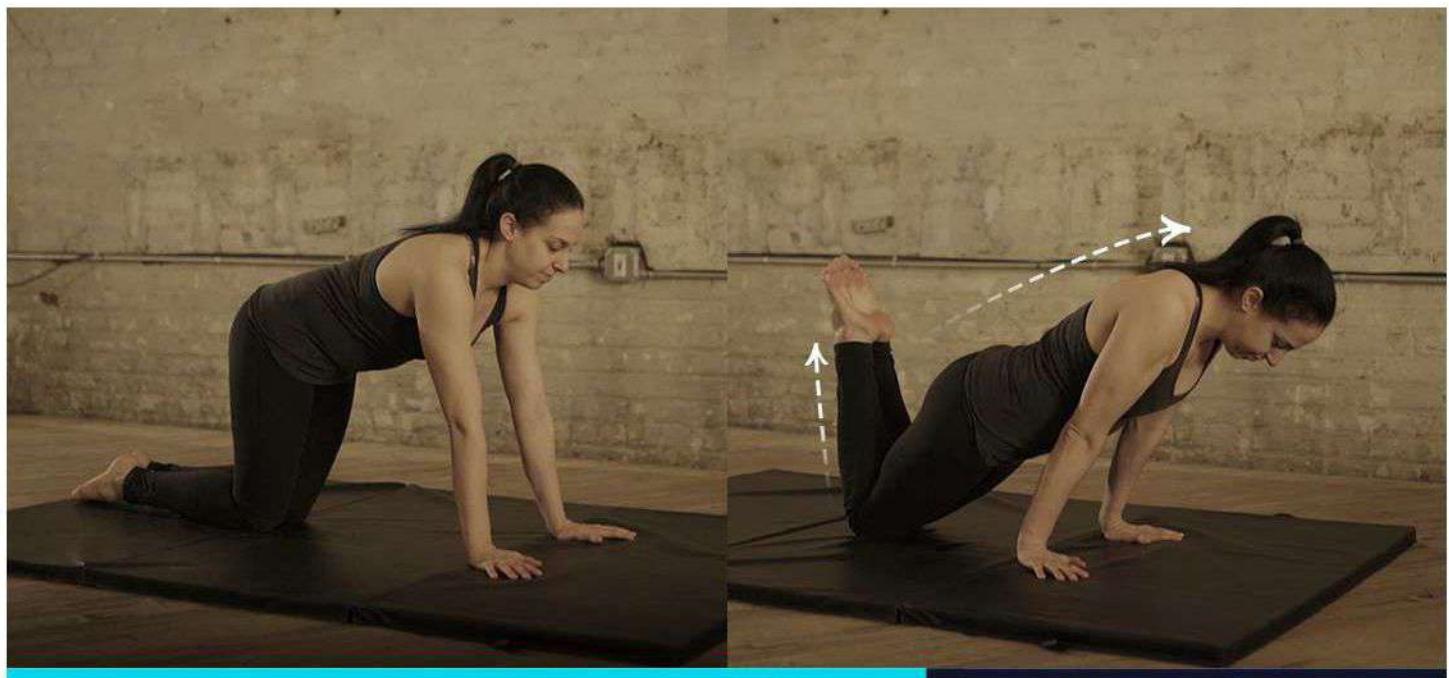


Planche journey begins with the knee planche hold. This exercise is quite light in terms of loading but is the perfect opportunity to learn the essential cues for a proper planche. When performing this exercise,(for all planche progressions actually), keep your scapula protracted, shoulders depressed and chest neutral.

#### ➤ How to Perform:

1. Begin in push-up position on the knees: two hands shoulder-width apart underneath your shoulders. Straight bodyline and engage core. Knees together while placing much of the load on your hands.
2. Lean forward while maintaining the first position's posture.
3. Hold the position for a specified time.
4. Shift weight back to the start position and rest.
5. Repeat for a number of sets.

**3 Sets of 30 Seconds**

## 2. Planche Rocks

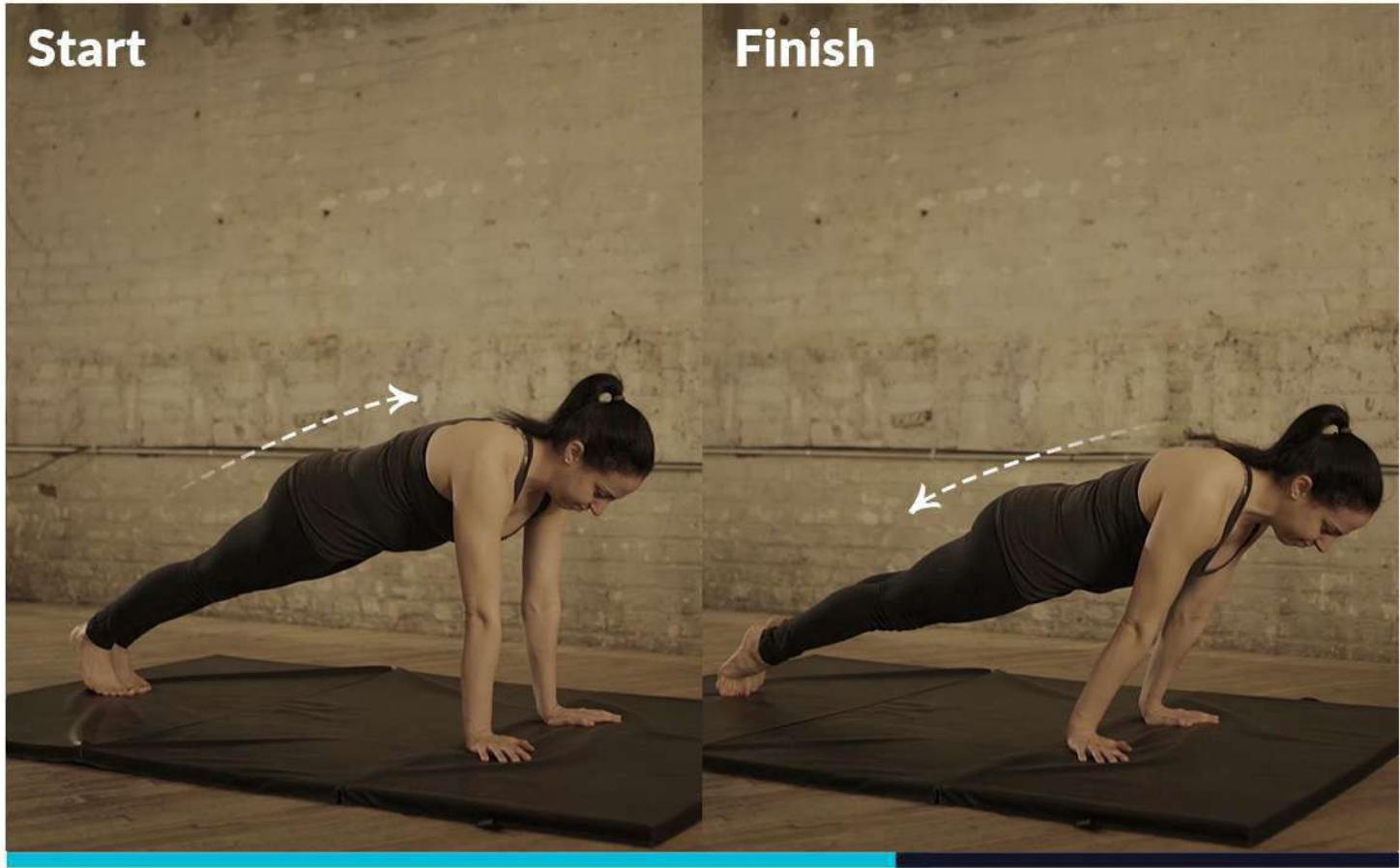


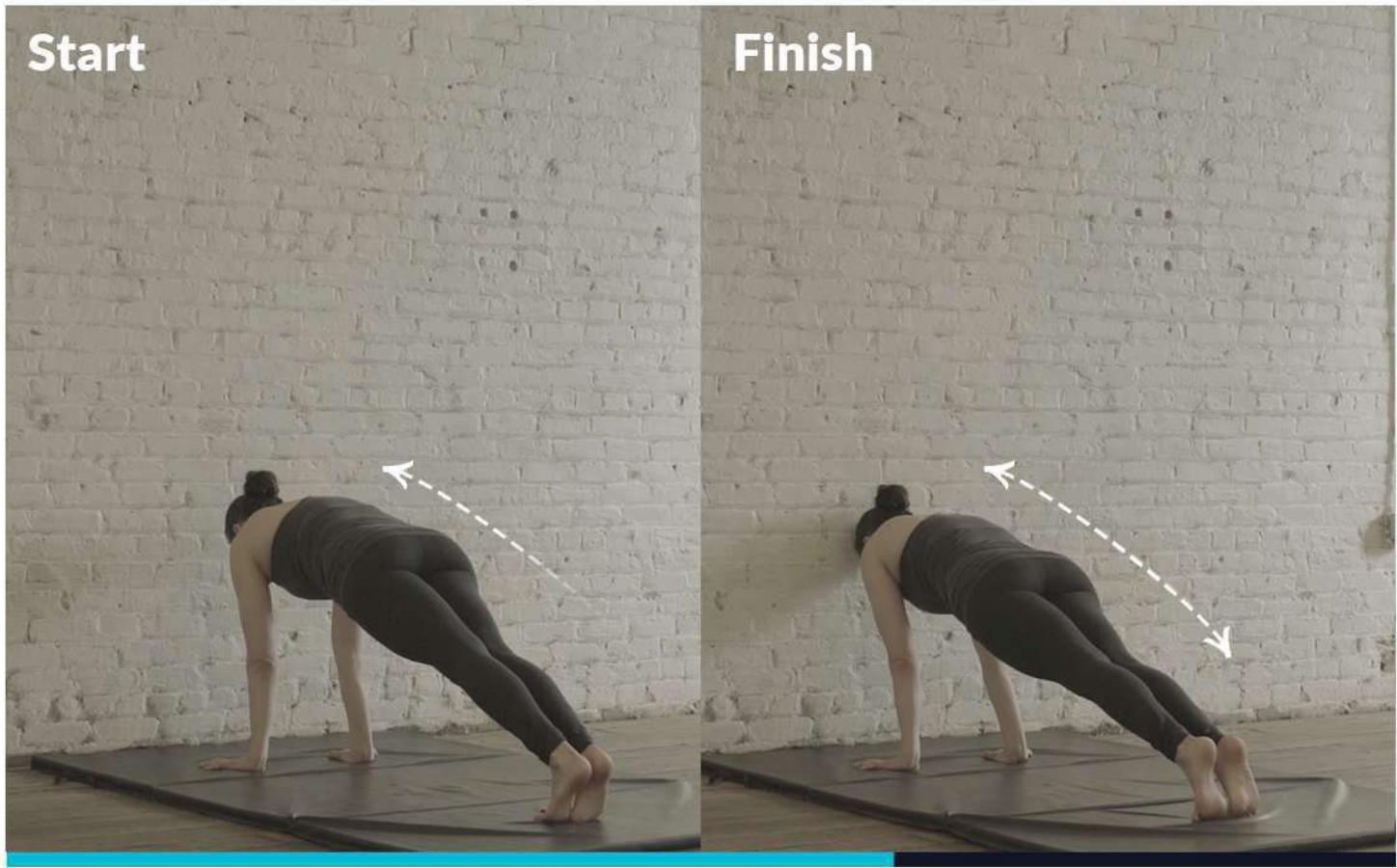
Planche rock is an excellent exercise to condition your wrists for the upcoming more difficult planche progression that lie ahead. This preps your wrist mobility as well as helps you feel more comfortable with the sharper wrist flexion angle. Feel free to lean as far as you can without experiencing any pain.

### ► How to Perform:

1. Begin by getting into a plank position with arms extended directly below shoulders. Keep legs straight and feet together.
2. Body should form a straight line from ankles to ears.
3. Contract abdominals, lean forward shifting weight onto wrists. Shoulder should over wrists.
4. Shift weight back, shoulders return to being directly over wrists. Elbows remain completely straight throughout the movement.
5. Repeat rocks back and forth.
6. Repeat for a number of sets.

**3 Sets of 20 Reps**

### 3. Wall Rocks



This one is very similar to the previous exercise. But instead of just getting comfortable in applying inconsistent pressure on your wrists, wall rocks allows for more measurable intensity so your wrists can get stronger.

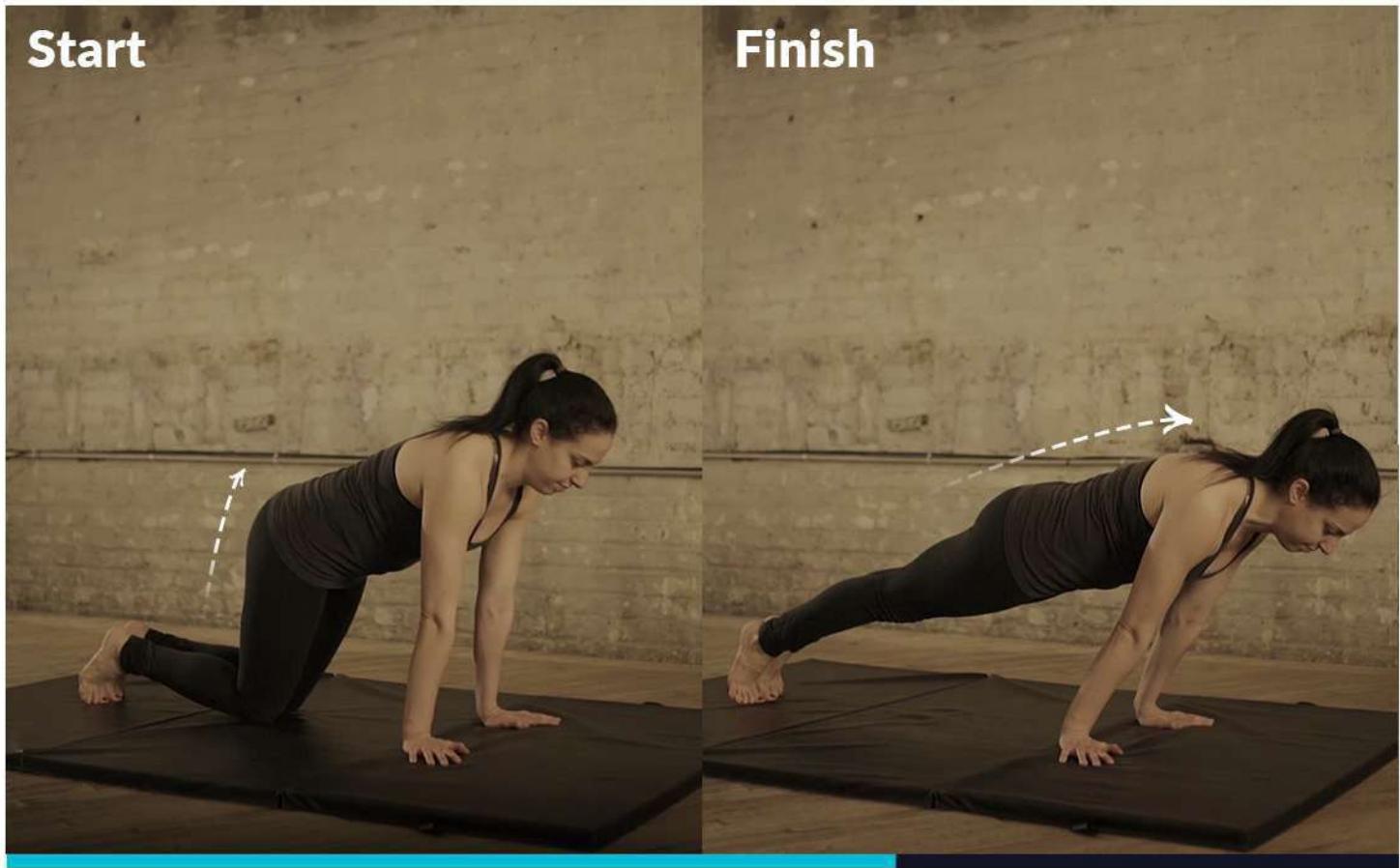
The wall used in the exercise acts as a measuring tool to determine the amount of lean you make. It helps you be more consistent and stricter with amount of lean you make.

#### ► How to Perform:

1. Position in front of a wall.
2. Get into a plank position with your head facing the wall with a recorded space between the top of your head and the wall. Amount of space depends on the amount of lean you can make. Legs strength and feet together. Arms extended directly below shoulders.
3. Body should form a straight line from head to ankle.
4. Lean forward until your head slightly brushes on the wall. The lean is done while position and body posture are maintained.
5. Lean back to regular plank position.
6. Repeat the rocks back and forth for reps.
7. Repeat the movement for a set number of sets.

**3 Sets of 20 Reps**

## 4. Leaning Plank Hold



Once you have been more comfortable leaning forward and putting weight on your shoulders and wrists, its time to progress by holding the amount of lean you make.

Similar to the previous exercises, the leaning plank hold requires you to do the exercise with perfect form. This means holding the exercise with correct body posture from start to finish and by maintaining locked out straight elbows.

This exercise is also excellent for conditioning your elbow joints for the demanding task ahead.

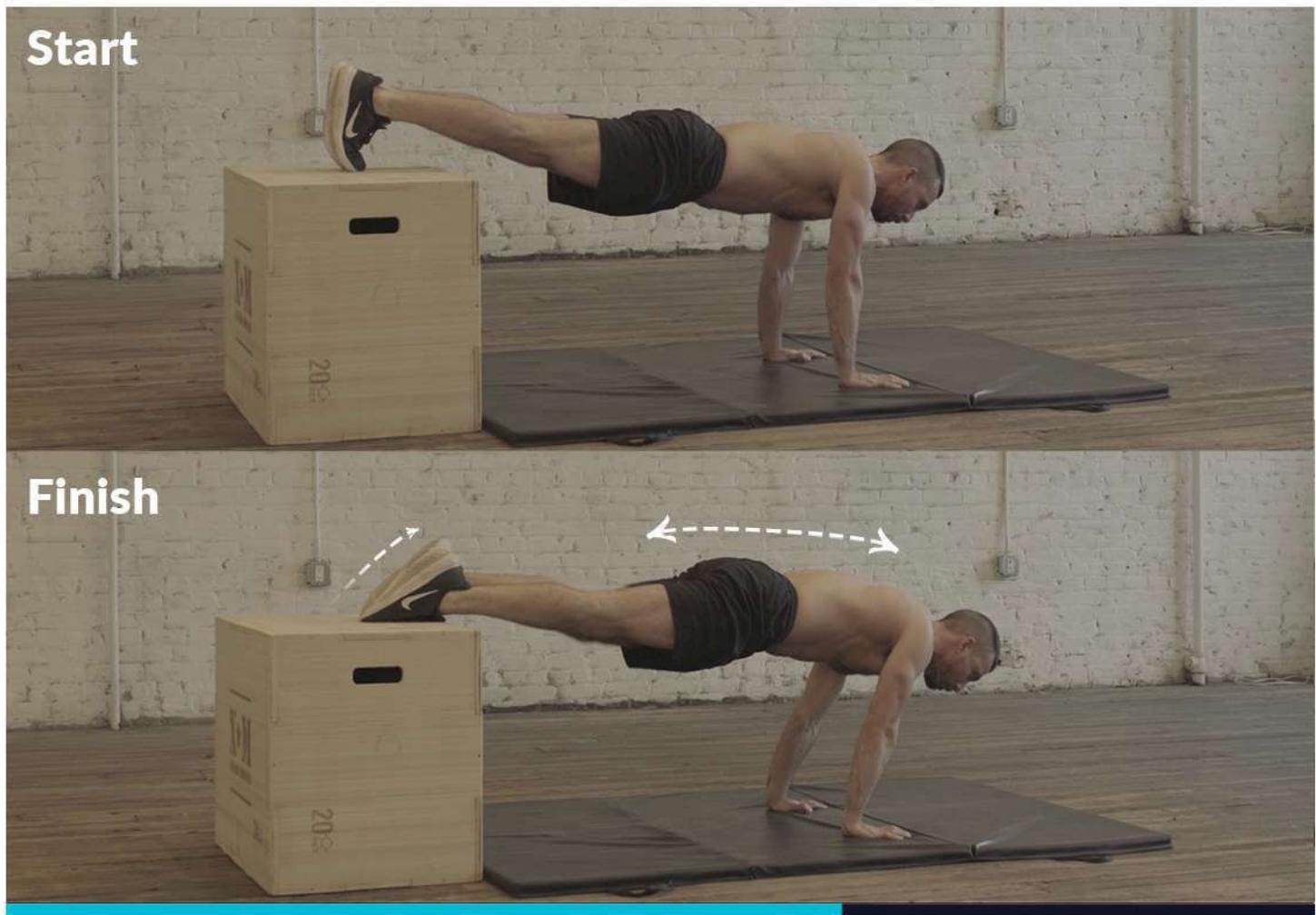
One thing that needed noting with regards with this exercise and all other progressions is that once your form feels like breaking, stop and rest. It's important to build good habits from this point.

### ► How to Perform:

1. Begin in a plank position with arms straight. Hands beneath the shoulders, legs straight together. Scapula protracted and shoulder depressed.
2. Lean forward while maintaining body posture and full body engaged.
3. Hold the position for a number of seconds.
4. Move back to the starting position.
5. Repeat for a number of sets.

**3 Sets of 20 Seconds**

## 5. Box Planches Rock



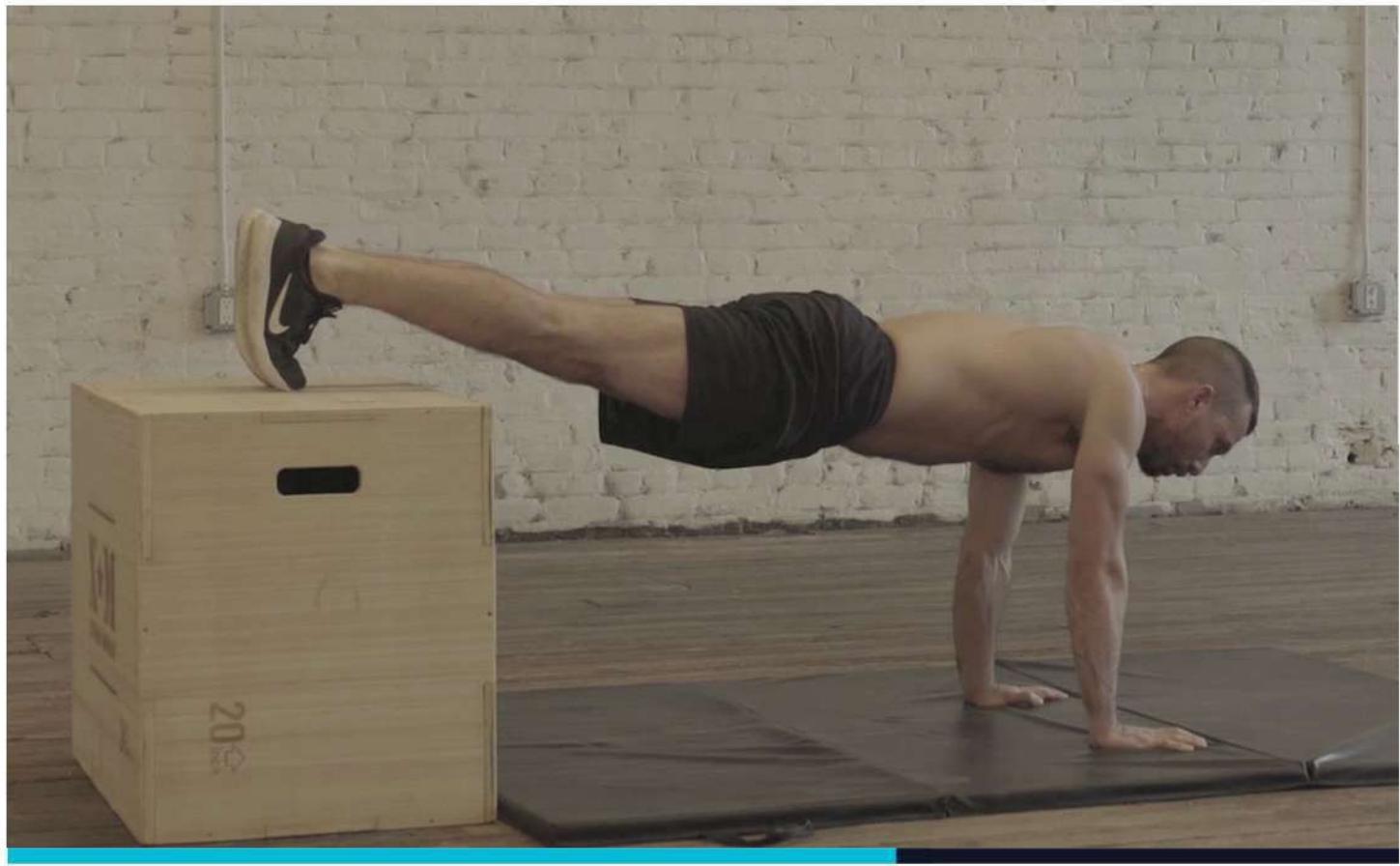
Box planches rock are a variation of a planche rock. Rather than feet on the ground, your feet are elevated on a box and a planche position is held, with light rocks. This exercise targets abdominals, deltoids, and triceps.

### ➤ How to Perform:

1. Begin by getting into a plank position with legs elevated up on a box, and arms extended directly below shoulders. Keep legs straight and feet together.
2. Body should form a straight line from ankles to ears.
3. Contract abdominals, lean forward shifting weight onto wrists. Shoulder should over wrists.
4. Shift weight back, shoulders return to being directly over wrists.
5. Repeat rocks back and forth for specified time.

**3 Sets of 12 Reps**

## 6. Box Plank Hold



The box tuck plache hold is a variation of a plank. It is done with feet elevated on a box, and knees bent rather than straight. This exercise works to build abdominal, tricep, deltoid, and pectoral strength.

### ► How to Perform:

1. From a kneeling position in front of a box, lean forward onto your palms, straightening your elbows.
2. Lift your right leg up, placing the top of your foot onto the box, knee bent towards the ground.
3. Using your core, stabilize and lift up your left leg, and place foot on the box.
4. Knees stay bent, core tightened.
5. Hold position for specified time.
6. Lower legs one at a time.

**3 Sets of 20 Seconds**

## 7. Frog Plank Hold



The frog plank hold is a variation of a tuck planche. It is done with feet elevated on a box knees bent and apart, like frog legs, rather than together. This exercise works to build abdominal, tricep, deltoid, and pectoral strength.

### ► How to Perform:

1. From a kneeling position in front of a box, lean forward onto your palms, straightening your elbows.
2. Lift your right leg up, placing the top of your foot onto the box, knee bent facing laterally. Using your core, stabilize and lift up your left leg, and place the foot on the box.
3. Knees stay bent, facing outward, while soles of feet are close and facing inward.
4. Hold the position for specified time.
5. Lower legs one at a time.

**3 Sets of 20 Seconds**

## 8. Pseudo Planche Hold



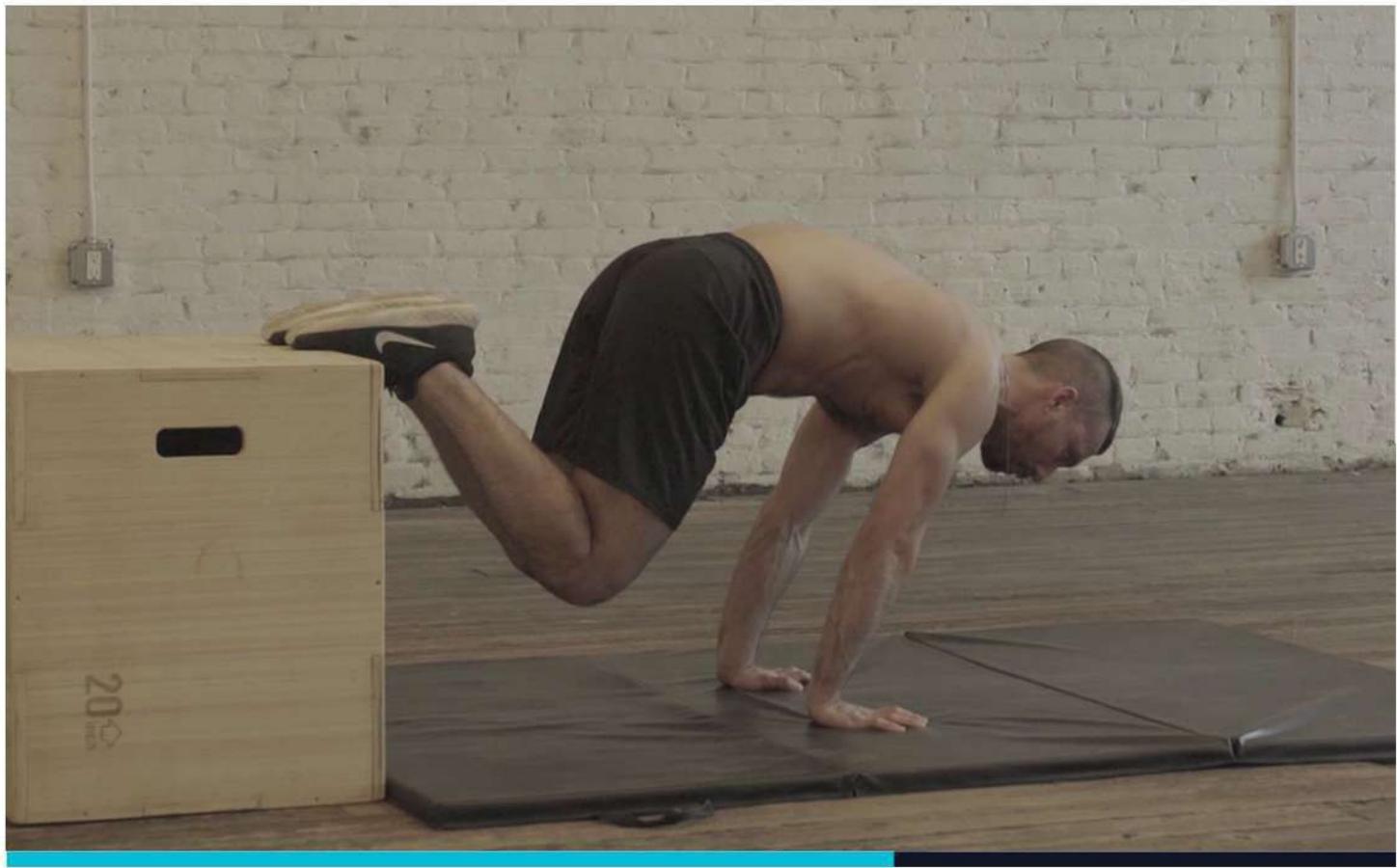
Pseudo planche hold is a variation of a planche. This exercise targets the deltoids, pectorals, latissimus dorsi, biceps, and triceps.

### ► How to Perform:

1. To begin, start on hands and knees with back straight, feet close to the wall.
2. Walk feet up onto the wall, feet apart, legs straight.
3. Keep back straight, pushing through arms.
4. Hold position for a specified time.

**3 Sets of 20 Seconds**

## 9. Box Tuck Planche Hold



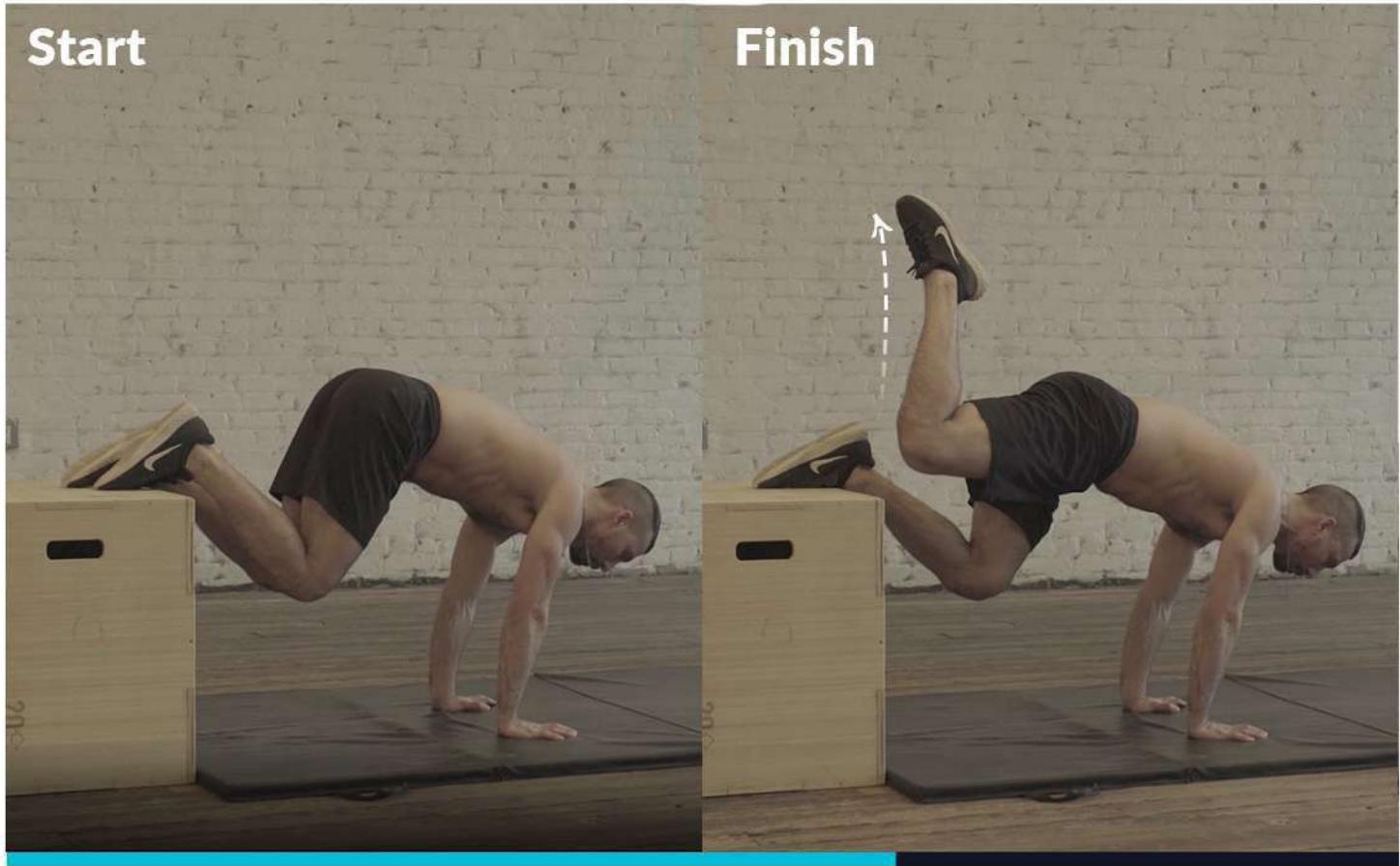
The box tuck plache hold is a variation of a plank. It is done with feet elevated on a box, and knees bent rather than straight. This exercise works to build abdominal, tricep, deltoid, and pectoral strength.

### ► How to Perform:

1. From a kneeling position in front of a box, lean forward onto your palms, straightening your elbows.
2. Lift your right leg up, placing the top of your foot onto the box, knee bent towards the ground.
3. Using your core, stabilize and lift up your left leg, and place foot on the box.
4. Knees stay bent, core tightened.
5. Hold position for specified time.
6. Lower legs one at a time.

**3 Sets of 20 Seconds**

## 10. Box Tuck Planche (1 Foot)



Box tuck planche allows you to strengthen the necessary muscles and condition the Shoulders while still slowly getting to the actual tuck planche position. The leg assistance lessens the load which allows you to extend for longer periods of time to hold the position with proper form, and still develop strength.

### ➤ How to Perform:

1. Prepare an elevated surface around knee height when standing.
2. Place your hands on the floor 2 to 3 feet away from the surface and face away from it.
3. Place one leg at the elevated surface.
4. Position the rest of the body into a tuck planche while one foot is supported.
5. Hold the position for a specified time.
6. Step normally back on the ground and switch legs.

**3 Sets of 20 Seconds**

## 11. Crow Frog



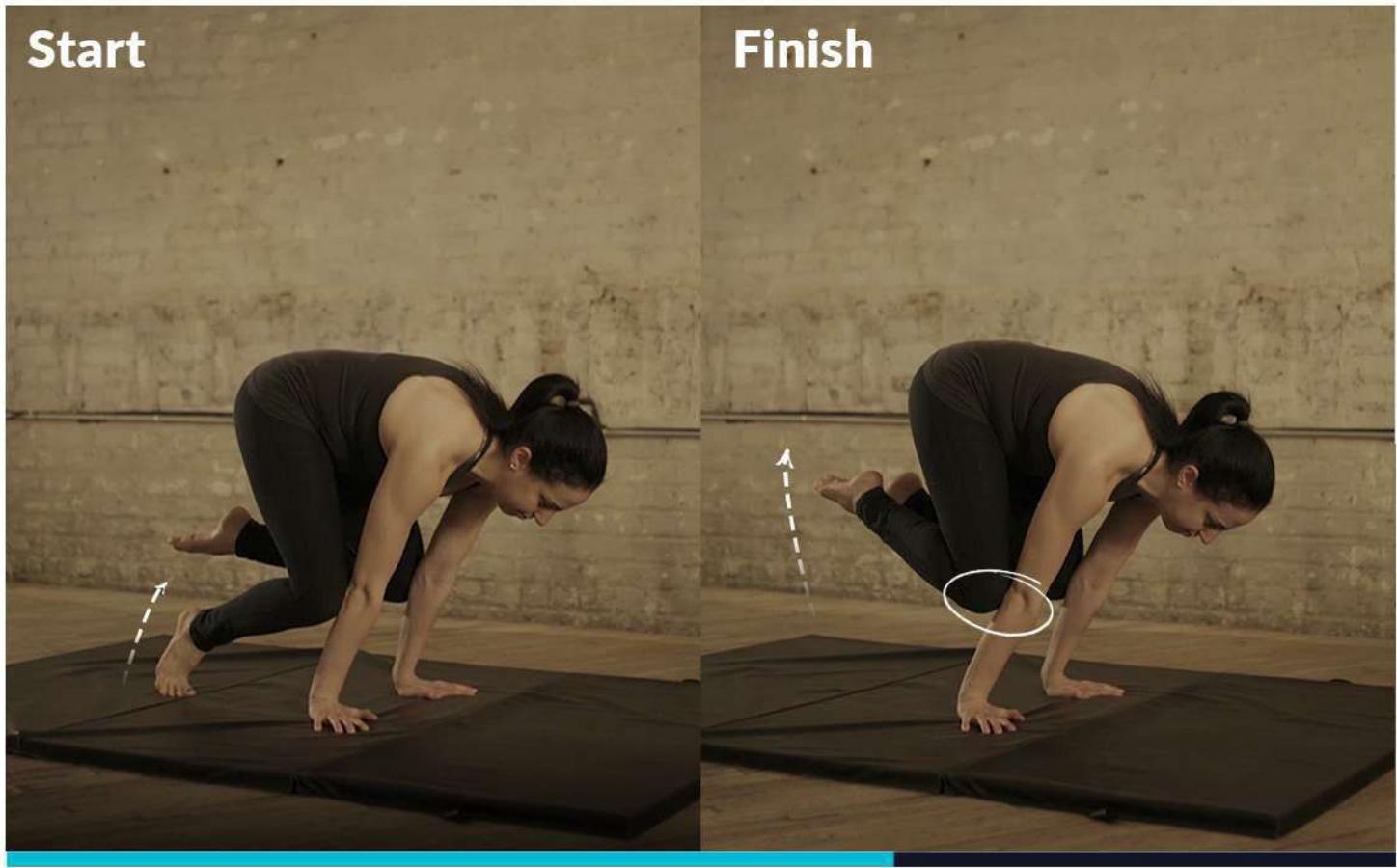
This move introduces the balancing component for planche. Leaning forward enough is essential to achieving balance. The skill also develops the straight-arm strength for further planche progressions.

### ► How to Perform:

1. Begin in a low squat position.
2. Place your hands on the floor shoulder-width apart with locked out arms and depressed protracted shoulders.
3. Lean forward, placing the weight on your shoulders and arms while resting your inner thigh on your elbow area.
4. Lean forward enough to be able to lift your feet off the floor.
5. Hold the position for a specified time.

**3 Sets of 20 Seconds**

## 12. Knees on Forearms Tuck Planche



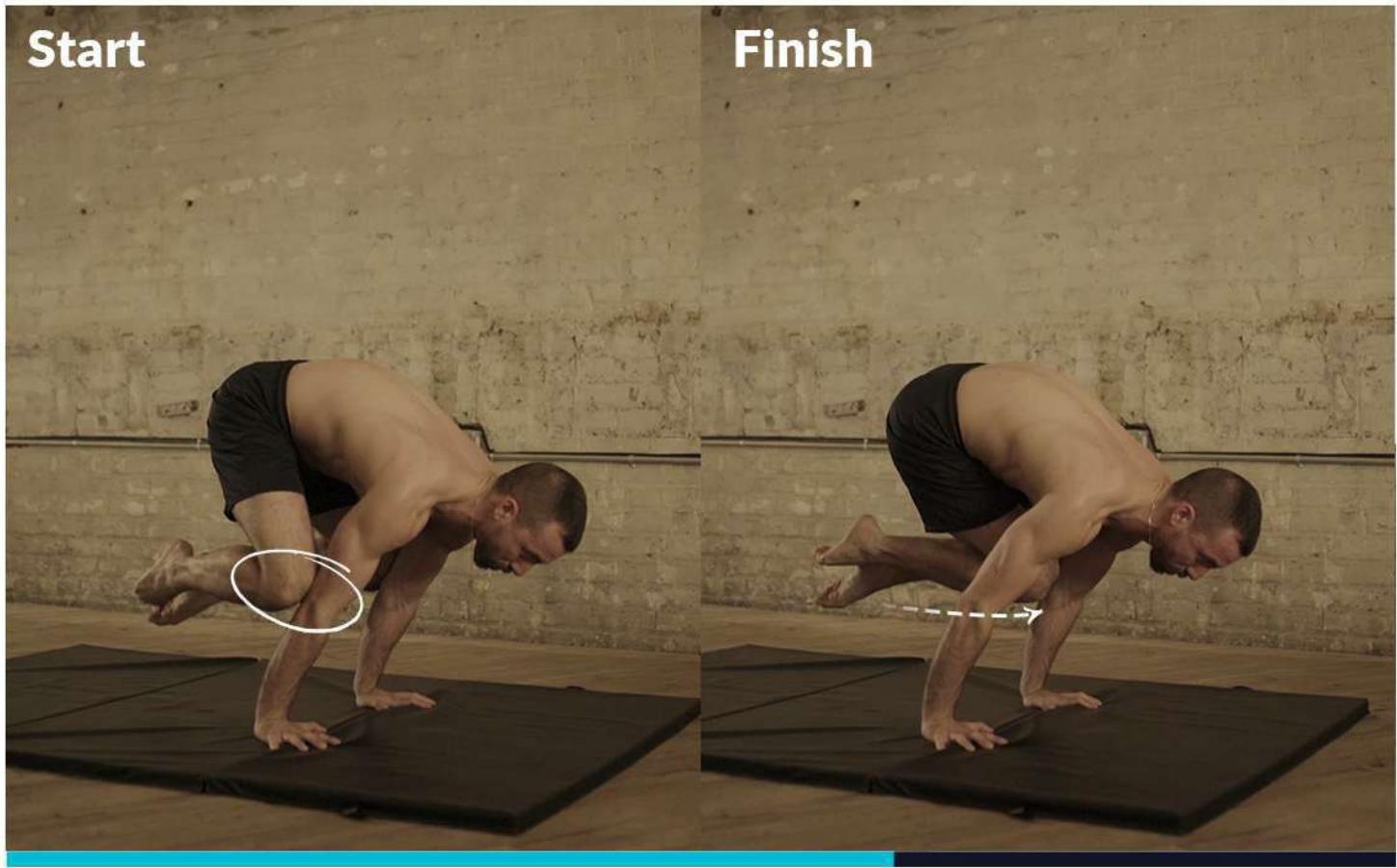
Tuck planche with knees on forearms is an exercise that requires core strength, strong arms, and balance.

### ► How to Perform:

1. To begin, get on hands and knees. Hold knees off ground, contracting abdominals, up on your toes.
2. Push through your arms, leaning forward, elbows locked out.
3. Walk feet in towards hands, place knees. Press through scapulas.
4. Hold position for specified time.
5. Lower feet, and knees to the floor.

**3 Sets of 20 Seconds**

## 13. Knees on Forearms Tuck Planches Moving



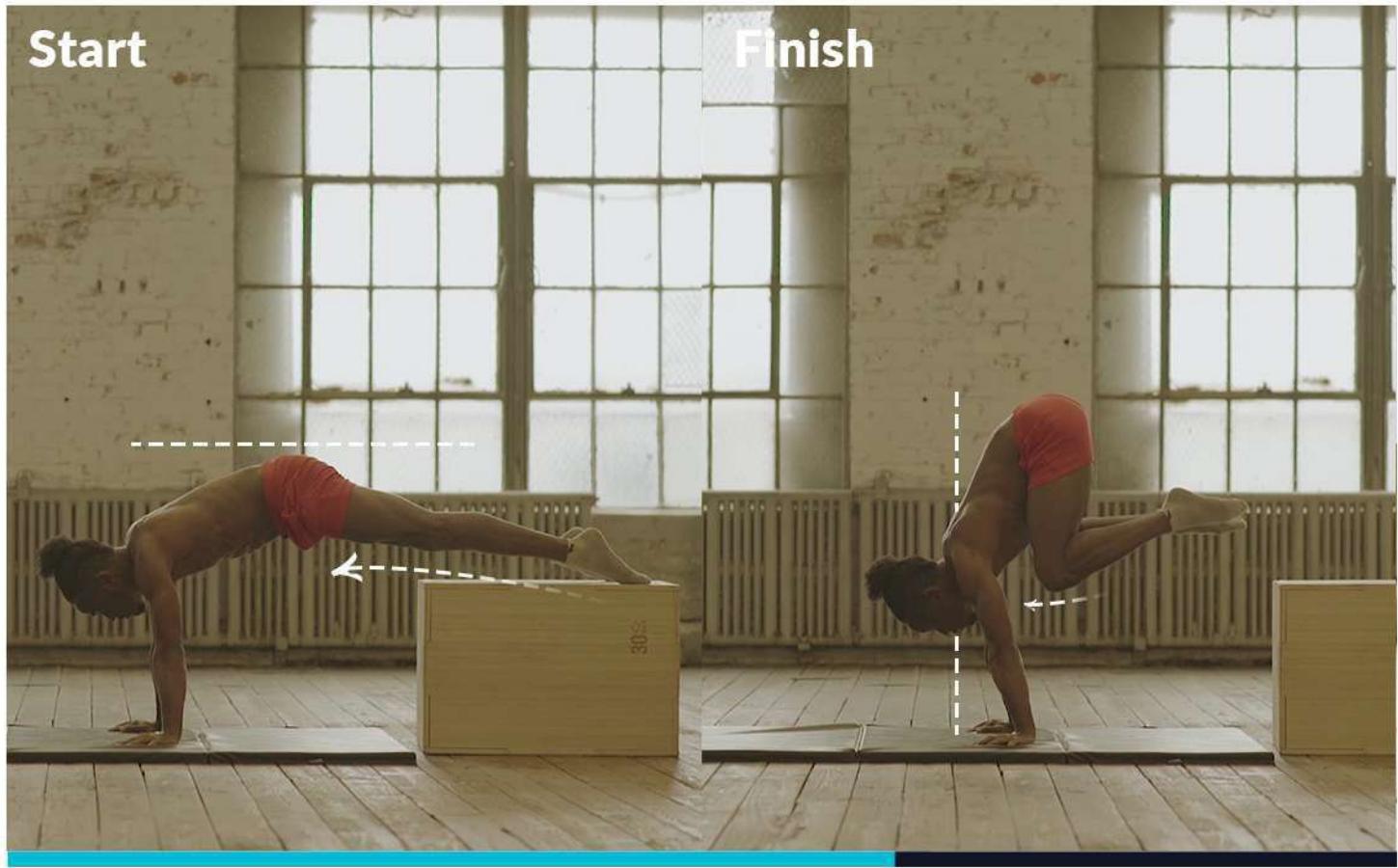
Moving tuck planches with knees on forearms are an exercise that requires core strength, strong arms, and balance. It is a variation of tuck planche with knees on forearms, but more of a challenge because you move your bent while holding your weight through your arms.

### ➤ How to Perform:

1. To begin, get on hands and knees. Hold knees off ground, contracting abdominals, up on your toes.
2. Push through your arms, leaning forward, elbows locked out.
3. Walk feet in towards hands, place knees. Press through scapulas.
4. Use core and bring right knee off forearm and between arms, while left knee stays on forearm.
5. Return right knee to forearm, and repeat with left leg.
6. Repeat for specified times.
7. Lower feet, and knees to the floor.

**3 Sets of 8 Reps**

## 14. Box Straddle to Tuck Planche Slides



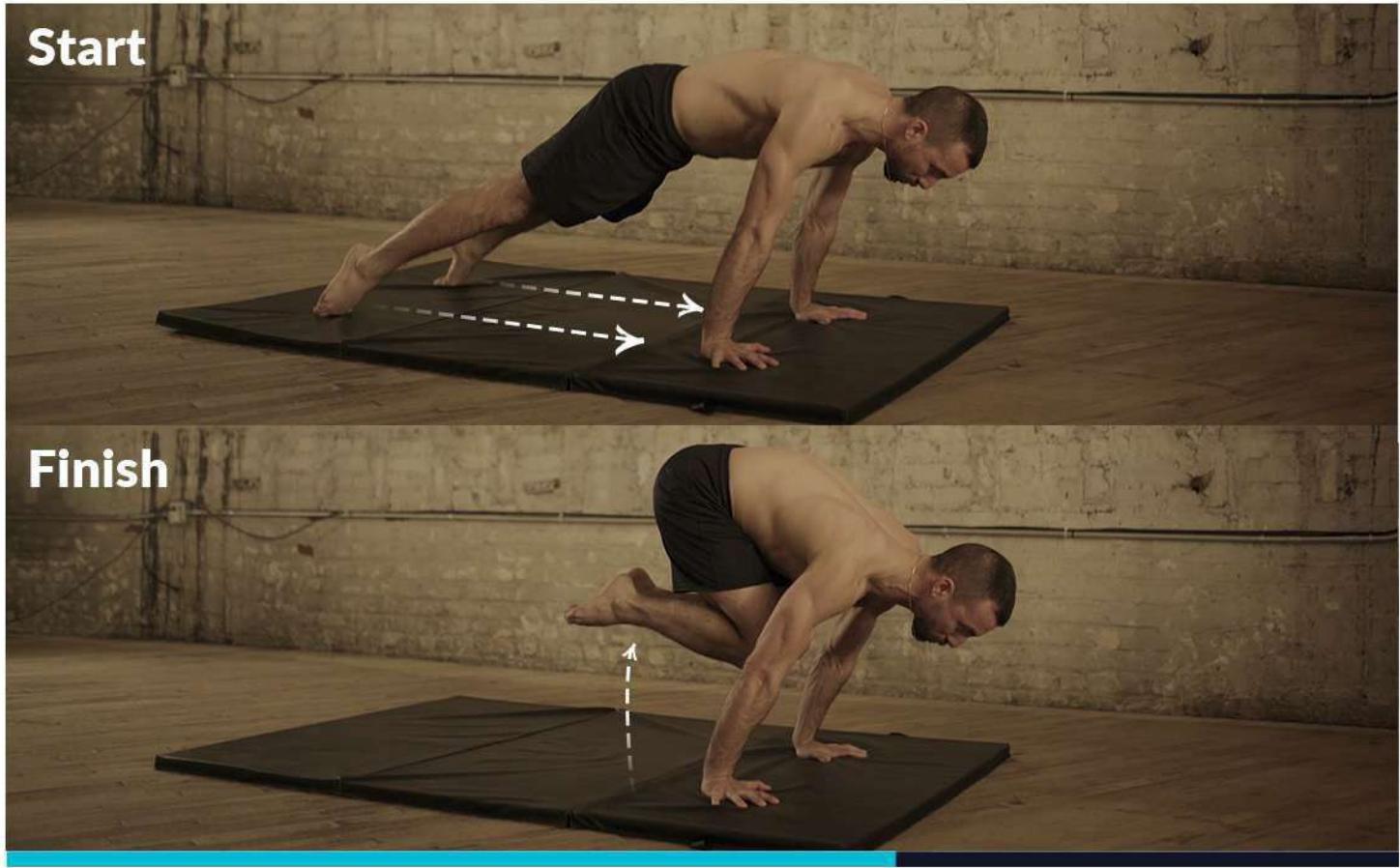
Box straddle to tuck planche slides is a progression to a planche. This exercise targets the arms, deltoids, abdominals, and pectorals.

### ► How to Perform:

1. Begin with arms straight, legs straight and in a straddle with toes up on the box.
2. Tuck knees in quickly towards your chest.
3. Shoot legs out straight and in a straddle again as toes return to resting on the box.
4. Repeat for specified repetitions.

**3 Sets of 8 Reps**

## 15. Floor Straddle to Tuck Planches Slide



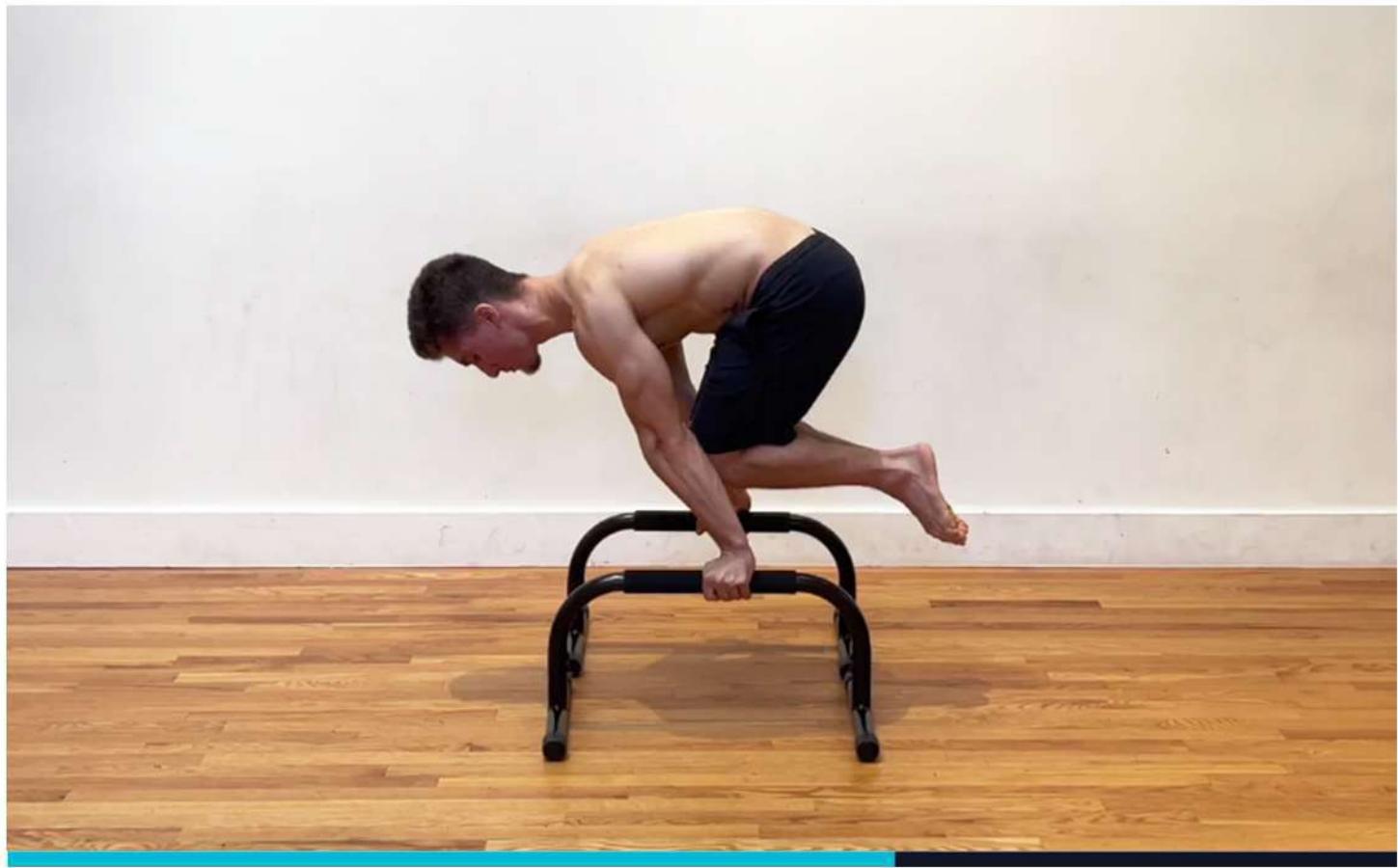
This exercise transitions from a straddle with feet on the floor to a full-on tuck planche. This exercise trains the general strength needed to progress towards the advanced tuck variation. Be sure to do the exercise on a smooth surface for the feet to glide easily.

### ► How to Perform:

1. Begin in a push-up position with legs in a straddle position.
2. Lean forward, and slide the feet until knees are tucked to your chest.
3. Lean even forward to move into a tuck planche position.
4. Hold for a brief moment.
5. Lean forward, then slowly extend your legs backward to get back to the starting position.
6. Repeat for specified repetitions.

**3 Sets of 8 Reps**

## 16. Tuck Planche Hold



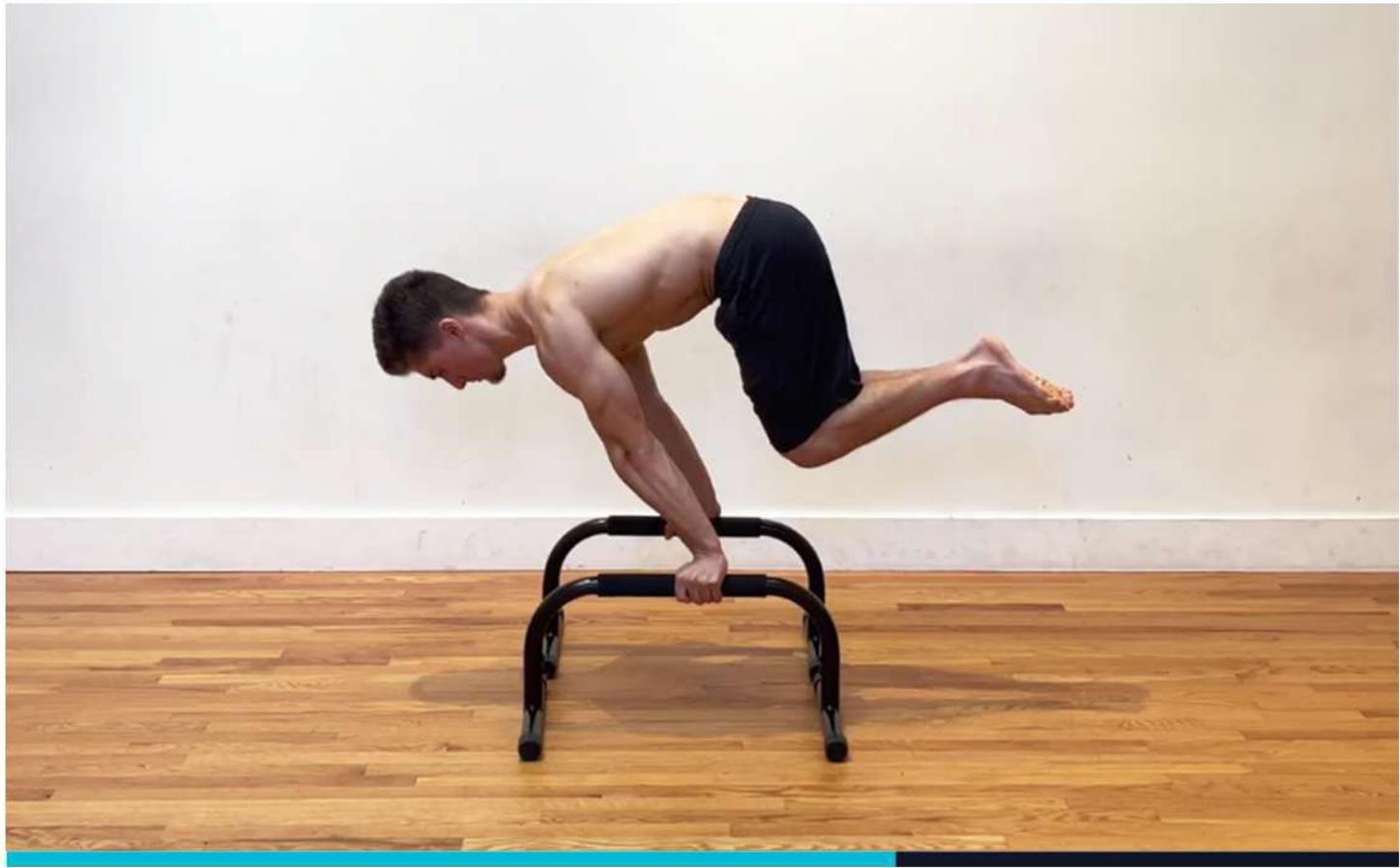
Tuck planche hold is the most basic form of the planche position. It helps you get the feel of the planche and builds the foundation for specific strength development for planche.

### ➤ How to Perform:

1. Depress shoulders and protract the scapula.
2. Place your hands on the floor shoulder-width apart with straight arms.
3. Lean forward enough until your feet feel weightlessness.
4. Tuck your knees towards your chest.
5. Lift your feet off the ground.
6. Hold the position for a specified time.

**3 Sets of 20 Seconds**

## 17. Advanced Tuck Planche Hold



Advanced tuck hold is the next step after the tuck position. The main difference is the extended hips. To achieve this position, more forward lean is needed to counterbalance the increase in mechanical disadvantage.

### ► How to Perform:

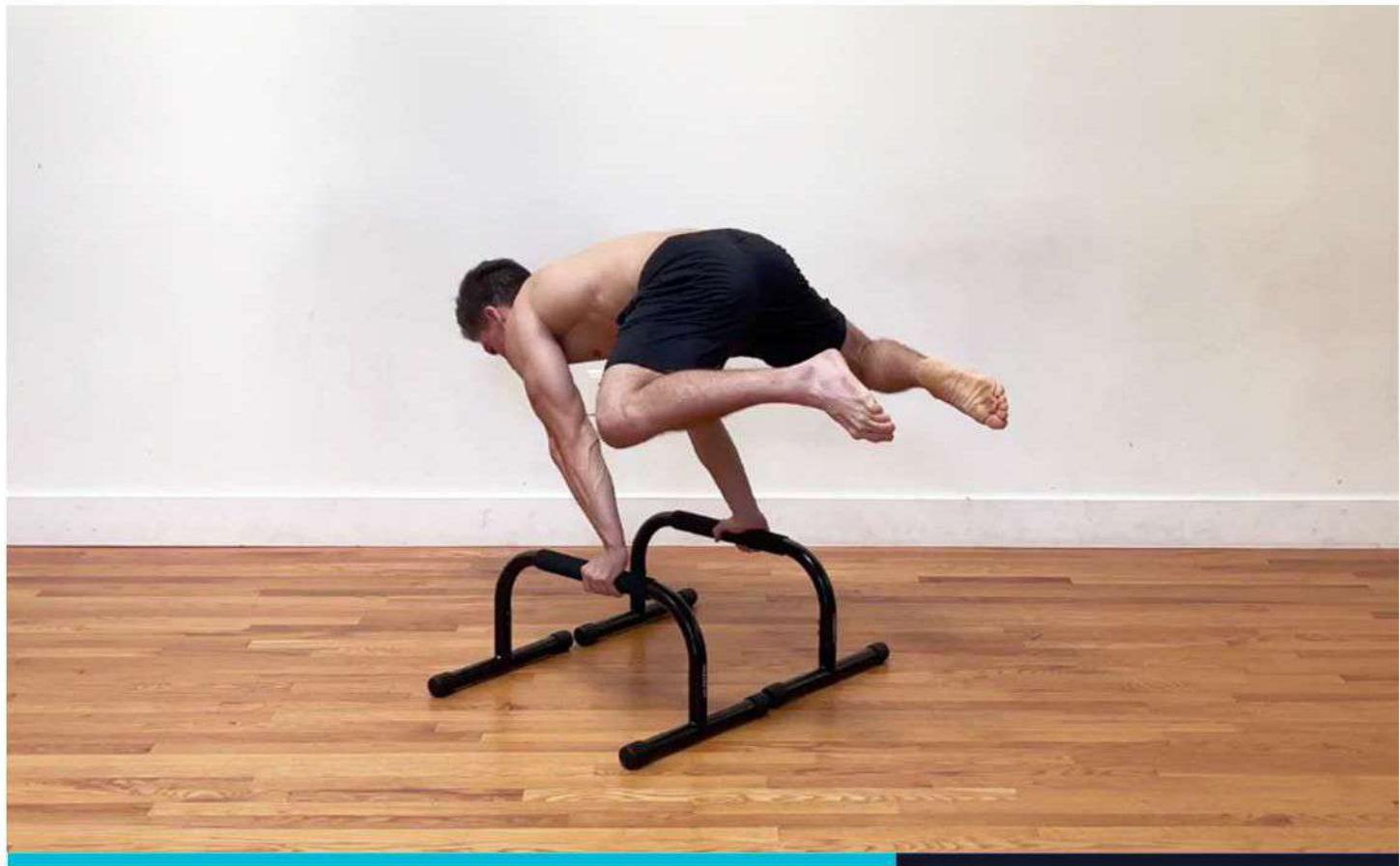
1. Depress shoulders and protract the scapula.
2. Place your hands on the floor shoulder-width apart with straight arms.
3. Lean forward enough until your feet feel weightlessness.
4. Tuck your knees just below your hands with extended hips.
5. Lift your feet off the ground.
6. Hold the position for a specified time.

**3 Sets of 10 Seconds**

# PLANCHE STAGE 2

## FULL PLANCHE PROGRESSION

### 18. Frog Planche Hold



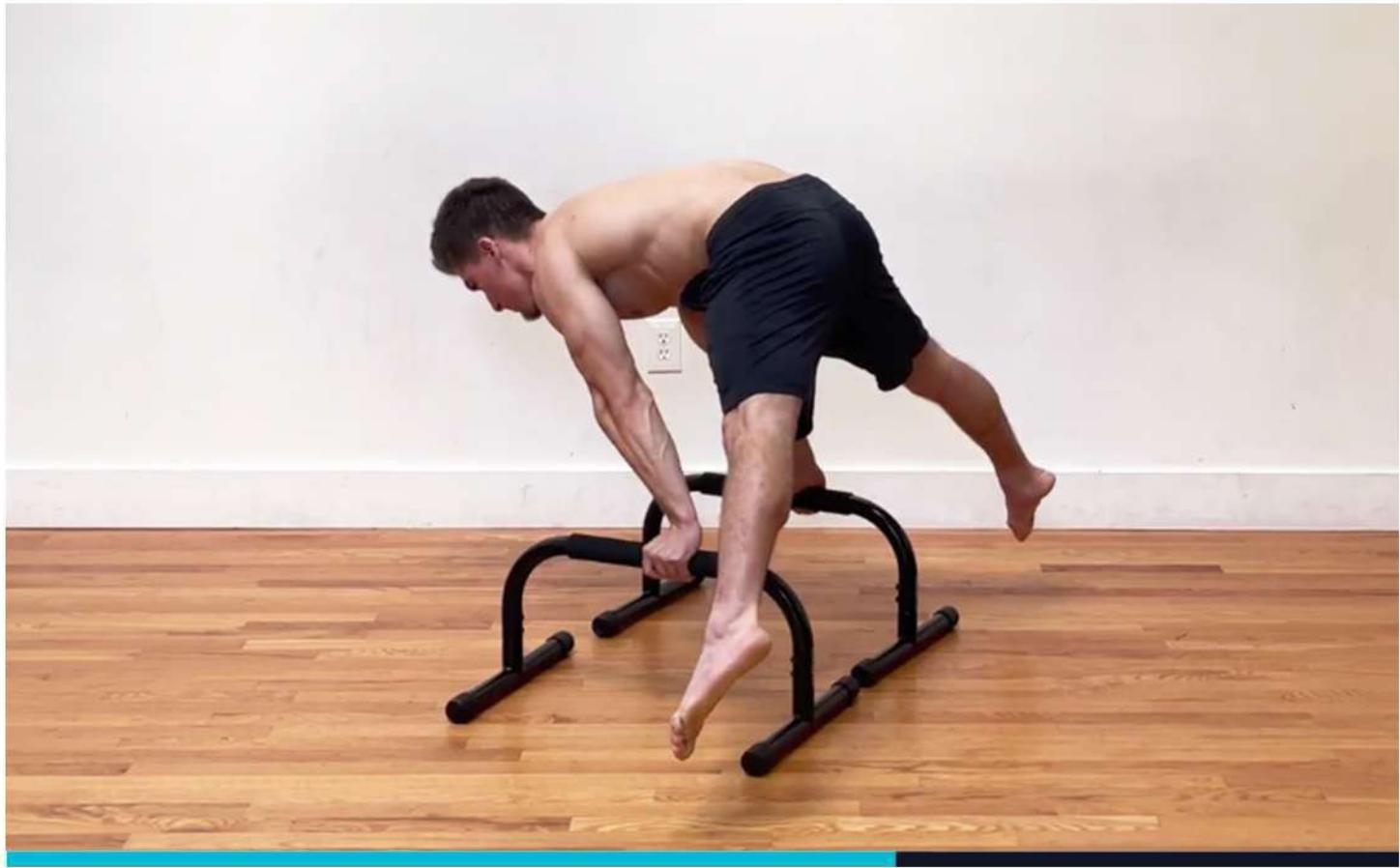
Frog planche is perfect for familiarizing your body with the feeling of the straddle planche position. The leg position and forward lean are similar to the advanced tuck, but the open hip position requires lower body mobility.

#### ➤ How to Perform:

1. Depress shoulders and protract the scapula.
2. Place your hands on the floor shoulder-width apart with straight arms.
3. Lean forward enough until your feet feel weightlessness.
4. Tuck your knees just below your hands with extended hips.
5. Lift your feet off the ground as you open your hips into a frog stance.
6. Hold the position for a specified time.

**3 Sets of 10 Seconds**

## 19. Pike Straddle Hold



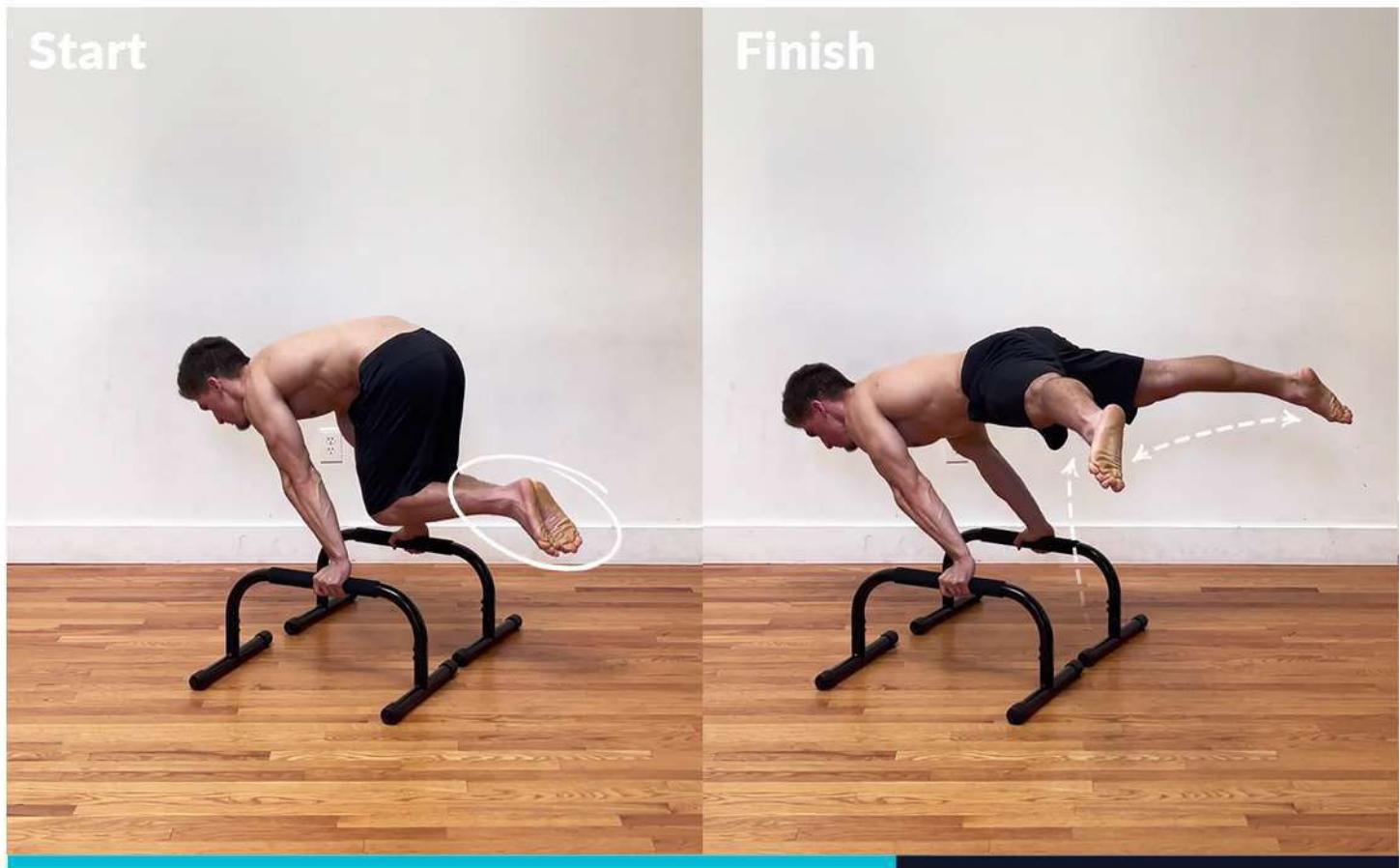
Piked straddle planche introduces a bend at the hips to lessen the lever compared to the straddle planche. This is an intermediate planche variation that lets you know you are near the straddle planche variation.

### ► How to Perform:

1. Protract and depress your shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry with legs piked.
3. Lean forward enough until you feel the weight on your hands and shoulders. Feet must feel weightlessness.
4. Lift legs off the ground while keeping hips lower than your shoulders.
5. Hold the position for a specified time.

**3 Sets of 10 Seconds**

## 20. Tucks to Straddle



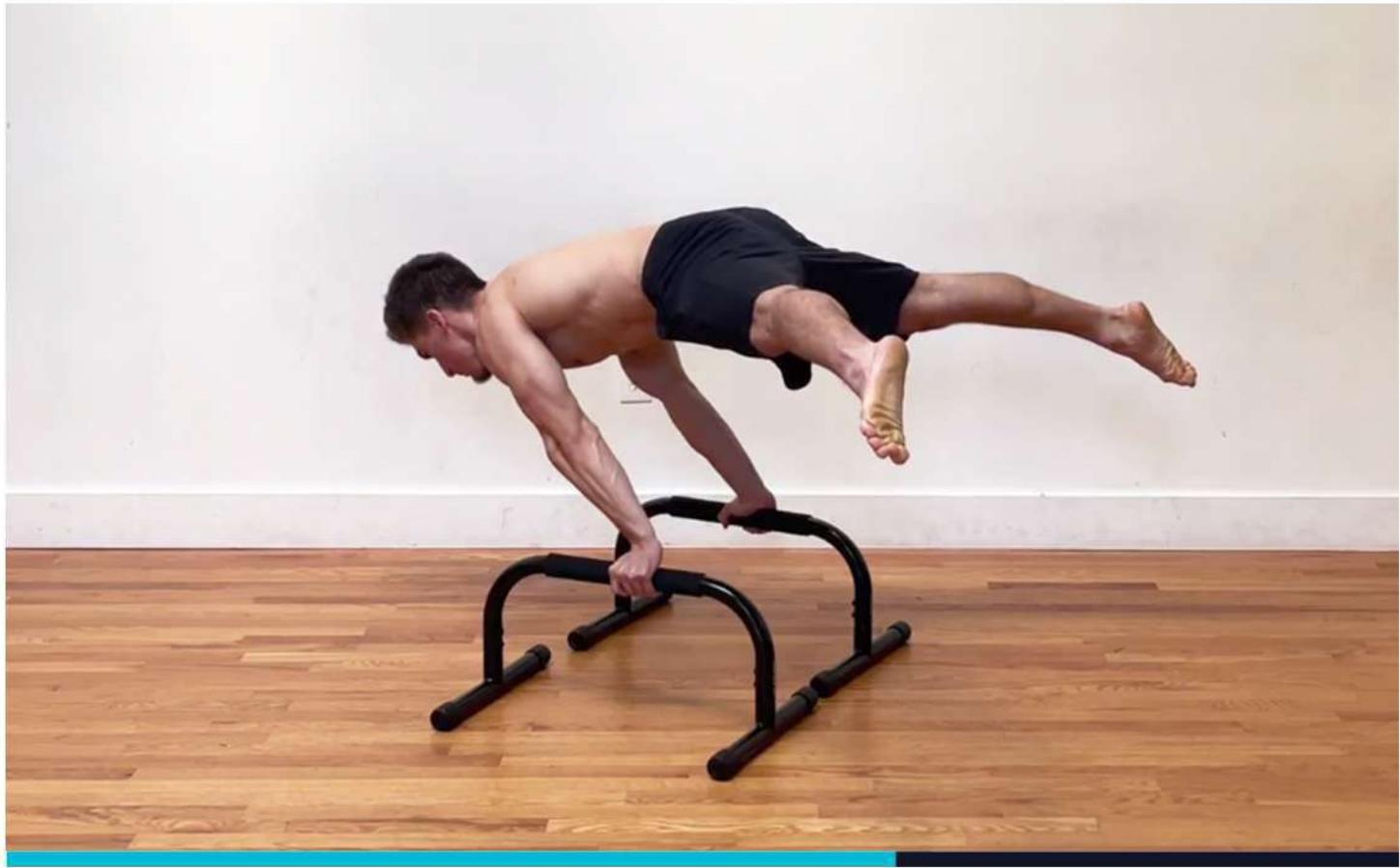
Transitional exercise such as this tuck to planche variation allows you to build strength and endurance towards straddle planche while letting you feel the difference in the forward lean. Keep in mind that if you want to move towards straddle, the forward lean is the key, and just extending the hips and legs will not help you alone.

### ➤ How to Perform:

1. Move into a tuck planche hold.
2. Extend your hips and legs as you lean forward even more.
3. Complete the lean and extension to arrive at the straddle planche form.
4. Hold the position for a brief moment.
5. Revert to tuck planche without breaking form.
6. Repeat for specified repetitions.

**3 Sets of 6 Reps**

## 21. Straddle Planche Hold



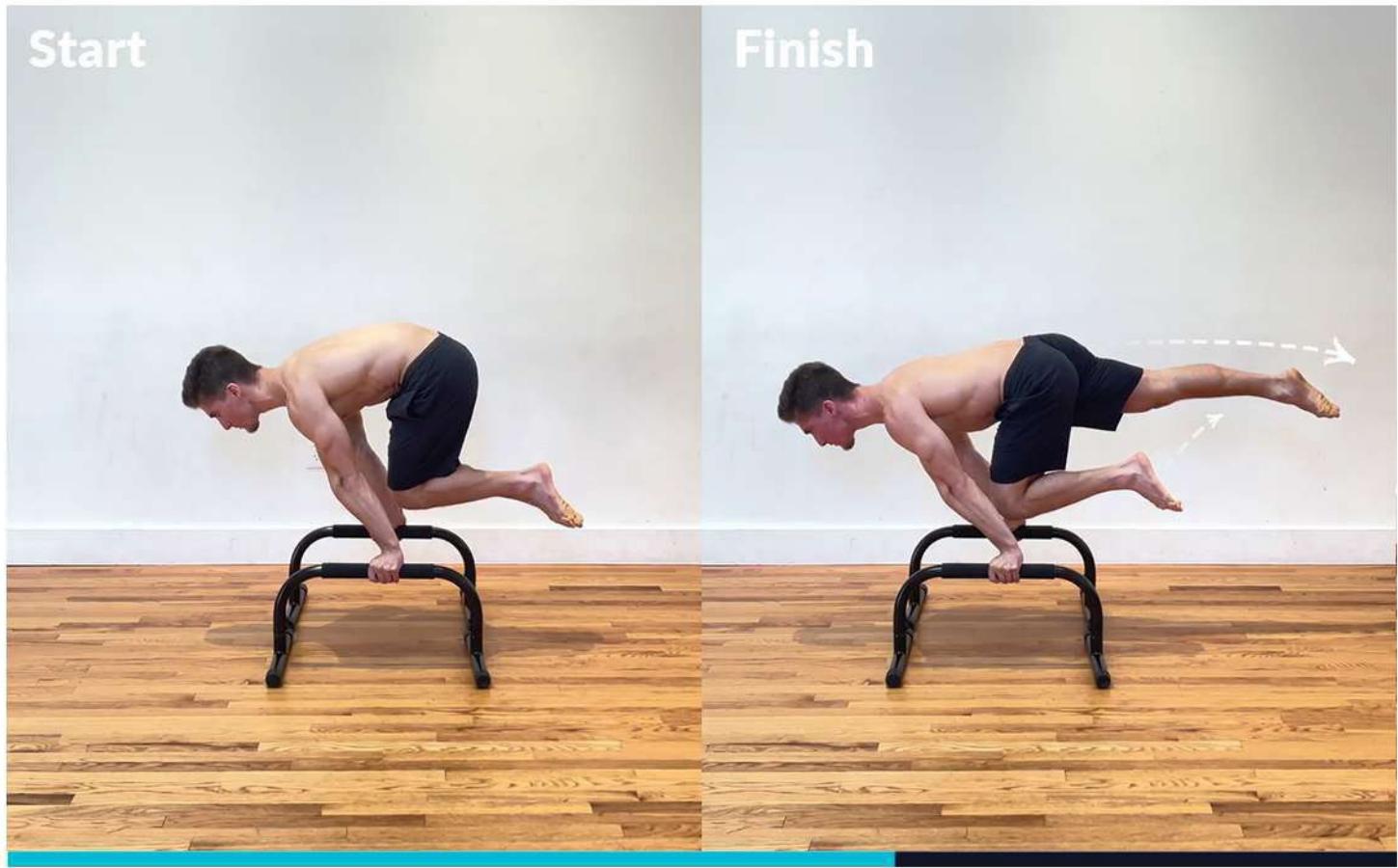
Straddle planche is already an amazing achievement that requires a high level of specific planche strength, technique, and mobility. The straddle leg position offers a shortened lever compared to full planche variation.

### ► How to Perform:

1. Protract and depress your shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry while your legs are in a straddle position.
3. Lean forward enough until you feel the weight on your hands and shoulders. Feet must feel weightlessness.
4. Lift legs off the ground while keeping hips lower than your shoulders.
5. Hold the position for a specified time.

**3 Sets of 10 Seconds**

## 22. Tucks to One Leg Extend



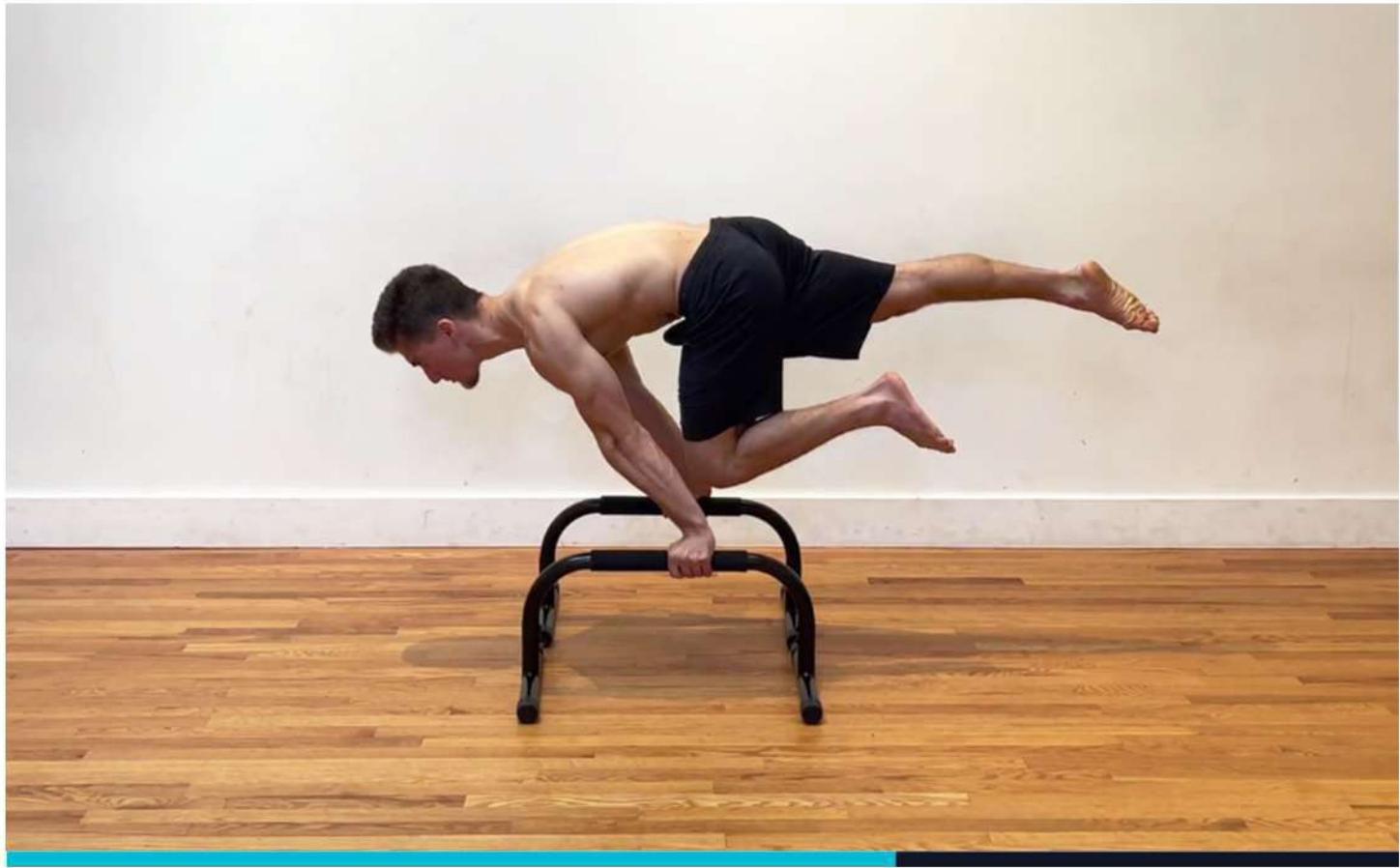
This exercise variation allows you to build strength for the one-leg extended planche position hold. The shifting motion keeps the exercise much easier compared to the full isometric hold.

### ► How to Perform:

1. Move into a tuck position.
2. Lean forward even more as you extend one leg straight.
3. Hold for a brief moment.
4. Return to a tuck position.
5. Switch legs and repeat alternately for specified repetitions.

**3 Sets of 6 Reps**

## 23. One Leg Extend Planche Hold



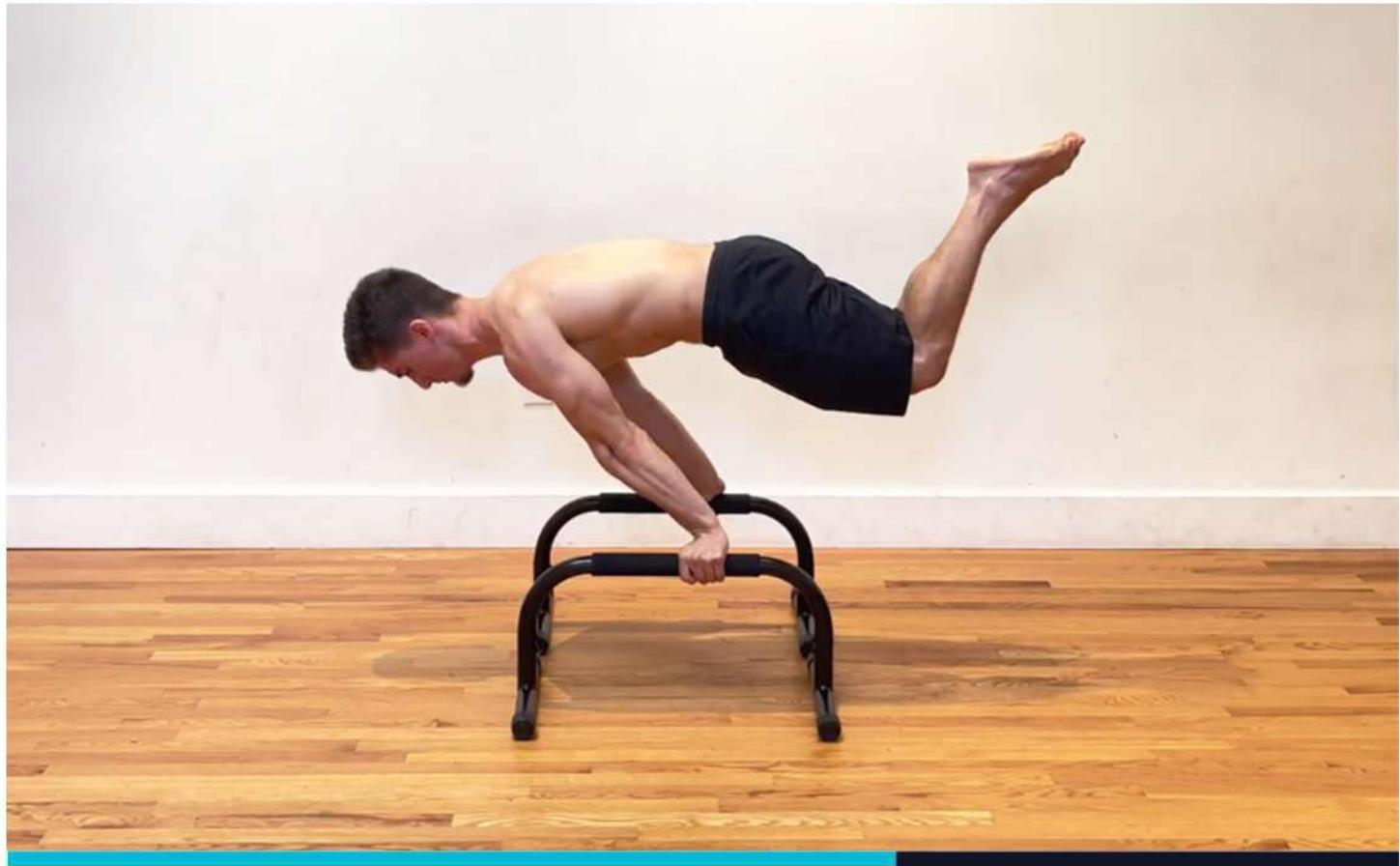
One leg extends planche hold is a form that simulates and is very close to the full planche position. One leg is positioned in an advanced tuck planche while the other is in the full planche position. The other extended leg lengthens the lever to increase the exercise intensity. Keep in mind to switch legs and do the planche variation for both leg positions.

### ➤ How to Perform:

1. Protract and depress your shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry while your legs are already in one leg planche position.
3. Lean forward enough until you feel the weight on your hands and shoulders. Feet must feel weightlessness.
4. Lift legs off the ground while keeping hips lower than your shoulders.
5. Step normally back on the ground.
6. Switch legs and repeat for specified repetitions.

**3 Sets of 10 Seconds**

## 24. Half Lay Planche Hold



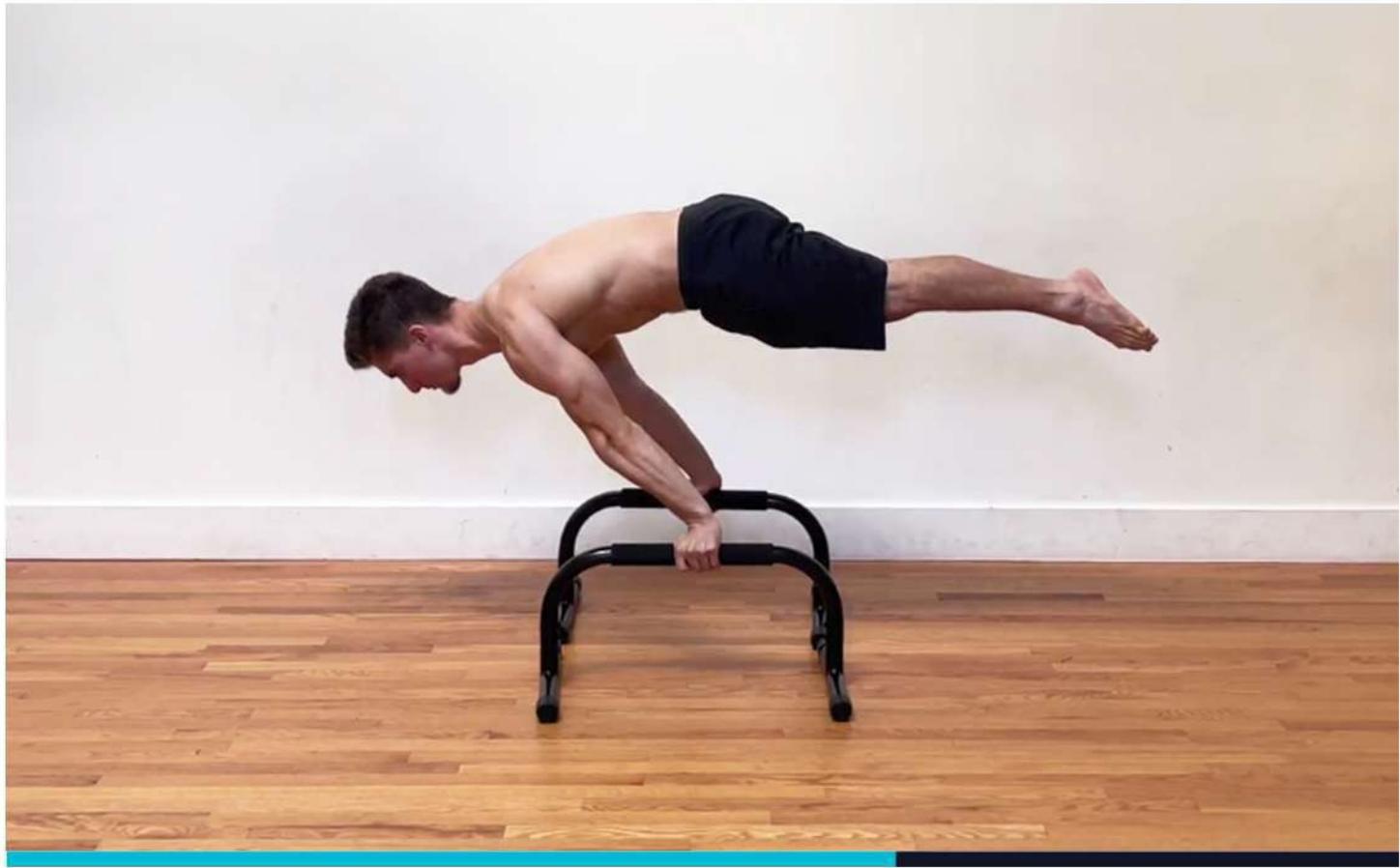
The half-lay position is the final step towards your full planche goal. The half lay lets you train with a lengthened lever but keep it easier compared to the full planche because of the bent legs. The hip extension adds the feeling close to the full planche.

### ► How to Perform:

1. Protract and depress your shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry with legs tucked.
3. Lean forward enough until you feel the weight on your hands and shoulders. Feet must feel weightlessness.
4. Lift legs off the ground and extend the hips. Let your legs remain bent.
5. Hold the position for a specified time.

### 3 Sets of 10 Seconds

## 25. Full Planche Hold



The full planche is the ultimate goal of planche training. It's the most challenging planche body position because of the maximum body length with hips and legs fully extended.

### ► How to Perform:

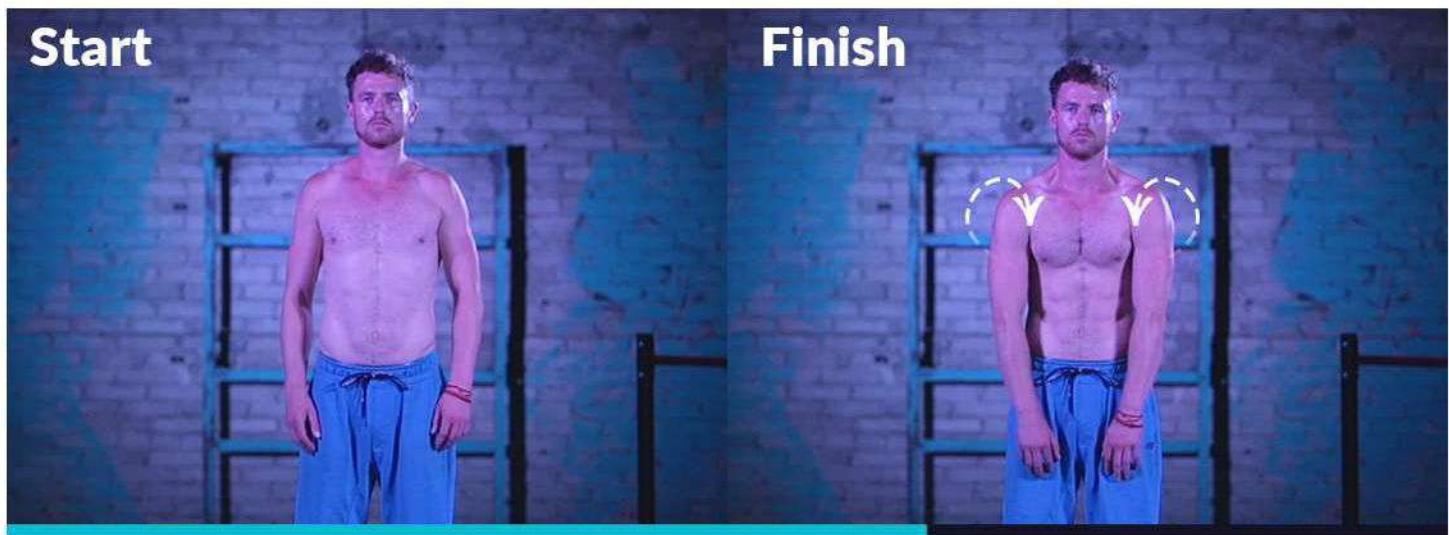
1. Protract and depress your Shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry with legs straight.
3. Lean forward enough until you feel the weight on your hands and Shoulders. Feet must feel weightlessness.
4. Lift legs off the ground and extend the hips. Let your legs remain bent.
5. Hold the position for a specified time.

**3 Sets of 10 Seconds**

# Skill Element

The skill element now focuses on getting you to free-stranding handstand as well as focusin on the proper form of handstands. Here are the exercises needed to learn the move.

## 1. Scapula Protraction And Depression



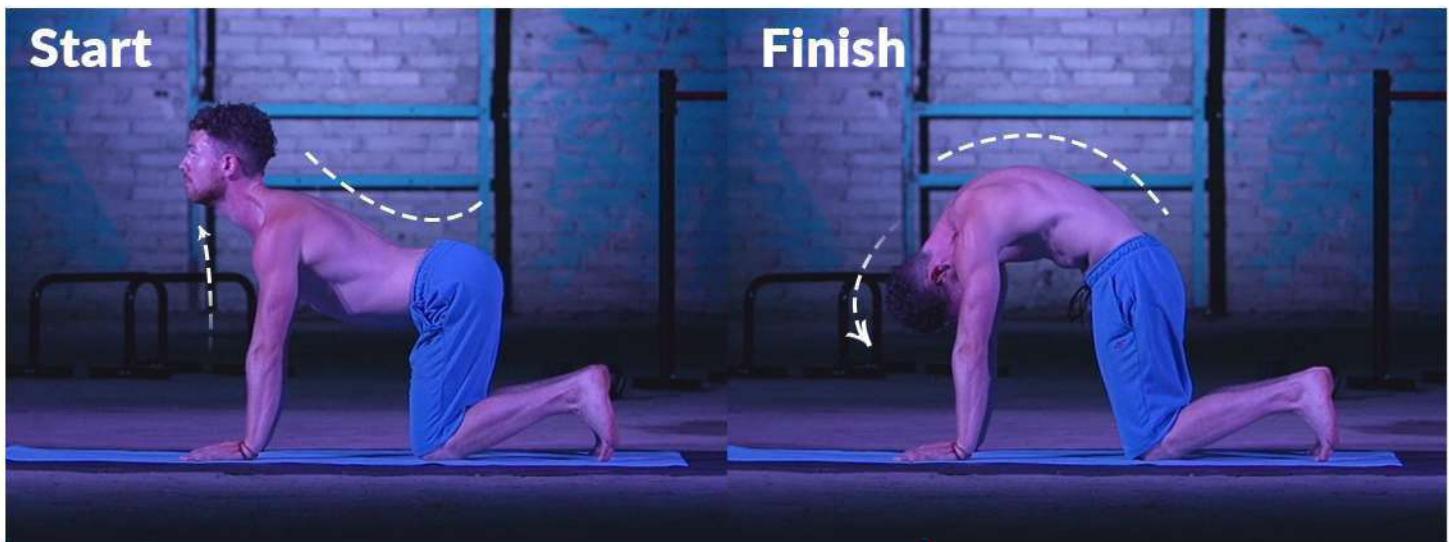
Scapula protraction and depression is a lateral exercise. This exercise is done to strengthen muscle of and around the shoulder such as trapezius, deltoids, supraspinatis, infraspinatis, and latissimus dors.

### ➤ How to Perform:

1. Stand up straight with feet shoulder width apart and arms straight at your sides.
2. Roll shoulders upward toward ear lobes, and forwards, spreading shoulder blades apart.
3. Hold for specified time and repeat.

**3 Sets of 10 Seconds**

## 2. Cat Camel



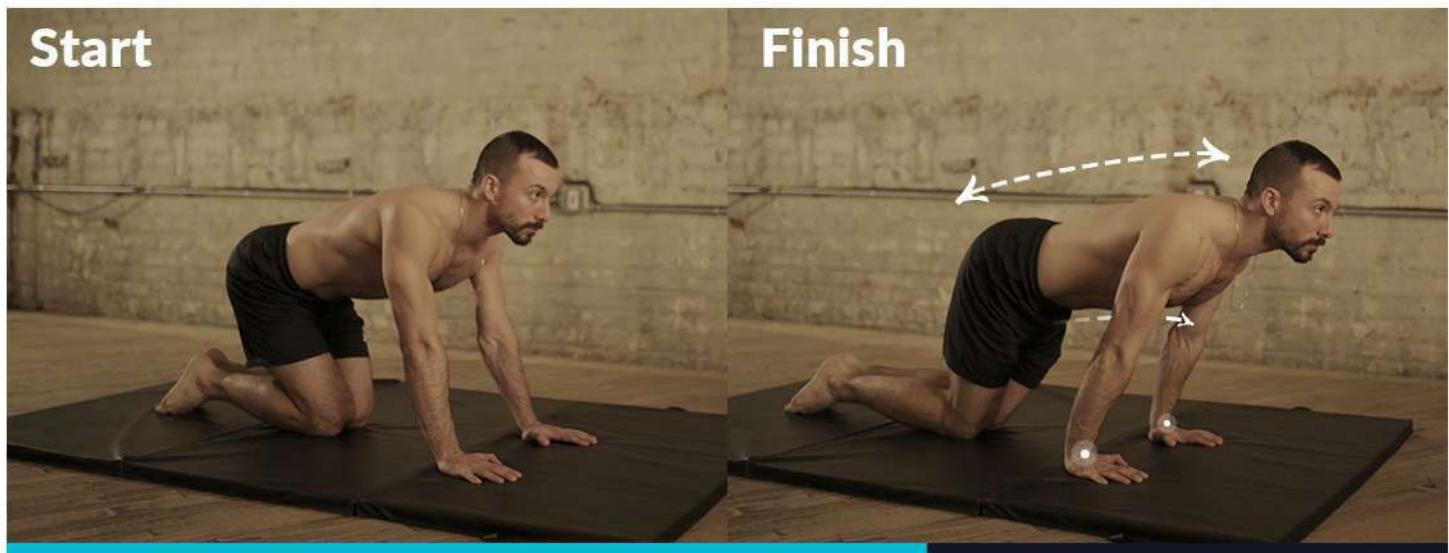
Cat-camel is a lateral exercise that works to stretch and strengthen muscles of the low back such as the erector spinae, and abdominals.

### ➤ How to Perform:

1. Get on hands and knees with arms straight and back straight.
2. Relax back as you arch and lift head up.
3. Slowly transition to rounding back out, up toward the ceiling.
4. Repeat for specified repetitions.

### 3 Sets of 10 Reps

## 3. Wrist Rocks Forward and Backward



Wrist Rocks Forward is a dynamic mobility exercise done to stretch out the muscles in the wrist. Muscles targeted are Brachioradialis, Palmaris Longus, Flexor Carpi Radialis, and Ulnaris.

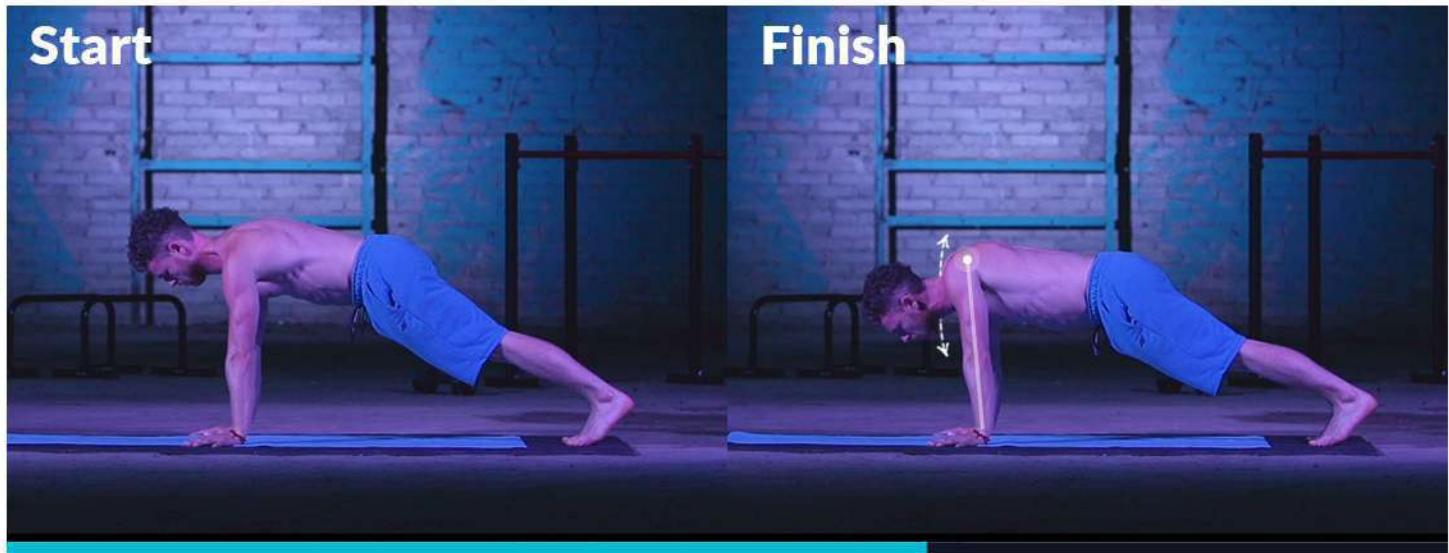
Wrist rocks backwards is a warm up exercise done to stretch out the muscles of the wrist. Muscles targeted are brachioradialis, palmaris longus, and flexor carpi radialis and ulnaris.

### ➤ How to Perform:

1. Begin on hands and knees. Arms straight below shoulders, palms on the floor with fingers facing outward.
2. Keeping your back straight, rock forward. Bringing your shoulders over top of your hands and past your fingers.
3. Rock back to neutral, shoulders over top of wrists.
4. Repeat for specified repetitions.

### 3 Sets of 20 Reps

## 4. Serratus Push-ups



Serratus pushups are a lateral exercise done to strengthen the pectorals, triceps, abdominals, and especially serratus anterior.

### ➤ How to Perform:

1. Get in a pushup position, arms straightened, legs straight and together.
2. Let your body shrug down as your scapulas protract.
3. Push back up through your palms as your scapulas retract.
4. Repeat specified repetitions.

**3 Sets of 10 Reps**

## 5. Planche Leans (Hands Underneath Sternum)

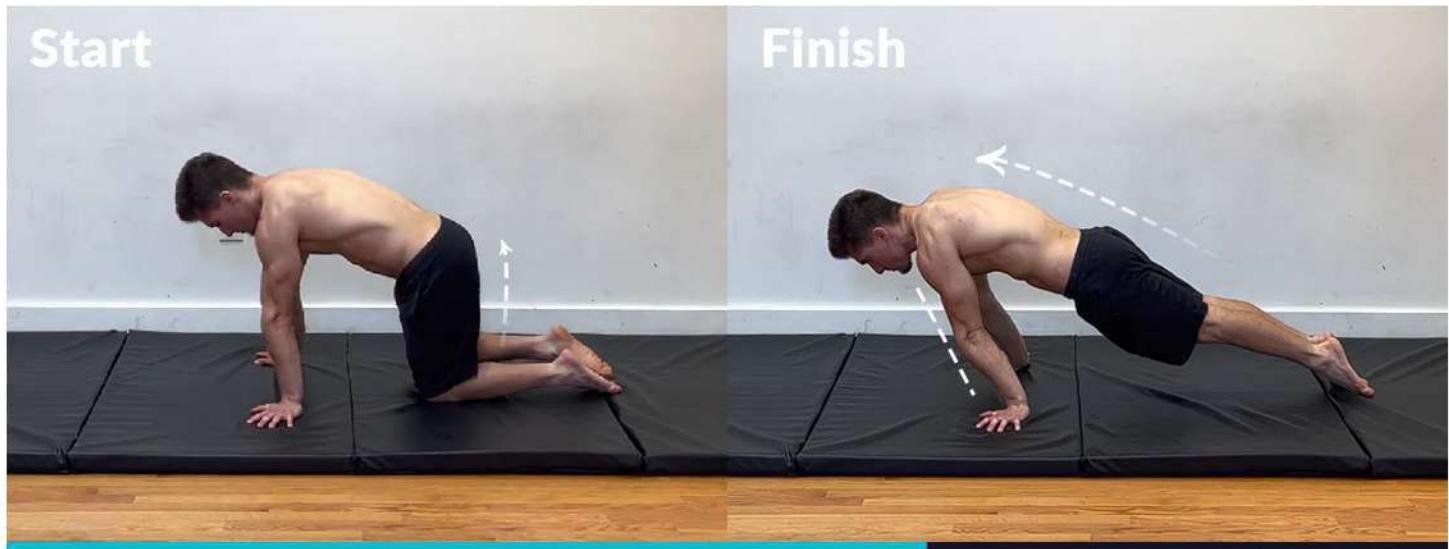


Planche lean is a vital planche exercise that strengthens the needed muscles specific for the planche position. The forward lean is the key to be able to lift the lower body off the ground, which is why scaling the lean depending on skill level is vital to planche success.

### ► How to Perform:

1. Position in a push-up body form with legs together.
2. Protract and depress your shoulders. Prepare the bodyline.
3. Lean forward until the hand is underneath the sternum.
4. Hold the position for a specified time.

### 3 Sets of 20 Seconds

## 6. Box Frog Hold



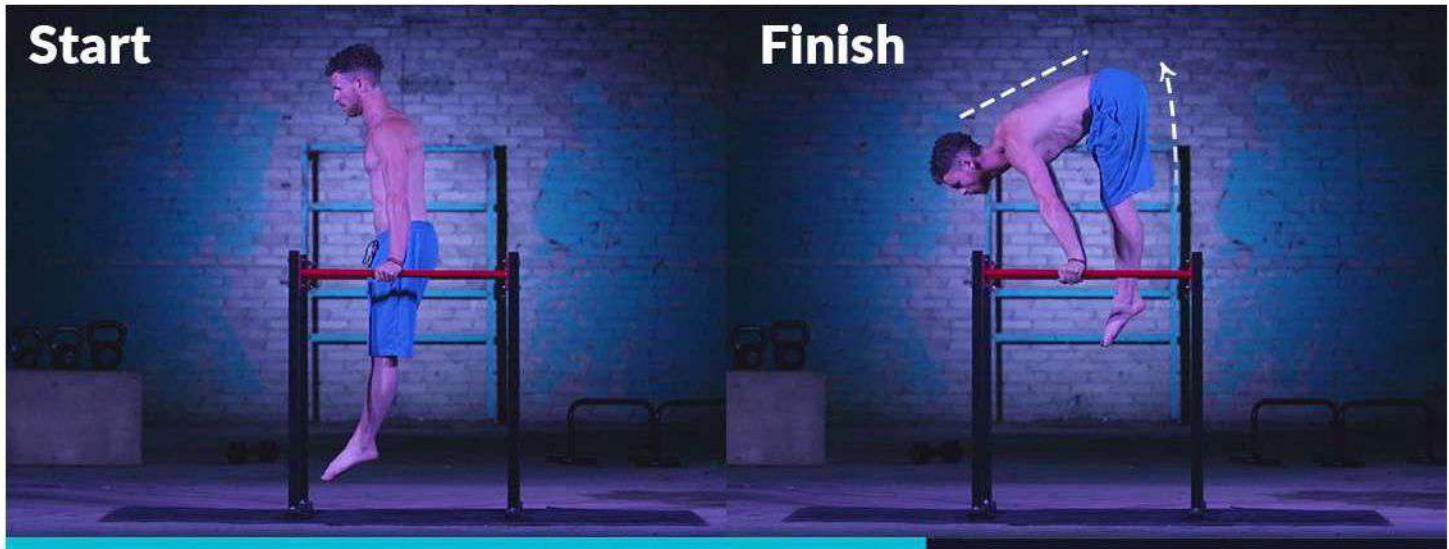
Box frog holds is a lateral movement. It strengthens the latissimus dorsi, abductors, erector spinae, gluteus, and hamstrings.

### ► How to Perform:

1. Lay prone on the box, holding onto the corners.
2. Bend your feet up towards your butt, thighs against the box.
3. Straddle your legs, keeping knees flexed and hips flexed.
4. Hold position for specified time.

### 3 Sets of 20 Seconds

## 7. Hip Raises (Paralettes)



### ► How to Perform:

1. Begin with hands on bars, standing between them.
2. Press up on bars, elbows straight, body hanging straight.
3. Contract abdominals and lean forward as hips lift up toward the ceiling, keeping legs together and straight.
4. Arms stay straight, head comes.
5. Lower hips back down to starting position.
6. Repeat specified repetitions.

**3 Sets of 10 Reps**

## 8. Box Rear Straddle Extensions



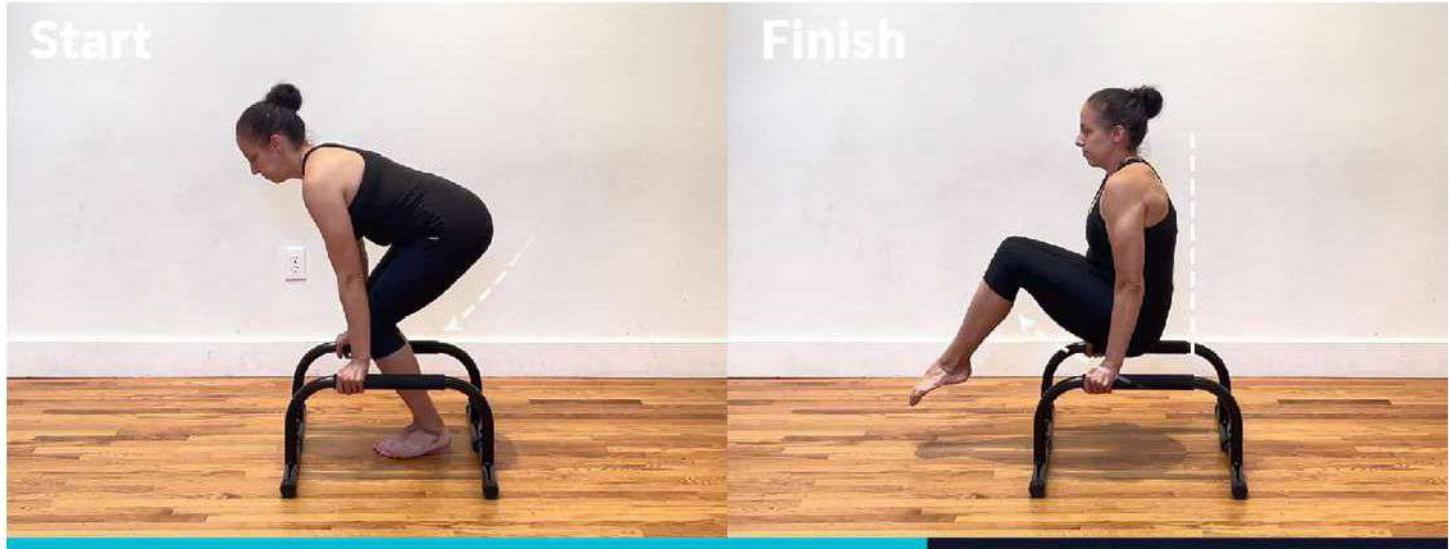
Box rear straddle extensions are a lateral movement. It strengthens the latissimus dorsi, abductors, erector spinae, gluteus, and hamstrings.

### ► How to Perform:

1. Lay prone on the box, holding onto the corners.
2. Bend your feet up towards your butt, thighs against the box.
3. Straddle your legs, with knees bent.
4. Extend your knees, straightening legs.
5. Tuck knees back in keeping legs straddled.
6. Repeat movement for specified repetitions.

**3 Sets of 10 Reps**

## 9. L Sit (Tuck Legs)



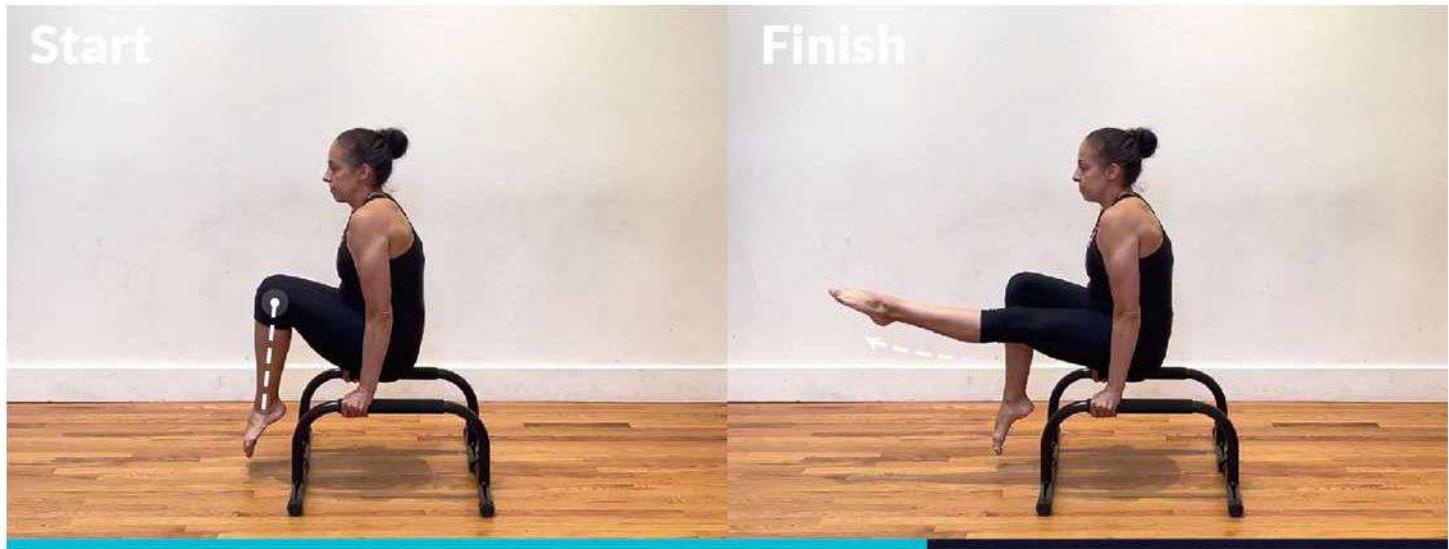
L-Sit is an excellent exercise for developing core strength, straight arm strength, and shoulders stability that are transferable gains to many exercises such as the planche and handstands. The exercise also trains quad strength and hamstring flexibility. This variation's difficulty can be adjusted by manipulating the height of your feet off the ground and the bend of your legs.

### ► How to Perform:

1. Prepare shoulders and hand position for L sit.
2. Push tall, then lift your hips forward.
3. Raise your feet off the floor but maintain a slight bend at the knees.
4. Hold the position for a specified time.
5. Repeat for specified repetitions.

**3 Sets of 20 Seconds**

## 10. L Sit (Alternates)



L-Sit is an excellent exercise for developing core strength, straight arm strength, and shoulders stability that are transferable gains to many exercises such as the planche and handstands. The exercise also trains quad strength and hamstring flexibility. Alternating full leg variation prepares for the full L-Sit variation.

### ➤ How to Perform:

1. Prepare shoulders, legs, and hand position for L-Sit.
2. Push tall, then lift your hips forward.
3. Raise your feet off the floor while keeping your knees tucked to your chest.
4. Alternately extend one leg at a time to a fully straight position, then return to the starting position.
5. Switch legs and repeat alternately for specified repetitions.

**3 Sets of 10 Reps**

## 11. L Sit Full



L sit is an excellent exercise for developing core strength, straight arm strength, and shoulders stability that are transferable gains to many exercises such as the planche and handstands. The exercise also trains quad strength and hamstring flexibility. L-Sit is also great for transition, which can be used to teach how to get into the forward lean easier for planche.

### ➤ How to Perform:

1. Prepare shoulders, legs, and hand position for L-Sit.
2. Push tall, then lift your hips forward.
3. Raise your feet off the floor while maintaining straight legs.
4. Hold the position for a specified time.

### 3 Sets of 20 Seconds

## 12. Planche Lean (Hands Underneath Above Navel)

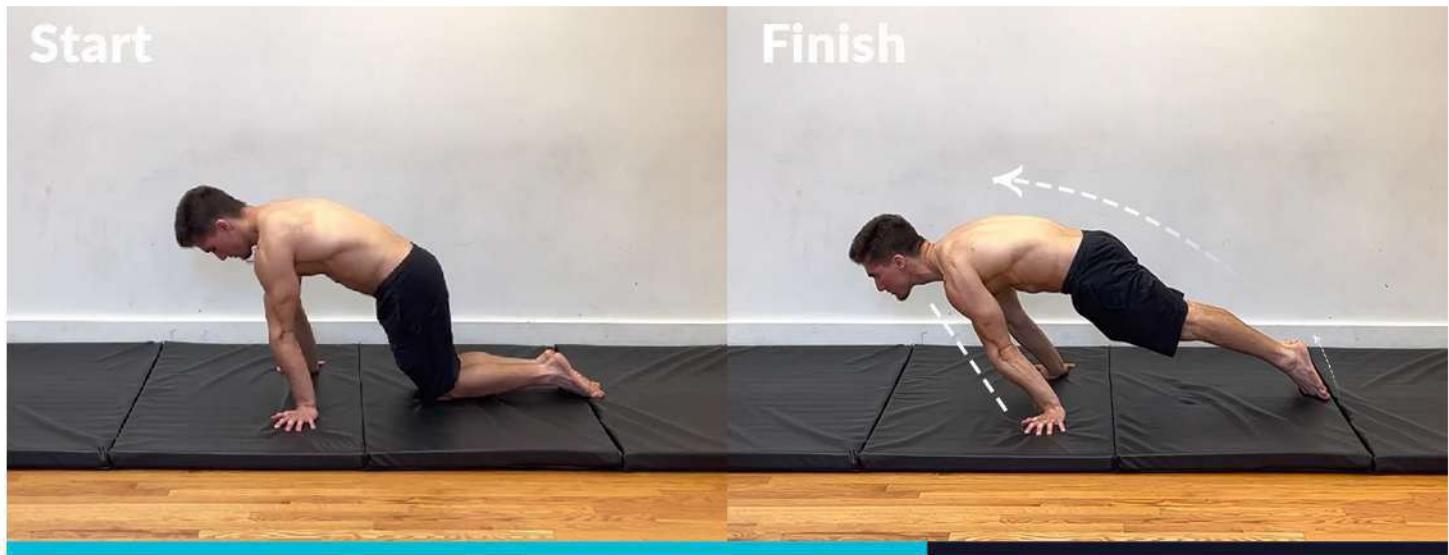


Planche lean is a vital planche exercise that strengthens the needed muscles specific for the planche position. The forward lean is the key to be able to lift the lower body off the ground, which is why scaling the lean depending on skill level is vital to planche success.

### ➤ How to Perform:

1. Position in a push-up body form with legs together.
2. Protract and depress your shoulders. Prepare the bodyline.
3. Lean forward until the hand is underneath the navel.
4. Hold the position for a specified time.

### 3 Sets of 20 Seconds

## 13. Planche Lean (Hands Underneath Navel)

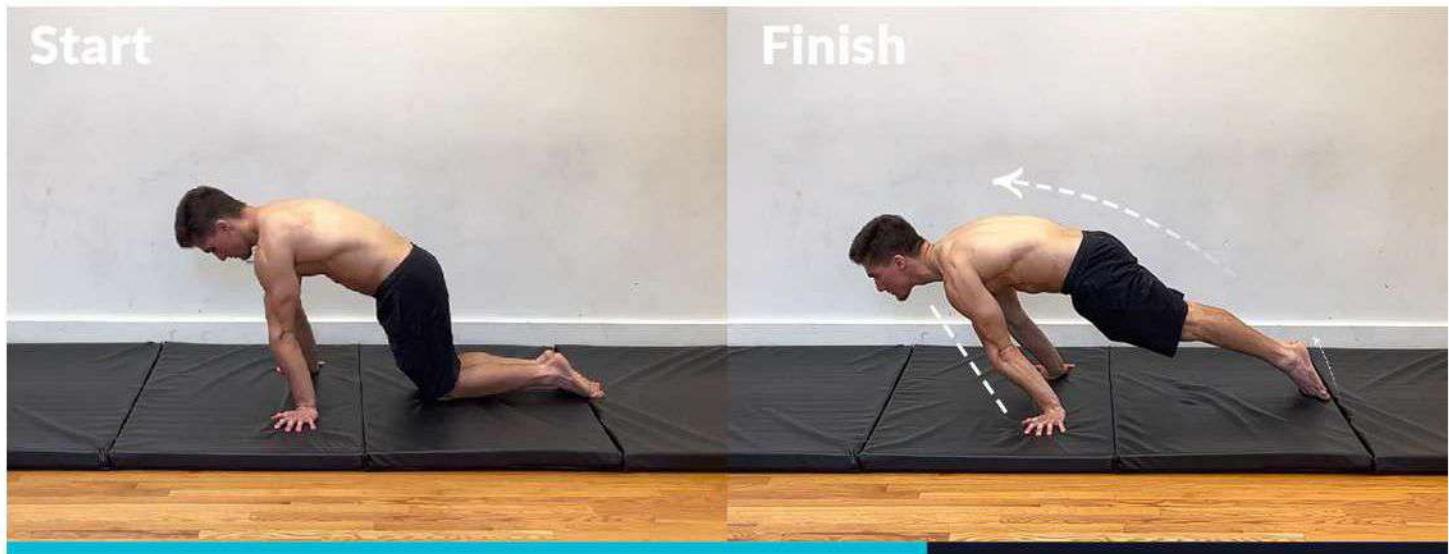


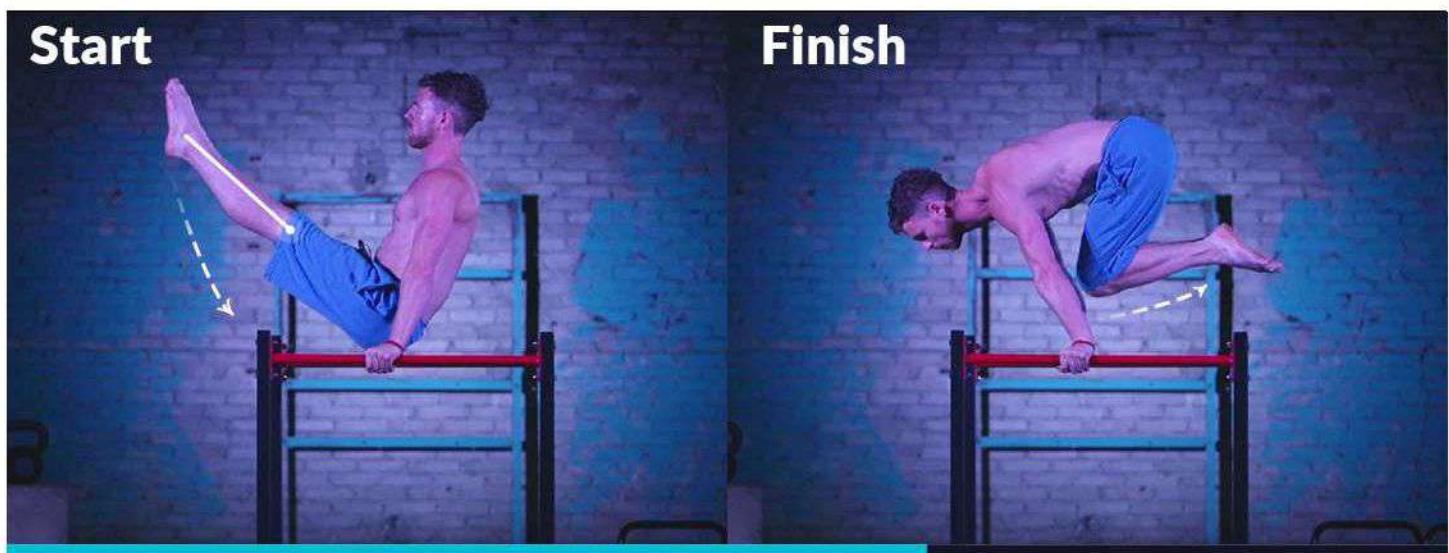
Planche lean is a vital planche exercise that strengthens the needed muscles specific for the planche position. The forward lean is the key to be able to lift the lower body off the ground, which is why scaling the lean depending on skill lever is vital to planche success.

### ► How to Perform:

1. Prepare shoulders, legs, and hand position for L-Sit.
2. Push tall, then lift your hips forward.
3. Raise your feet off the floor while maintaining straight legs.
4. Lean forward until hands are aligned to the lower abs.
5. Hold the position for a specified time.

**3 Sets of 20 Seconds**

## 14. L Sit to Tuck Planche



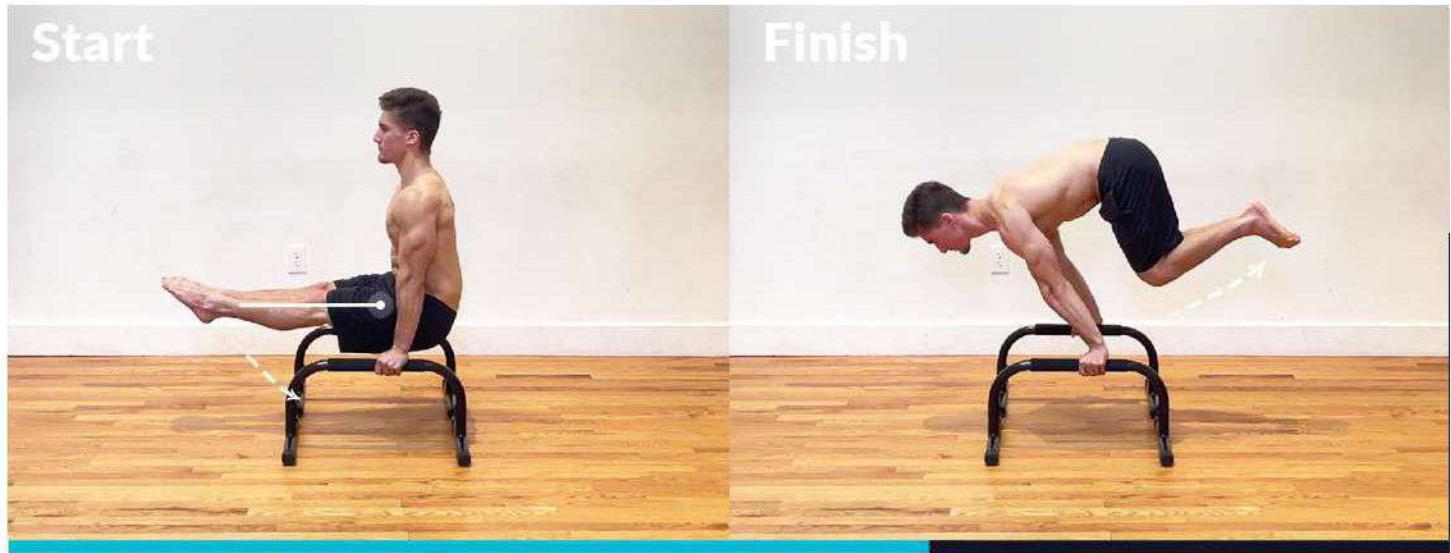
L Sit to tuck planche is a lateral exercise done to strengthen the abdominals, triceps, serratus anterior, trapezius, and pectorals.

### ► How to Perform:

1. Stand between the bars and place hands on bars.
2. Placing weight in hands, lift feet off the ground keeping legs together and straight.
3. Lift legs up in front of you like an L- sit.
4. Let legs rotate downward and behind you as you tuck them up into your chest.
5. Return legs back in front of you, straight and together to L- sit.
6. Repeat specified repetitions.

### 3 Sets of 6 Reps

## 15. L Sit to Advance Tuck Planche



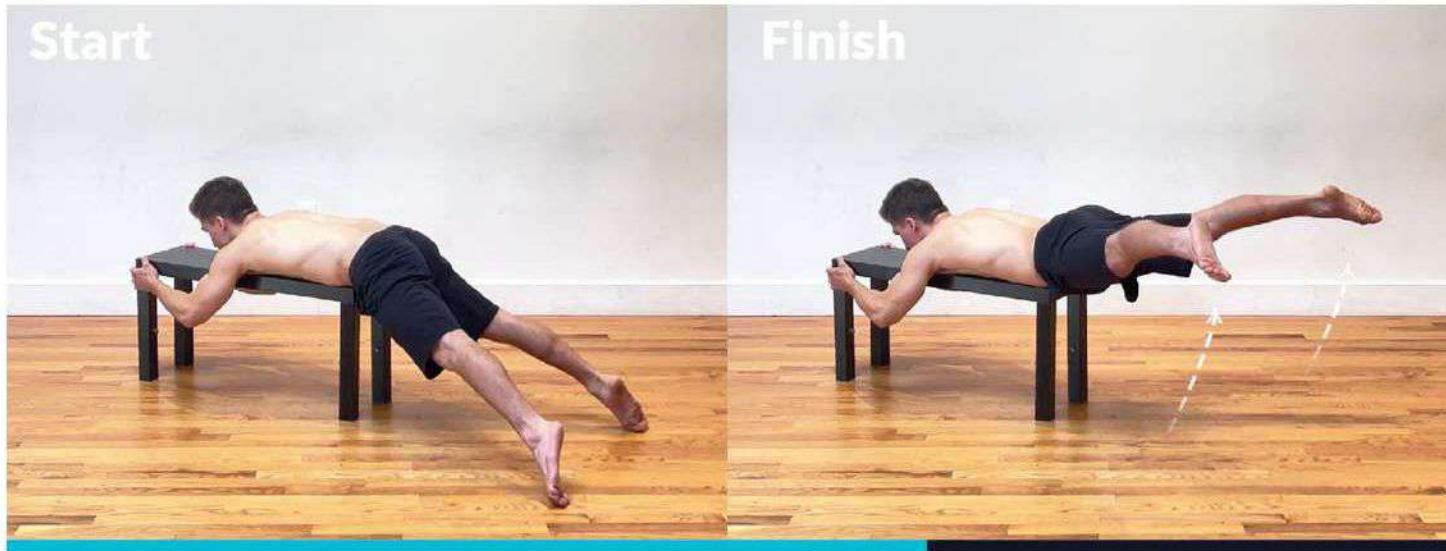
L-Sit to planche is a great exercise to learn and build strength for the planche hold. L-Sit also prepares the necessary shoulders strength and stability for the planche position. As you grow stronger, aim to use less momentum and facilitate the movement with only strength and control.

### ► How to Perform:

1. Begin in an L-sit position.
2. Swing your body forward and extend your hips backward while bending the knees to achieve the advanced tuck position.
3. Lean forward enough to be able to hold the advanced tuck planche.
4. Return to L-Sit position.
5. Repeat the motion for specified repetitions.

### 3 Sets of 6 Reps

## 16. Box Rear Straddle Extensions (No Tucks)



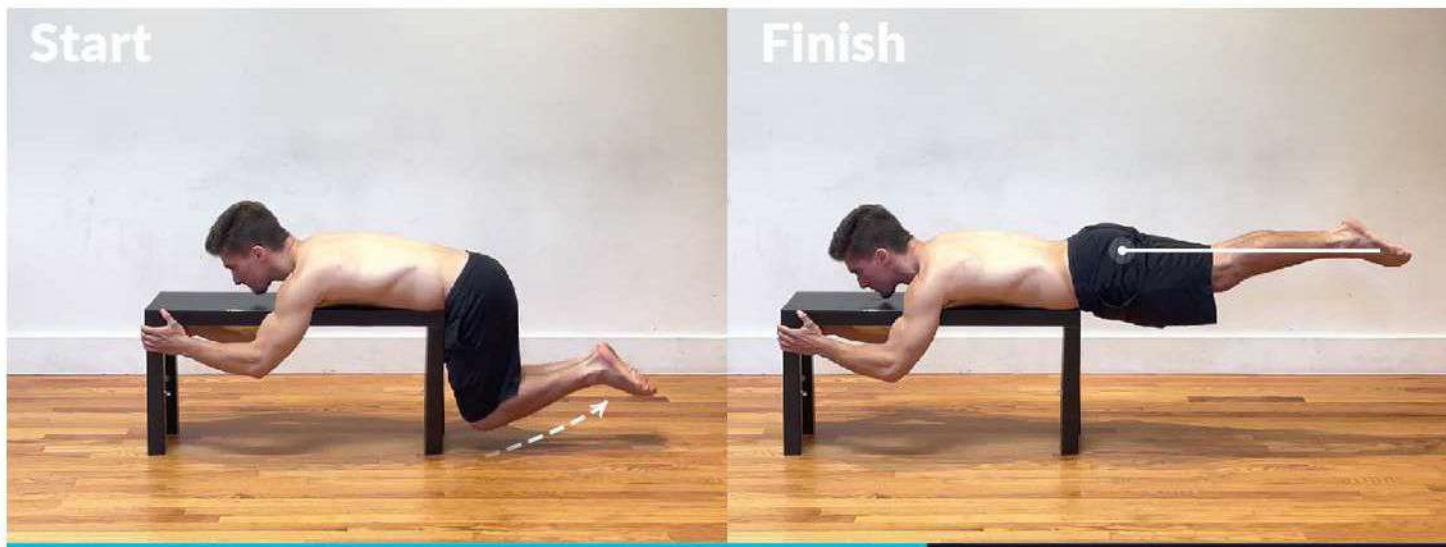
Box extensions offer a scalable exercise to develop strength and control for the lower body, including the lower back, hips, glutes, and hamstrings that play an important role in the full-body tension. It also familiarizes you with the lower body requirement of planche. You need a form of a bench or workout box to execute the exercise efficiently.

### ► How to Perform:

1. Lie on a bench with your stomach down, and your hips are hanging off the surface.
2. Extend your legs into a straddle position.
3. Lift your legs upward.
4. Hold the top position for a brief moment.
5. Lower down with control.
6. Repeat for specified repetitions.

**3 Sets of 10 Reps**

## 17. Box Back Leg Extension



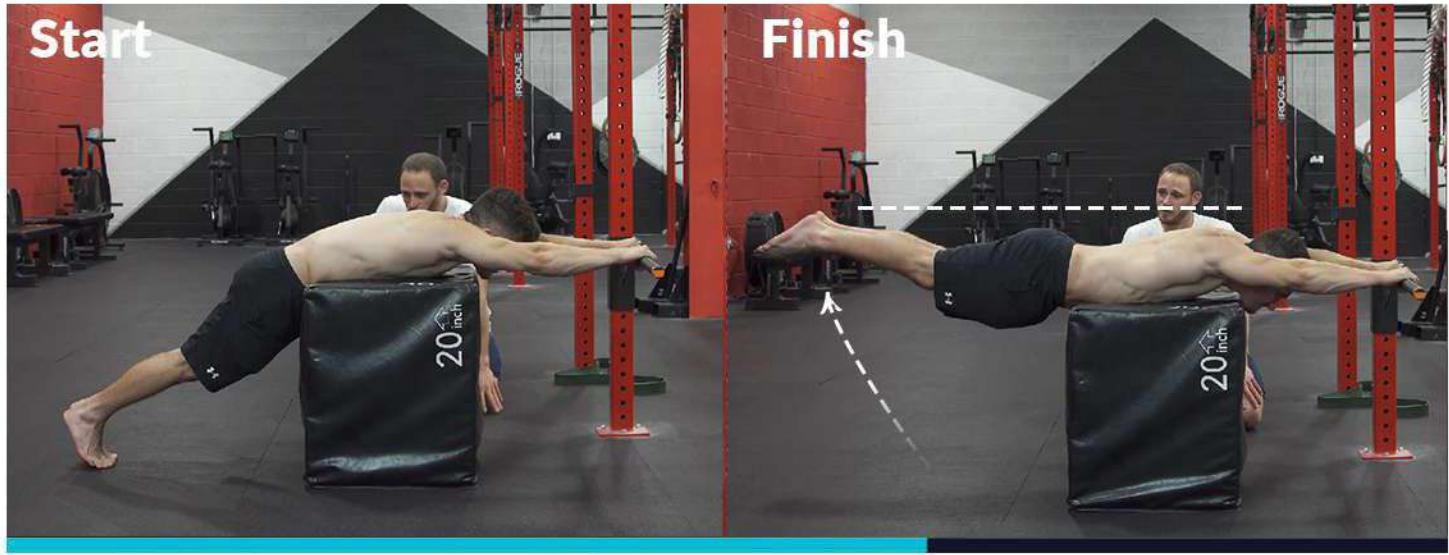
Box extensions offer a scalable exercise to develop strength and control for the lower body, including the lower back, hips, glutes, and hamstrings that play an important role in the full-body tension. It also familiarizes you with the lower body requirement of planche. You need a form of a bench or workout box to execute the exercise efficiently.

### ► How to Perform:

1. Lie on a bench with your stomach down, and your hips are hanging off the surface.
2. Tuck your knees inward.
3. Simultaneously extend your hips and legs to level with your upper torso.
4. Hold the top position for a brief moment.
5. Tuck back to the starting position.
6. Repeat for specified repetitions.

### 3 Sets of 10 Reps

## 18. Heel Drive



This trains the posterior chain for the planche position. It's an undervalued yet essential aspect if you want to master planche.

### ► How to Perform:

1. Lay on an elevated surface with your lower body hanging off the ground and legs straight.
2. Lift your lower body until aligned with your upper body.
3. Lower down with control.
4. Repeat for specified repetitions.

### 3 Sets of 10 Reps

## 19. L Sit to One Leg Extended Planche



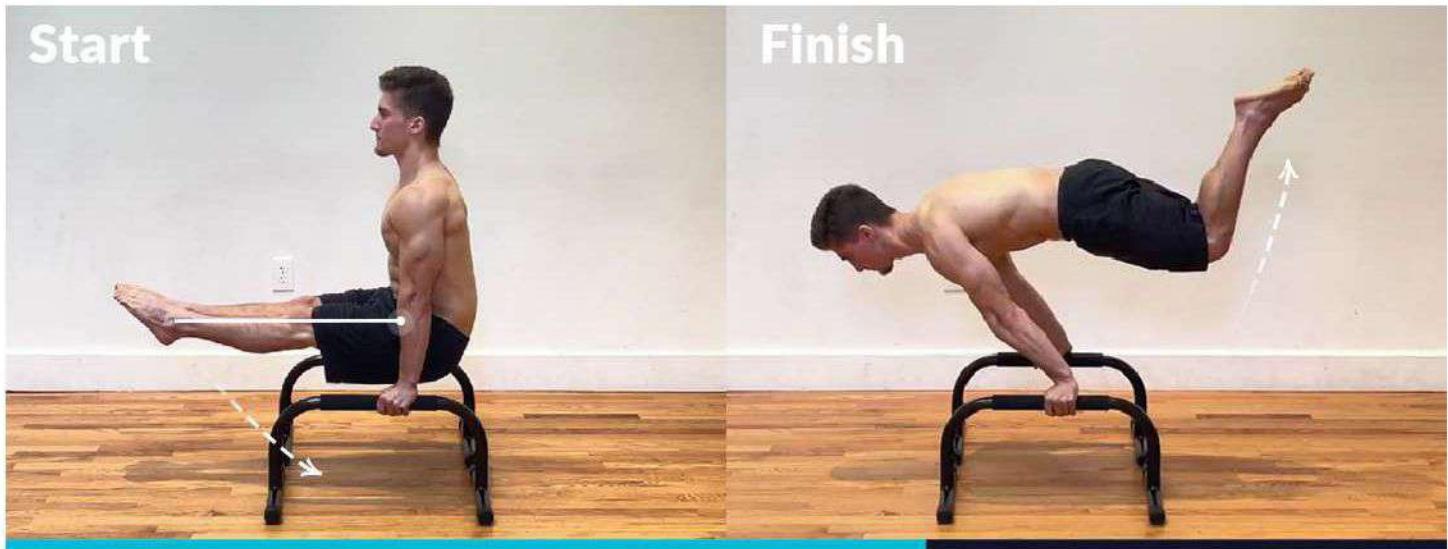
L-Sit to planche is a great exercise to learn and build strength for the planche hold. L-Sit also prepares the necessary shoulders strength and stability for the planche position. As you grow stronger, aim to use less momentum and facilitate the movement with only strength and control.

### ➤ How to Perform:

1. Lie on a bench with your stomach down, and your hips are hanging off the surface.
2. Straighten the leg while still hanging.
3. Simultaneously extend your hips and legs to level with your upper torso.
4. Hold the top position for a brief moment.
5. Repeat for specified repetitions.
6. Lower back to the starting position.
7. Switch legs and repeat for specified repetitions.

**3 Sets of 6 Reps**

## 20. L Sit to Half Lay



L-Sit to planche is a great exercise to learn and build strength for the planche hold. L-Sit also prepares the necessary shoulders strength and stability for the planche position. As you grow stronger, aim to use less momentum and facilitate the movement with only strength and control.

### ► How to Perform:

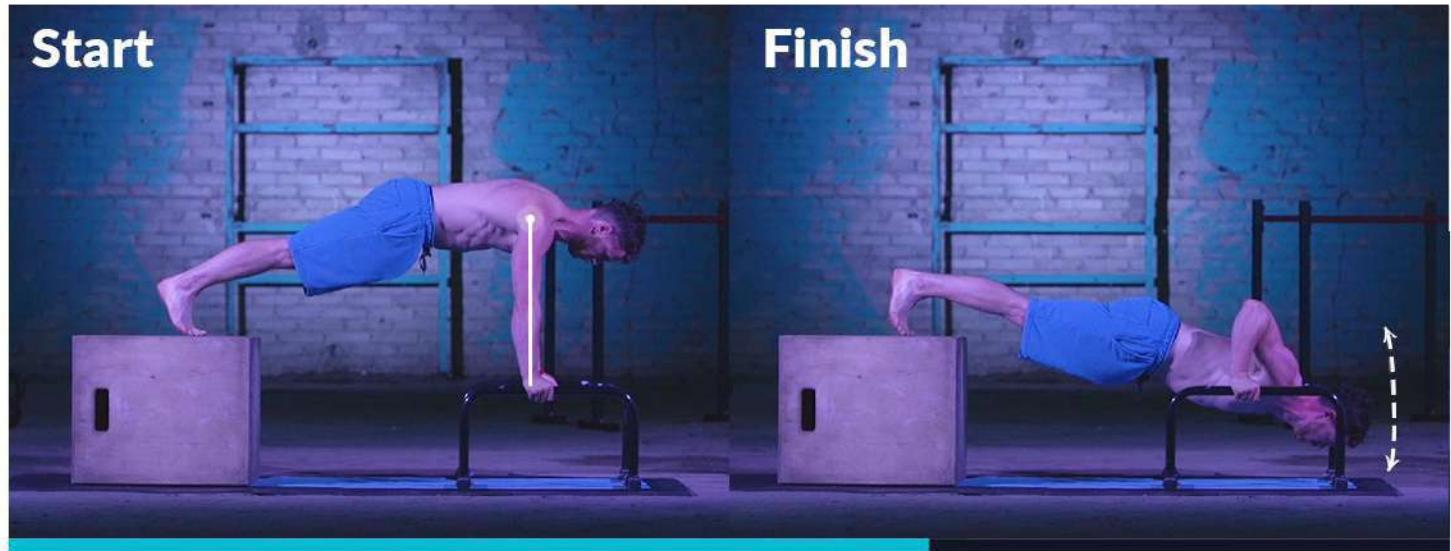
1. Begin in an L-Sit position.
2. Swing your body forward and extend your hips backward while bending the knees to achieve the half-lay position.
3. Lean forward enough to be able to hold the half-lay planche.
4. Return to L-Sit position.
5. Repeat the motion for specified repetitions.

### 3 Sets of 6 Reps

# Muscle Element

Very similar to the wall handstand muscle element, here you'll focus more on other aspects than building muscle.

## 1. Decline Deficit Pushup



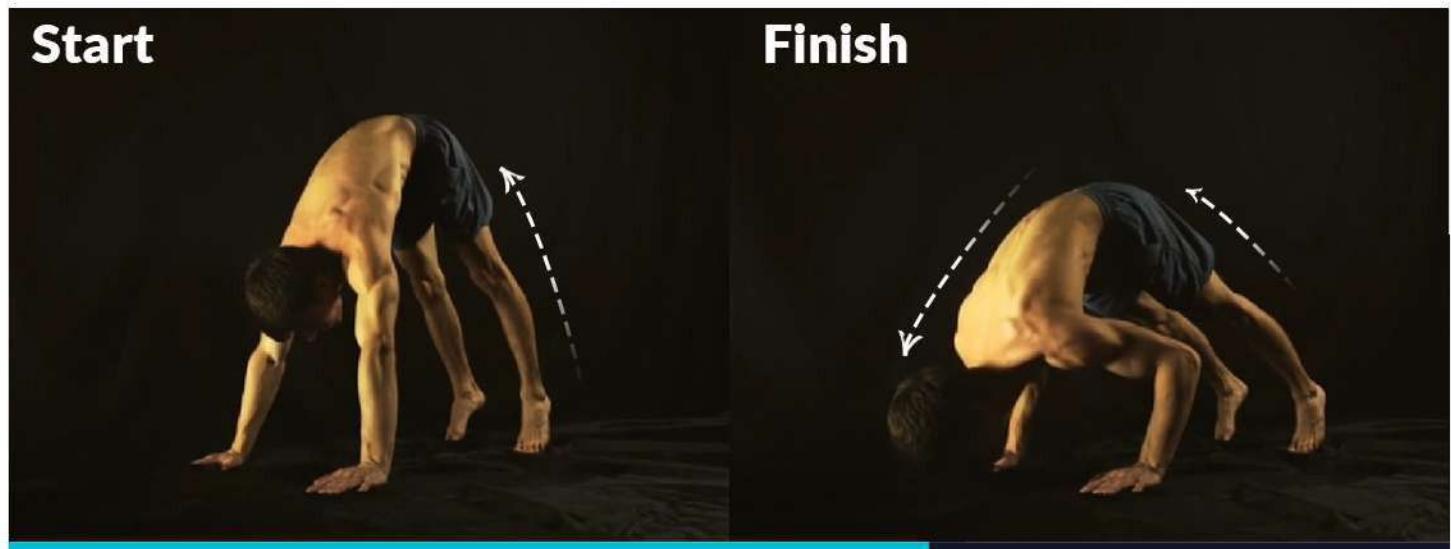
Decline deficit pushups are a lateral exercise. This is a more challenging variation of a regular pushup that is done to strengthen the pectorals, serratus anterior, triceps, and deltoids.

### ► How to Perform:

1. Start with hands on parallel bars, walk feet up onto box behind you.
2. In an elevated push up position, bend elbows lowering chest down between bars.
3. Extend elbows pushing back up.
4. Repeat specified repetitions.

**3 Sets of 12 Reps**

## 2. Pike Pushups



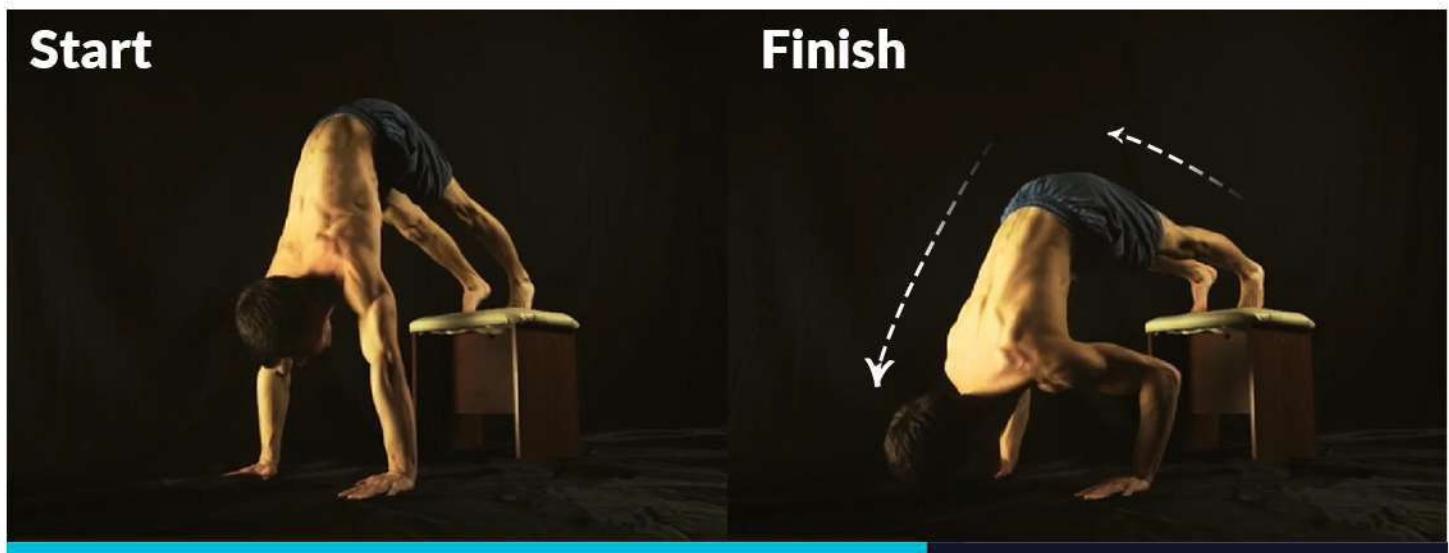
Pike push ups is an exercise that focuses on upper body strength. Targeted muscles are pectorals, triceps, and deltoids.

### ► How to Perform:

1. Begin with palms on the floor shoulder width apart, hips bent, and feet shoulder width apart.
2. Slowly lower head towards ground, elbows 90 degrees bent, touch head to the floor.
3. Push head back up, arms straight.
4. Repeat for specified repetitions.

### 3 Sets of 12 Reps

## 3. Pike Pushups Leaning Forwards



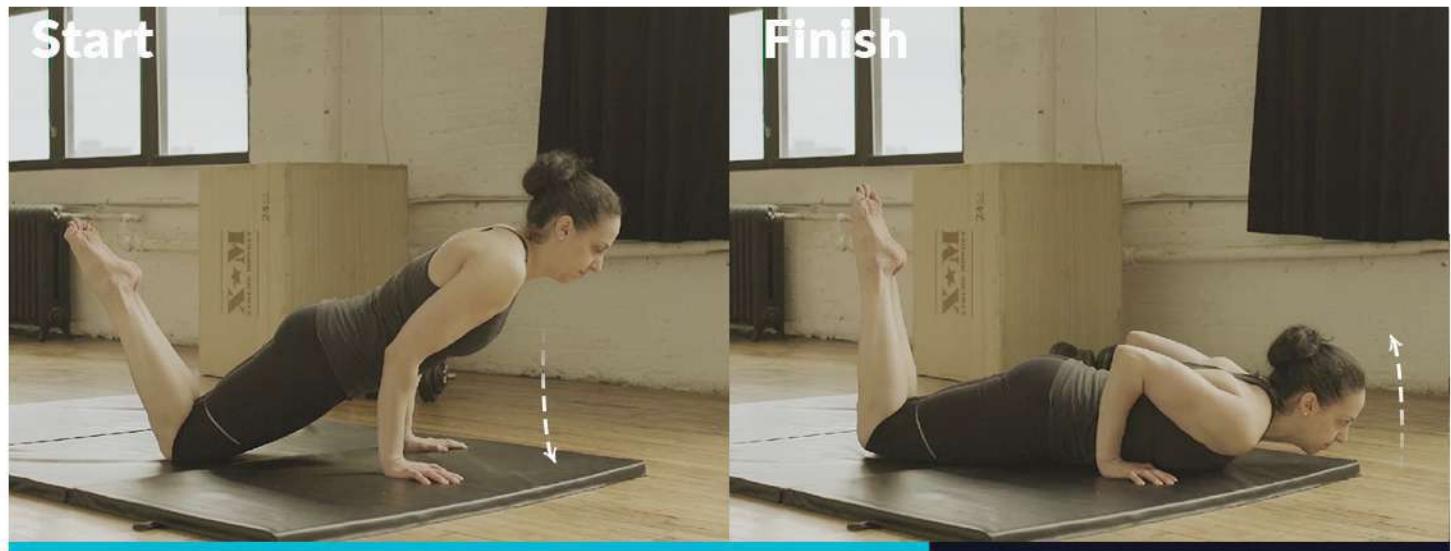
Pike push up Leaning forward emphasizes the shoulder and chest muscles as well as the triceps as one performs push ups in this position. The routine requires the back to be rounded and entire weight to be borne on the hands with feet placed on an elevated platform. The abs should be tucked in throughout.

### ► How to Perform:

1. Stand with palms more than shoulder width apart on the floor.
2. Bend from the hips (around 90 degrees) so that the back is slightly rounded.
3. Feet rest on a knee height platform and are shoulder width apart, heels raised.
4. Arms and Legs are extended and Look at the feet.
5. Go down and forward towards the floor (head moves forwards and downwards to the floor) by bending the elbows to 90 degrees.
6. Come up by extending the elbows and tensing the triceps.
7. Repeat for specified repetitions.

### 3 Sets of 12 Reps

## 4. Pseudo Planche Pushups



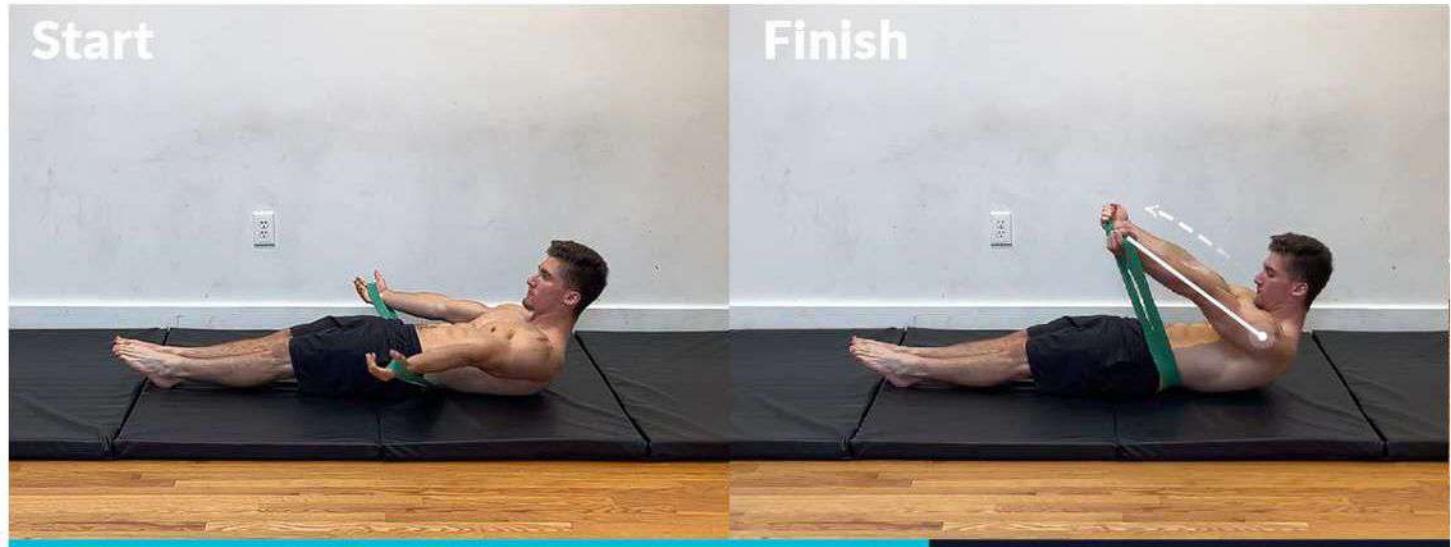
Pseudo planche pushup is a great exercise for developing chest and tricep strength. This pushup variation places more emphasis on the triceps and keeping your back straight and abs tight is important when performing this exercise.

### ► How to Perform:

1. Begin in a kneeling position with hands in front.
2. Coming forward, place your palms towards the waist.
3. Bend your elbows and lower your chest to the floor.
4. Keep knees bent and push back up straightening arms.
5. Repeat for specified repetitions.

**3 Sets of 12 Reps**

## 5. Elastic Floor Planche



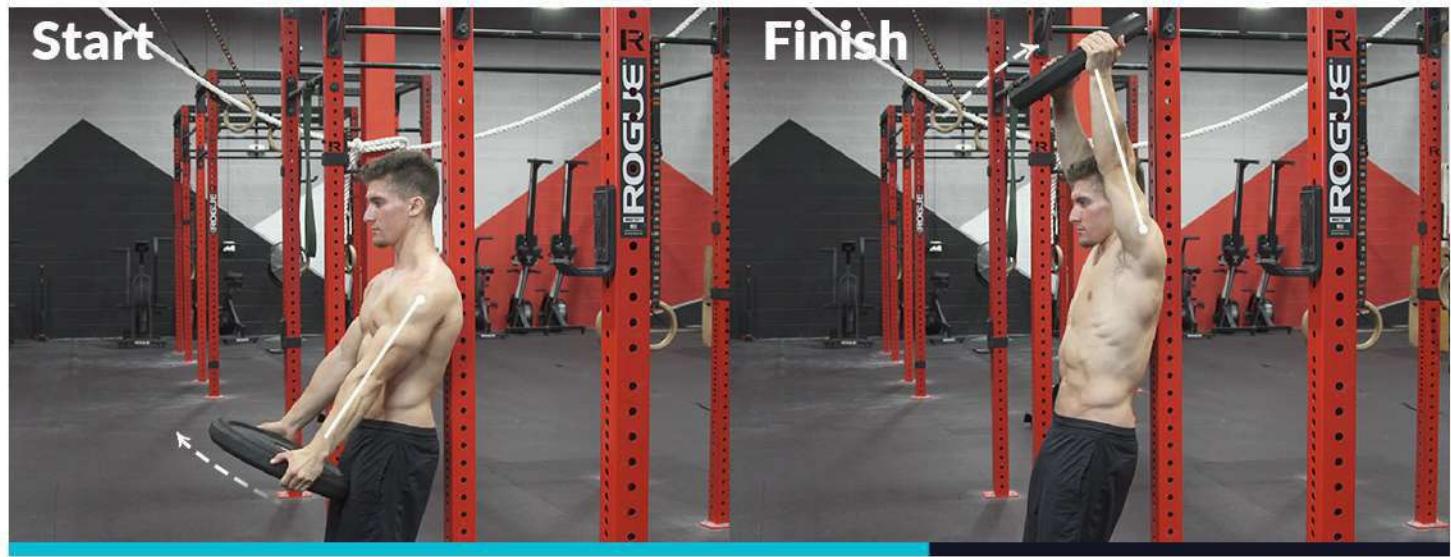
Elastic floor planche trains in isolation the anterior deltoids with straight arms similar to the planche form. Loading is scalable depending on the difficulty of bands used.

### ► How to Perform:

1. Lie down on the floor with the middle of the elastic band at the lower back.
2. Grab the two ends of the bands with each hand.
3. Tilt your pelvis forward to flatten your lower back and engage the core.
4. Straighten your arms.
5. Depress and protract your scapula.
6. Tuck your chin to your chest.
7. Raise your arms just above your hips.
8. Raise them even further so that your hands are just above the top of your head.
9. Lower down to hip level.
10. Repeat for specified repetitions.

### 3 Sets of 12 Reps

## 6. Weighted Shoulder Flexion



Weighted shoulder flexion allows you to target and overload the anterior deltoids and prep your joints in isolation safely and with better control with other factors.

### ► How to Perform:

1. Hold a dumbbell or weight plate in front of you with lockout arms.
2. Raise your arms overhead until your mobility permits.
3. Lower down with control.
4. Repeat for specified repetitions.

### 3 Sets of 12 Reps

## 7. Banded Tuck Planche Hold



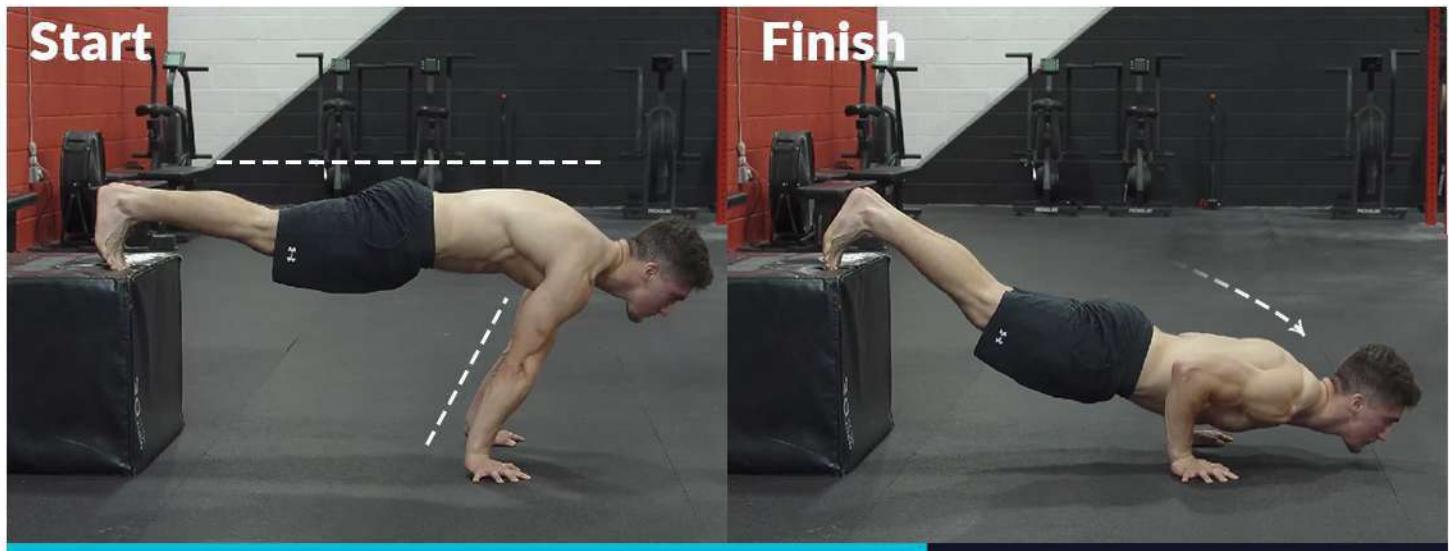
Banded tuck planche hold is a lateral exercise that strengthens the abdominals, deltoids, serratus, pectorals, and triceps.

### ► How to Perform:

1. Place band around waist and get down on hands and knees.
2. Place palms on mat, with fingers facing outward.
3. Lean forward onto palms, and tuck knees into chest lifting them off the ground.
4. Repeat specified repetitions.

**3 Sets of 12 Reps**

## 8. Elevated Pseudo Planche Pushups



This is a more challenging push-up progression suited to build your specific strength for planche. It strengthens you both in straight-arm and bent-arm positions.

## ► How to Perform:

1. Start with a position close to an elevated surface.
2. Begin in a push-up position.
3. Place your feet on the elevated surface while keeping a good push-up posture.
4. Lean forward to put more weight on your anterior deltoids.
5. Lower down until your chest is close to the ground.
6. Push back up in the starting position until your arms are straightened.
7. Repeat the push-up posture for specified repetitions.

**3 Sets of 12 Reps**

## 9. Advanced Tuck Planche Pushups



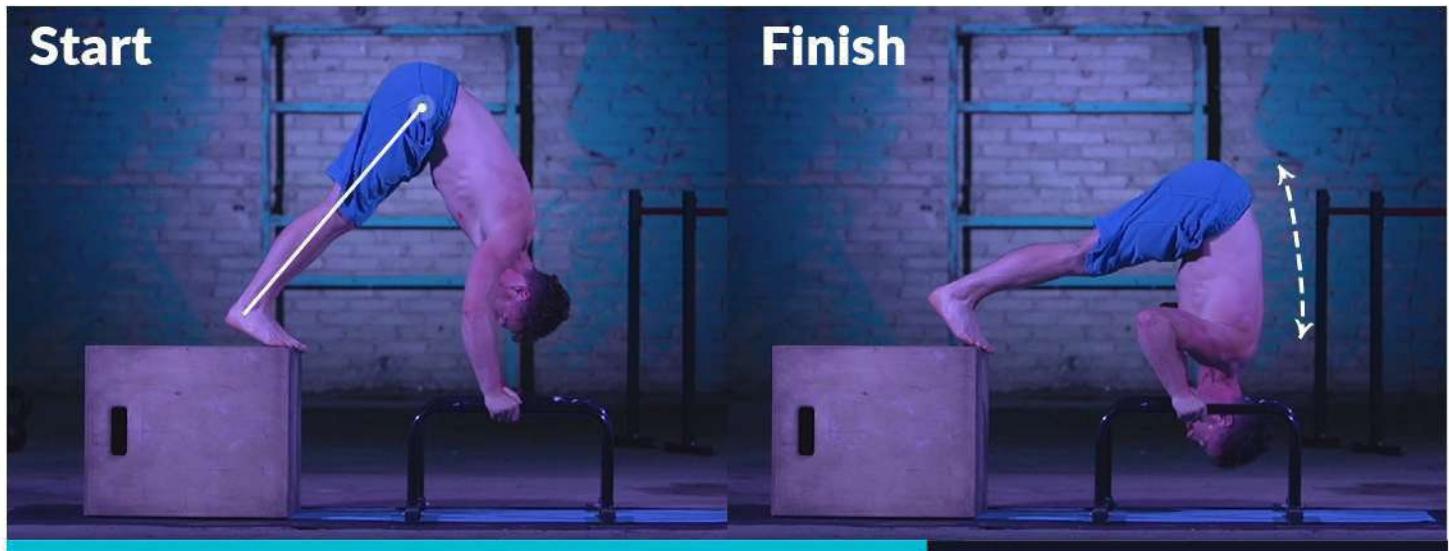
Advanced tuck planche builds general pushing strength that targets specific muscle groups for planche work. Endurance is also built as maintaining the proper planche technique is required. It's best to be done on parallettes or any elevated surface to maximize the range of motion.

## ► How to Perform:

1. Position into an advanced tuck planche hold.
2. Lower down until triceps go past 180 degrees while maintaining a good level of planche and form.
3. Return to the top position with lock out arms again.
4. Repeat for specified repetitions.

**3 Sets of 8 Reps**

## 10. Deficit Pike Pushups



Deficit pike pushup on box is a lateral exercise done to strengthen deltoids, pectorals, trapezius, teres major, and triceps.

### ➤ How to Perform:

1. Place hands on parallel bars.
2. Step feet up onto edge of box, body forming a V.
3. Bend elbows lowering head in between arms.
4. Press back up.
5. Repeat specified repetitions.

**3 Sets of 12 Reps**

# Endurance Element

For Endurance you'll train more difficult moves in order to hold the stand. So here is the list of exercises:

## 1. Elbow Plank



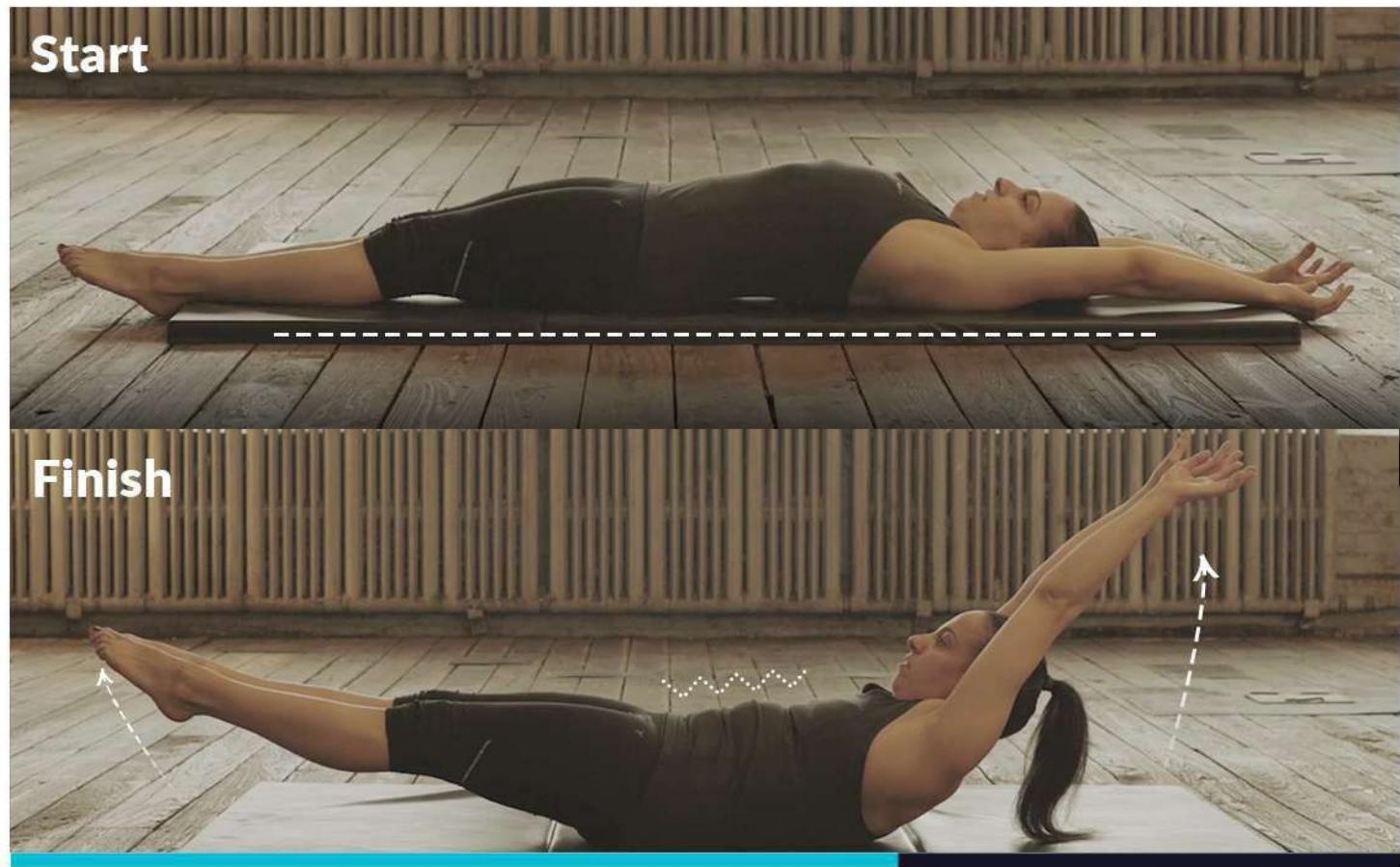
The Elbows plank position targets the deltoid, latissimus and chest muscles in addition to the triceps, abs, low back, glutes and quads. In addition to strengthening the core this exercise routine also works towards improving your posture.

### ➤ How to Perform:

1. To begin with place your forearms shoulder width apart and take weight through them. Clasp your hands together.
2. Keep the elbows bent to 90 degrees with forearms resting on the floor. Make sure the shoulders are in line with the elbows. Look down
3. Keep your legs straight and legs close together with toes resting on the floor.
4. Back slightly rounded and abs tight.
5. Make sure that the body is in a straight line
6. Hold this position for as long as possible. Tighten the latissimus by imagining you are pulling the arms towards the toes. Tighten the chest muscles by imagining you are trying to bring the elbows close.
7. Hold this position for a specified time. Tighten the latissimus by imagining you are pulling the hand towards the knee. Tighten the chest muscles by imagining you are trying to bring the elbows close.

### 3 Sets of 60 Seconds

## 2. Hollow Hold (Arms up)



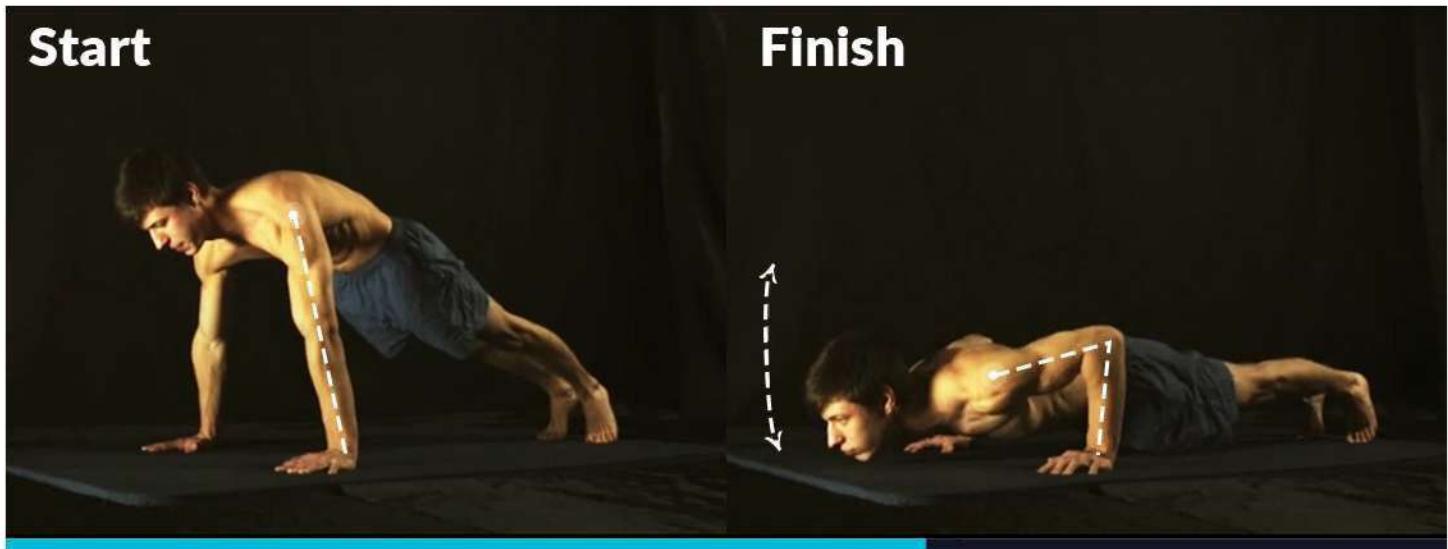
A hollow hold (with arms up) is a fundamental exercise important for developing abdominals and obliques muscles in the abdomen. This exercise focuses on core strength and learning good form where it is carried over and used during other exercises, such as a handstand.

### ➤ How to Perform:

1. Begin laying on the floor, straighten arms and extend next to the ears.
2. Legs extend straight out, with toes pointed. Contracting the abs, and squeezing the legs together, lift arms, scapulas, and legs up a few inches up off the floor.
3. Chin should be tucked in towards the chest, abdominals fully squeezed.
4. Hold position for specified time, then return to laying flat.

**3 Sets of 45 Seconds**

### 3. Pushups



Pushups are one of the best ways to strengthen the upper body, shoulders, triceps and chest. They also stress the core muscles throughout the movement.

#### ► How to Perform:

1. Place your hands shoulder-width apart on the floor . Make sure the arms are straight.
2. The upper back is slightly rounded. Keep the abs tight.
3. Keep the legs straight and close together with the toes resting on the floor.
4. From this position lower your body down by bending the elbows to more than 90 degrees till the body is two-inch above and parallel to the floor. The elbows stay close to the body.
5. Come to the initial position by tensing the triceps and chest muscles.
6. Keep low back and abs tight throughout the movement.
7. Repeat for specified repetitions.

**3 Sets of 15 Reps**

## 4. Box Rear Straddle Extensions



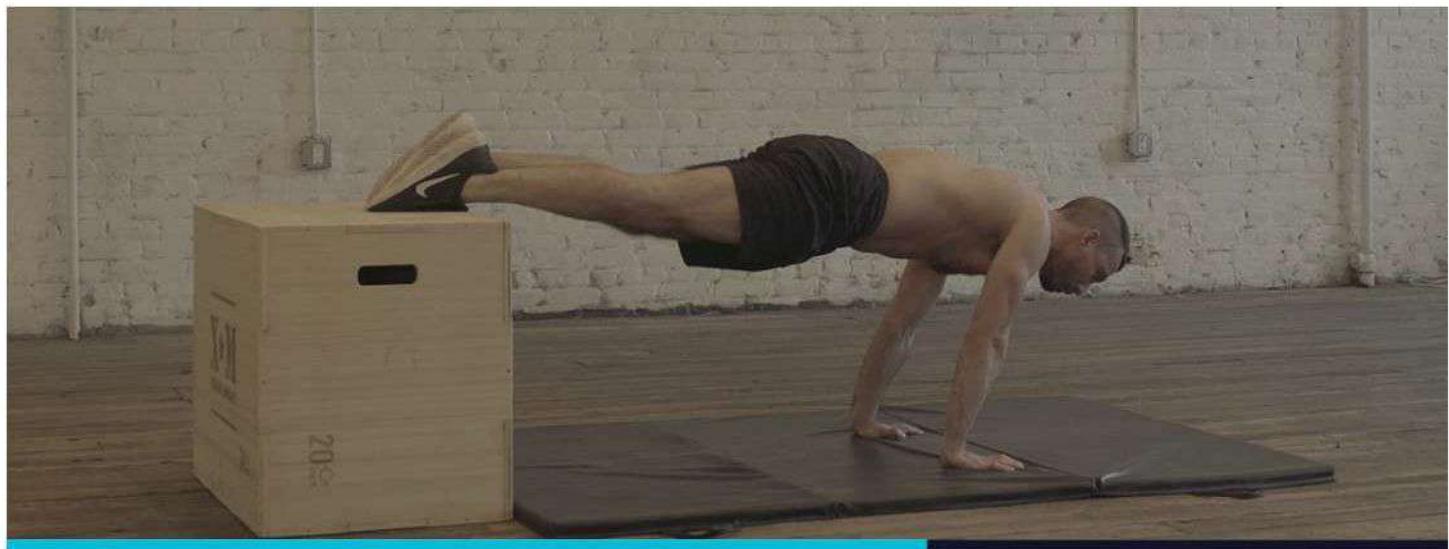
Box rear straddle extensions are a lateral movement. It strengthens the latissimus dorsi, abductors, erector spinae, gluteus, and hamstrings.

### ➤ How to Perform:

1. Lay prone on the box, holding onto the corners.
2. Bend your feet up towards your butt, thighs against the box.
3. Straddle your legs, with knees bent.
4. Extend your knees, straightening legs.
5. Tuck knees back in keeping legs straddled.
6. Repeat movement for specified repetitions.

**3 Sets of 15 Reps**

## 5. Box Plank Hold



The box plank hold is a regular plank, but rather than feet on the floor, your feet are elevated on a box. This exercise works to build abdominal strength, as well as tricep, deltoid and pectoral strength.

### ► How to Perform:

1. From a kneeling position in front of a box, lean forward onto your palms, straightening your elbows.
2. Lift your right leg up, straighten your knee, placing the top of your foot onto the box.
3. Using your core, stabilize and lift up your left leg, and place the foot on the box.
4. Legs and back should be straight, forming a straight line from your ankles to your ears.
5. Hold the position for specified time.

**3 Sets of 20 Seconds**

## 6. Planche Leans (Hands Underneath Sternum)

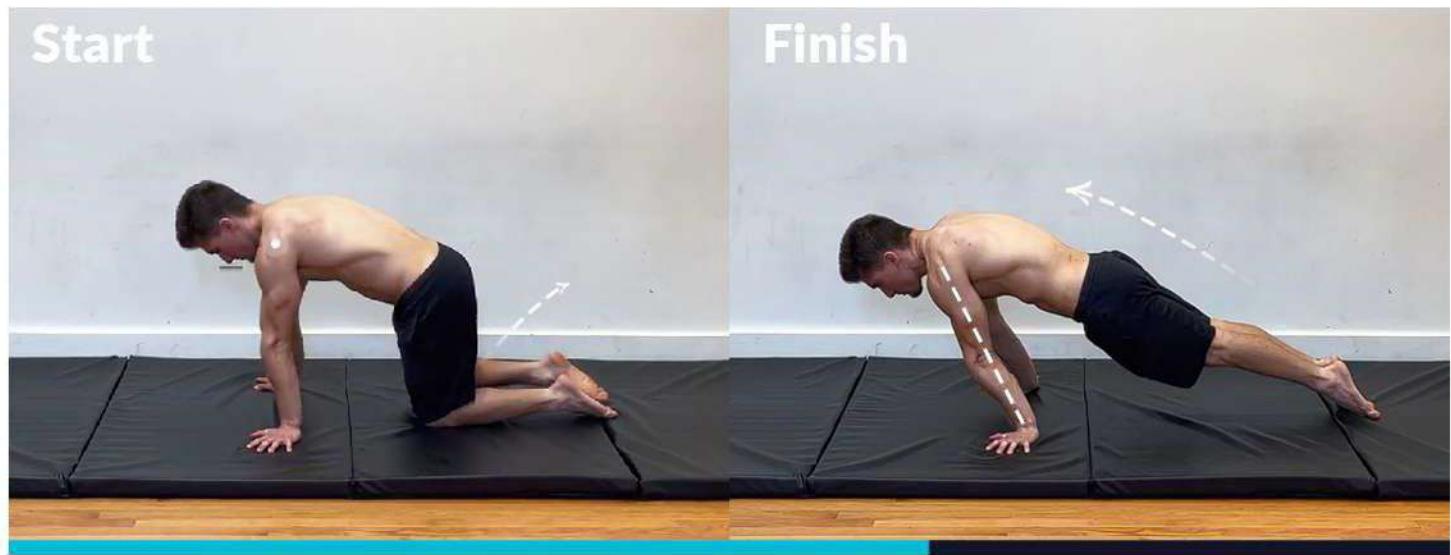


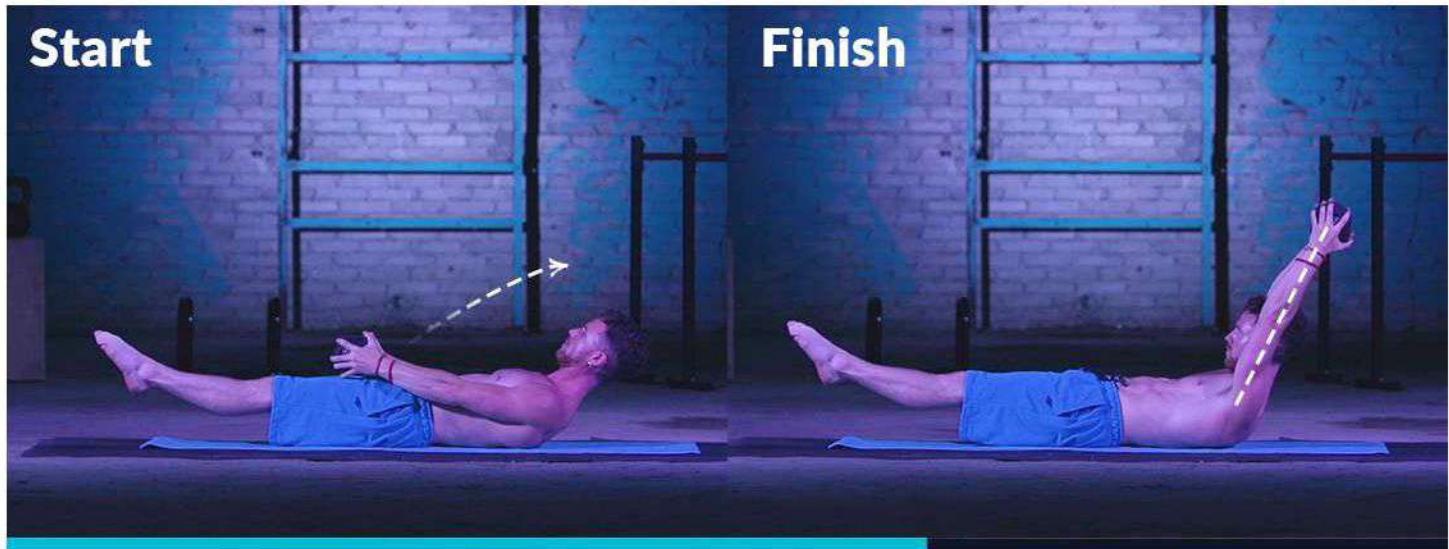
Planche lean is a vital planche exercise that strengthens the needed muscles specific for the planche position. The forward lean is the key to be able to lift the lower body off the ground, which is why scaling the lean depending on skill level is vital to planche success.

### ► How to Perform:

1. Position in a push-up body form with legs together.
2. Protract and depress your shoulders. Prepare the bodyline.
3. Lean forward until the hand is underneath the sternum.
4. Hold the position for a specified time.

**3 Sets of 20 Seconds**

## 7. Hollow Hold Weighted Arm Raises



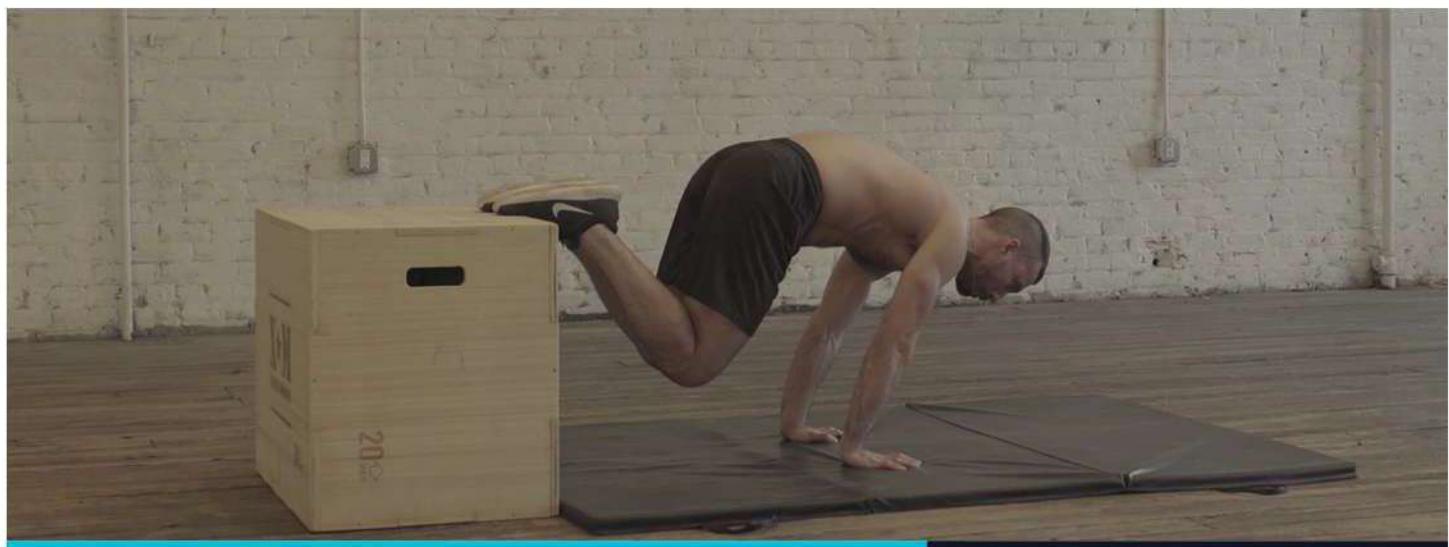
Hollow hold weighted arm raises is a lateral exercise that strengthens the core and deltoids. Abdominals and obliques are contracted during the exercise while the deltoids work to raise and lower the weight.

### ► How to Perform:

1. Lay supine, holding one dumbbell in your hands straight above your chest.
2. Squeezing legs together, contract your abdominals and lift your feet up off the ground a few inches, and shoulder blades up.
3. Keep your back flat to the floor, no arching.
4. Arms straight and holding each end of the dumbbell, lower weight towards your hips.
5. Lift weight up above your head, keeping arms straight.
6. Repeat for specified repetitions.

### 3 Sets of 45 Seconds

## 8. Box Tuck Planche Hold



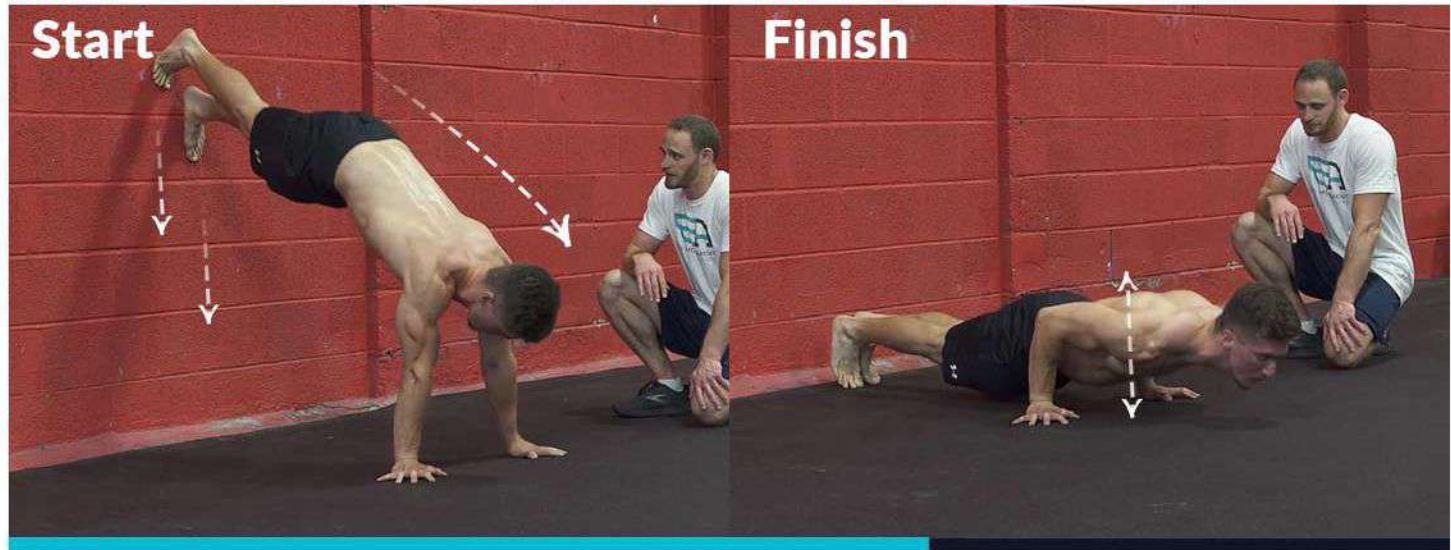
The box tuck plache hold is a variation of a plank. It is done with feet elevated on a box, and knees bent rather than straight. This exercise works to build abdominal, tricep, deltoid, and pectoral strength.

### ► How to Perform:

1. From a kneeling position in front of a box, lean forward onto your palms, straightening your elbows.
2. Lift your right leg up, placing the top of your foot onto the box, knee bent towards the ground.
3. Using your core, stabilize and lift up your left leg, and place foot on the box.
4. Knees stay bent, core tightened.
5. Hold position for specified time.
6. Lower legs one at a time.

**3 Sets of 20 Seconds**

## 9. Wall Walks + Pushup



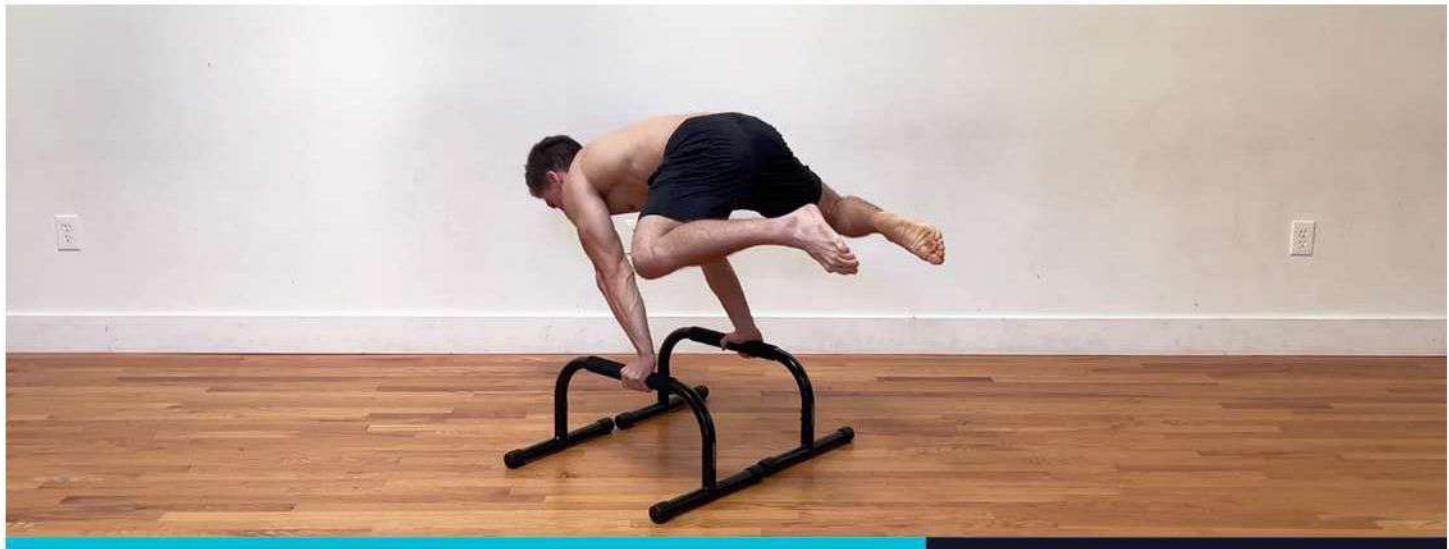
This exercise sequence conditions the shoulders for stability and control.

### ► How to Perform:

1. Begin in a push-up position close to a wall with your feet facing the wall.
2. Walk your feet and hands backward until you reach a full handstand position with the belly facing the wall.
3. Slowly walk back into the push-up position.
4. Perform one push-up.
5. Repeat the steps for specified repetitions.

**3 Sets of 8 Reps**

## 10. Frog Planche Hold



Frog planche is perfect for familiarizing your body with the feeling of the straddle planche position. The leg position and forward lean are similar to the advanced tuck, but the open hip position requires lower body mobility.

### ► How to Perform:

1. Depress shoulders and protract the scapula.
2. Place your hands on the floor shoulder-width apart with straight arms.
3. Lean forward enough until your feet feel weightlessness.
4. Tuck your knees just below your hands with extended hips.
5. Lift your feet off the ground as you open your hips into a frog stance.
6. Hold the position for a specified time.

**3 Sets of 15 Seconds**

## 11. Banded Full Planche



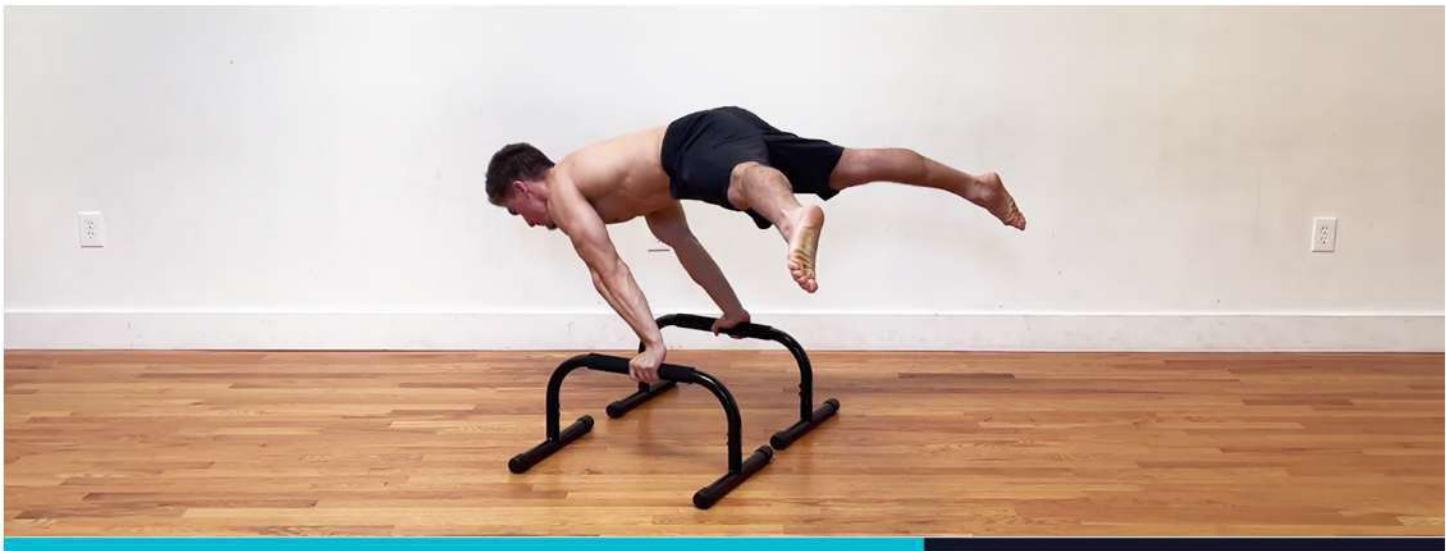
Band assistance helps you build strength and bridge the strength towards a higher planche progression.

### ►► How to Perform:

1. Anchor the band in a stable position.
2. Shoot your body through the band and place it on your hips.
3. Perform the planche progression and hold for a specified time.

### 3 Sets of 12 Seconds

## 12. Straddle Planche Hold



Straddle planche is already an amazing achievement that requires a high level of specific planche strength, technique, and mobility. The straddle leg position offers a shortened lever compared to full planche variation.

### ►► How to Perform:

1. Protract and depress your shoulders with straight arms.
2. Position your hands on the floor to prepare for the planche entry while your legs are in a straddle position.
3. Lean forward enough until you feel the weight on your hands and shoulders. Feet must feel weightlessness.
4. Lift legs off the ground while keeping hips lower than your shoulders.
5. Hold the position for a specified time.

### 3 Sets of 12 Seconds

With *The Movement Athlete* app, your handstand program will be already structured depending on your skill level. It will also address your weak points in your handstand and help you get over your fears slowly and safely.

You don't have to worry about your program because the app got it covered for you. As you progress and unlock new skills, **your program progresses with you!**

## Chapter 6

# EXPERT'S EFFECTIVE TIPS FOR THE PERFECT PLANCHE

Avoid slow progress



We only have a few elite calisthenics athletes and gymnasts around the world that can hold a planche like it's nothing. These individuals have acquired general and very specific strength, mobility and skill in order to achieve planche; not through luck, but from hard work.

Today, planche experts will share with us the common mistakes to avoid and tips on how to improve in our planche journey in an efficient way.

We're going to get top-notch information that can also be applied in other skills that we what to learn.

# COMMON MISTAKES TO AVOID

These common pitfalls hinders you from faster and proper progress. Avoid these mistakes to keep your training productive and **achieve your goal in a safer, faster and more efficient manner.**

## 1. Doing too many exercises

A common mistake done by people is doing too many exercises in a given training session. This will prohibit you to build the volume needed for learning muscle memory and strength growth for the right muscle groups.

Stick to the most effective exercises in your main workout. There are far better, more efficient exercises that make better use of your time especially when learning a skill.

## 2. Doing non-planche-specific exercises

Something similar to the mentioned above is doing too many non-planche specific exercises. This will slow your planche progress and could even lead you to over-fatigue.

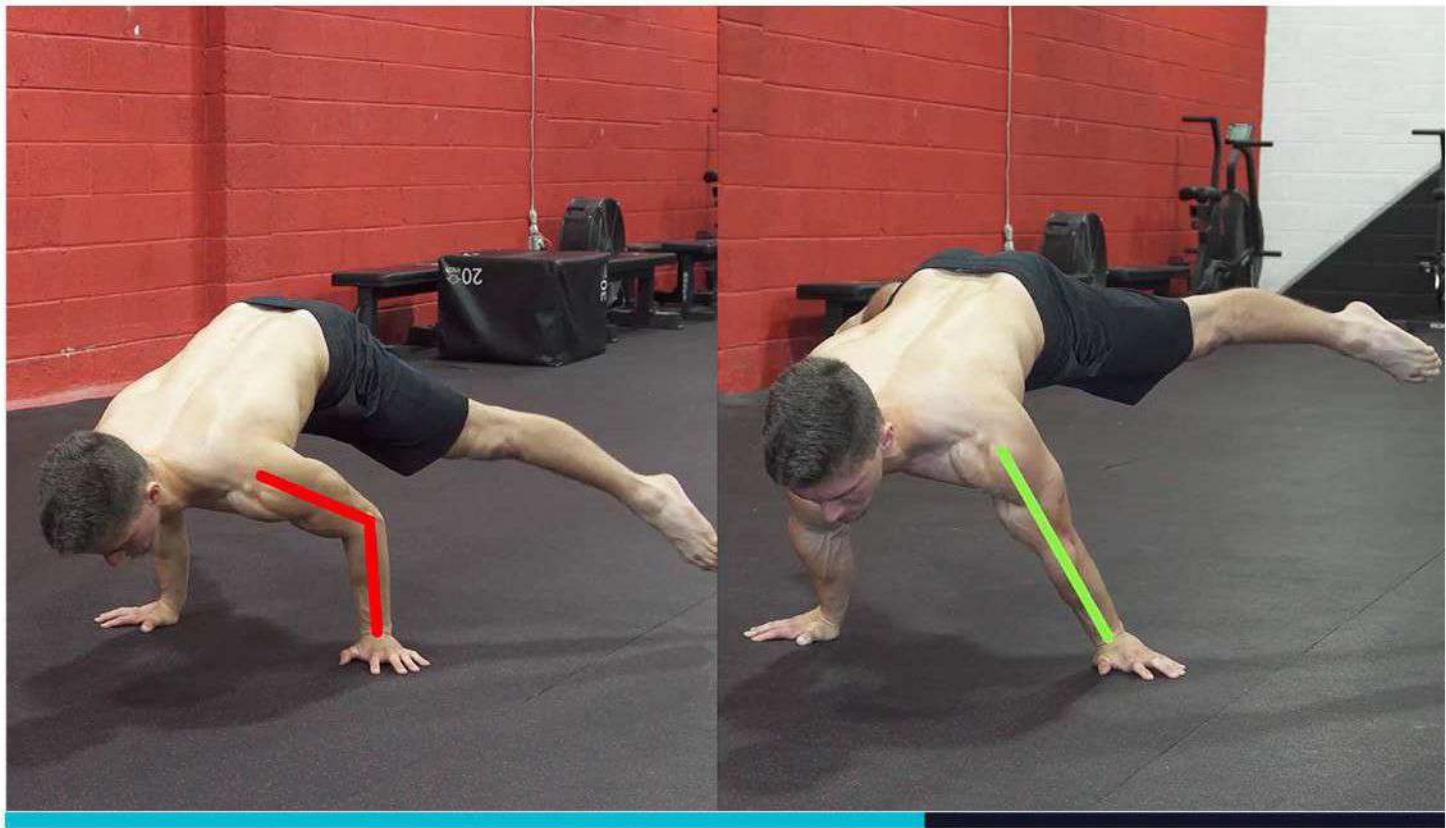
Now, we're not saying ditch every other exercise. Having a balanced body is still our goal. This means you will not let go of pulling exercises and your leg day, but you would just need to schedule your training better.

If your main goal is to planche, it's best to stick to exercises that guide you towards your goal, while adding a regular, but moderate number of other exercises for an overall, strong and balanced body.

## 3. Too difficult progression

**DO NOT UNDERESTIMATE PLANCHE WORK.** Usually this is the case when ego takes over. Choosing a difficult progression in which we cannot hold with perfect form for at least 8 seconds will only train us to form bad habits.

Dial down the ego and keep on working what you can do. Not only will it prevent any injuries, it will also help you progress faster and keep the process enjoyable.



## 4. Arms not straight

When doing too difficult progressions, a common breaking point of form is in the elbows. A bent arm is not a proper straight-arm planche. Duh!

If this happens, scale down to an easier exercise that allows you to keep your arms straight. Also focus on preparatory exercises that will build you stronger tendons.

Remember our joints are not accustomed to the straight arm loading. Keep your progress consistent no matter how slow you do.

To give you a cue, push your elbow pits forward. Keep it straight!

## 5. Not breathing

Holding your breath, for sure, helps you hold your planche much longer, but this does more harm than good. Not breathing when training a planche progression will hinder your body from getting comfortable with the position.

Although it seems much more difficult at first, also focus on breathing when training planche progressions. This will help you get comfortable holding the planche and make your progress better and stronger.

## 6. Giving up too early

Not many people can planche. Why? Because most gave up within a slight sign of a plateau.

Planche is such an advanced skill. That's why there are also tons of exercises and progressions as seen in the article "[The Ultimate Planche Progression](#)"  
But this is not an excuse to give up if you really like to learn the move.

Aside from the natural steep learning curve for planche, if you feel you aren't getting any progress, address your weak links.

Take a video of yourself performing the planche and analyze where you could possibly be weak. The usual weak links are:

Take a video of yourself performing the planche and analyze where you could possibly be weak. The usual weak links are:

- ⌚ Anterior deltoid strength to hold forward lean
- ⌚ Wrist mobility
- ⌚ Hip mobility
- ⌚ Shoulder mobility
- ⌚ Straight-arm strength

Keep your determination and stay smart with your training as you will eventually learn this horizontal skill in time.



# TIPS ON HOW TO IMPROVE YOUR PLANCHE

Now that you already know the mistakes to avoid and some of its solutions, here are the general guidelines for a better approach in training.

These are reminders for your training journey that can also be used for other goals..

## 1. Body tension

There are specific muscle groups that will be working extra hard to keep you in the planche position. Sometimes, form tends to break them down which is why you might be too focused in these muscle groups.

While keeping the muscles in check, never forget about the rest of your body. Advanced calisthenics skills such as a planche demands a powerful, full-body tension. Keep everything tight to get the most out of your body.

## 2. Back to basics

No matter where you are in your fitness journey, no matter how advanced you are, the basics will always serve you well!

Solidifying and always going back to basics helps you address any weaknesses. It also secures your foundations as planche squeezes out every strength from you.

To give you a concrete example: wrist rocks seem to be an easy exercise that you can forget about once you get comfortable with it. The key is to always scale it for the exercise to become challenging. LEAN FORWARD EVEN FURTHER. This will add more resistance even to the most basics of exercises.

Basics are your best friend. Basic doesn't mean easy.

### 3. Enter with correct form

One way to ensure that you're holding the correct form of planche is already preparing your body with the correct form before entering. Whichever progression you are in, make sure that you have the correct body line and posture before entering the planche. From your starting position, all you have to do is to lean forward until you have enough angle to lift towards the planche.

This way, you no longer have to worry about making adjustments with your form. Just maintain the correct bodyline and posture while moving towards the position.

### 4. Building good habits

Like for any other goals, the key to having good form is building good habits right from the very start of the journey.

Always make sure that you are in form when performing the planche. Stop and rest once your form starts to break. This teaches your body to maintain only the correct form.

Once your body has gotten used to this position, it will be difficult for you to even try out a bad form of planche.

### 5. Visualization

Even with the massive strength and mobility demands, planche is still a skill. When learning a skill, visualizing yourself performing the skill supports your progress.

You can even do this anywhere, anytime you like! Simply visualize yourself preparing, entering and holding the planche. A [study](#) even supports this that mental practices translates to positive effects in motor skills acquisition.

To Summarize:

Here again are the mistakes to avoid and tips to follow gathered from planche experts:

## Mistakes to Avoid:

1. Doing too many unnecessary exercises
2. Doing too many non-planche specific exercises
3. Practicing a progression too difficult for you
4. Practicing actual planche progression with bent arms
5. Not breathing with a relaxed manner during the planche hold
6. Giving up too early in your journey

## Tips to follow:

1. Full on body tension
2. Scaling and training with basic movement patterns
3. Entering planche position with already correct form
4. Continuous building of good habits
5. Mental practice of planche (visualizing)

These tips and mistakes to avoid from experts are vital for a safe, fast and efficient progress. Integrate this with discipline and a proper structured program such as the one we have on The Movement Athlete, then you'll be floating towards planche in no time.

## Chapter 7

# HOW TO BOOST PLANCHE PROGRESS

The Most Effective Planche Drills



The best exercise to learn an advanced skill such as a planche is by learning the easier progressions. But you can't efficiently learn the skill by just attempting the planche over and over again.

You first need to strengthen the key areas and address any weak links through accessory exercises. A combination of the most efficient exercises will not only guarantee a more efficient and faster progress, but also a safer one as well!

There are literally tons of exercises that can supplement your planche journey. For today, let's take a look at the most effective planche drills.

# Strengthen Key Areas

Planche is a horizontal push exercise that puts great demands on your chest, shoulders, arms and wrists. You can learn more about this in our article "[Planche Muscles used & Requirement](#)".

That being said, these are the main muscle groups we would want to strengthen in order to launch ourselves in our planche journey.

## Planche Leans



Planche lean is your go to exercises at any lever wherever you are in your planche journey. It simulates the lean that you have to achieve in order to do the planche. With your lower body on the floor, it allows you to focus on your upper body's strength and bodyline posture for now.

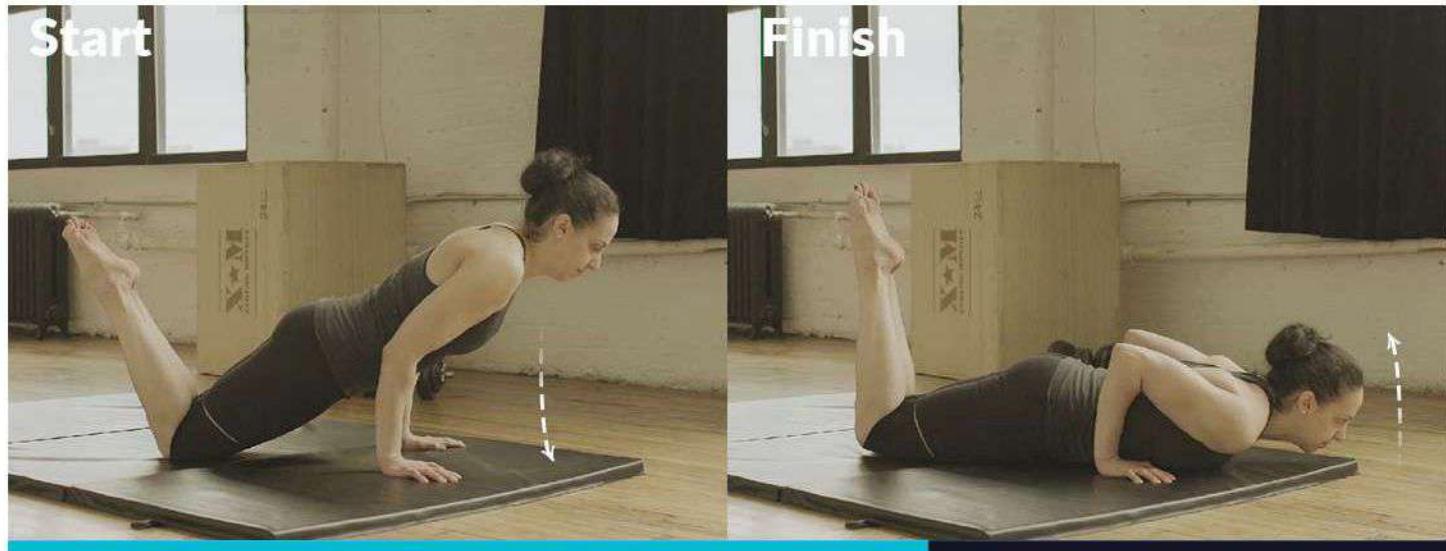
Planche leans can be scaled to every level, that's why it is a top priority exercise. You can easily adjust the amount of lean so you can get stronger with it every single time.

### ► How to Perform:

1. Choose a hand position you are comfortable with. Usually, hands outwards in a 45-degree angle works best.
2. Begin in a standard push-up position. Make sure the bodyline is correct while the scapula protracted.
3. Shoulders externally rotated outwards.
4. Lean forward while maintaining body tension and body position.
5. Hold the position for specific number of seconds.
6. Repeat for a number of sets.

**3 Sets of 12 Reps**

# Pseudo Planche Pushups



Bent-arm strength has a very direct relation with straight-arm strength. This holds especially true if you combine strength-arm strength and bent-arm strength in a single exercise. Introducing the pseudo planche push-ups.

This is basically a planche lean with an added push-up motion. Gains from this exercise are also highly transferable to planche push-ups. Basic push-up form applies to this exercise

## ► How to Perform:

1. Choose a hand position you are comfortable with. Usually, hands outwards in a 45-degree angle works best.
2. Begin in a standard push-up position. Make sure the bodyline is correct while the scapula protracted and shoulders depressed.
3. Shoulders externally rotated outwards.
4. Lean forward while maintaining body tension and body position.
5. Lower that until the chest almost touches the ground while retracting the scapula.
6. Push-up to the leaning starting position. Avoid rocking back away from the lean.
7. Repeat for a number of reps and sets.

**3 Sets of 12 Reps**

## Wrist Mobility Exercises

If we haven't stressed enough, wrist mobility is essential in planche no matter what hand position you use. Wrist preparation through mobility exercises are vital for efficient and safe progress.

There aren't any specific wrist mobility exercises you should be looking for, but aim to target to strengthen every motion of your wrists: flexion, extension, pronation, supination, deviations.

You can do wrist rocks, holds and circular motions. Keep the wrist challenged and don't settle for comfortability. This secures the health of your wrists and is very transferable to other calisthenics exercises as well.

## Weighted Pushups

Don't worry. We haven't switched to the other side. We simply cannot deny the amazing strength transfer that weighted push-ups have to offer.

As push-up is a horizontal push strengthening exercise, the strength transfer to advanced pushing skills such as planche is amazing. Chest, triceps and anterior deltoids are trained which highly supplements our planche training.

No need to go all out heavy as working with weights in this position could be risky. Keep a good 8-12 rep range for this exercise.

# Banded Planche Work



Resistance band is one of the best pieces of equipment you can work with when learning planche. Bands add support to your body so you can work on more difficult progressions or work on longer duration holds.

Resistance bands also allow you to overload your muscles on more advanced positions. If you're stuck at tuck planche and wanted to move towards advanced tucks, then bands might be the answer for you.

Don't overuse your bands! If you haven't mastered the tuck planche yet, don't get the strongest resistance bands and attempt the advanced tuck. It might seem nice to boost your ego but it won't provide you the progress needed for the next progression.

Once you have mastered a planche progression, banded planche bridges the difficulty for the next level. Be honest and objective with banded planche work as it's easy to rely too much on the band.

## ➤ How to Perform:

1. Choose an appropriate level of resistance bands and set up the anchor point in which the bands should be 90-degrees upright when you perform the exercise.
2. Place the bands around your waist.
3. Prepare your planche hold: protract scapula, depressed shoulders, engage PPT and core, lock out arms.
4. Lean towards your planche progression.
5. Hold for a specific number of seconds
6. Repeat a number of sets.

**3 Sets of 12 Seconds**

# ADDRESS WEAK LINKS

When we hit a plateau in our planche journey, we sometimes wonder where we lack even though we're strong enough in most areas.

Most probable cause of plateau is weaknesses in certain muscles that could either make or break your planche form. Weaknesses are usually present in smaller muscle groups that we don't place attention to, but still play a major role in holding a planche.

Addressing these weak links allows our body to perform optimally while also reducing the risks of injury. It's important to value these exercises as they are often neglected and branded as "boring".

Do not underestimate the benefits of these exercises and perform with maximum effort.

## Scapula Pushups

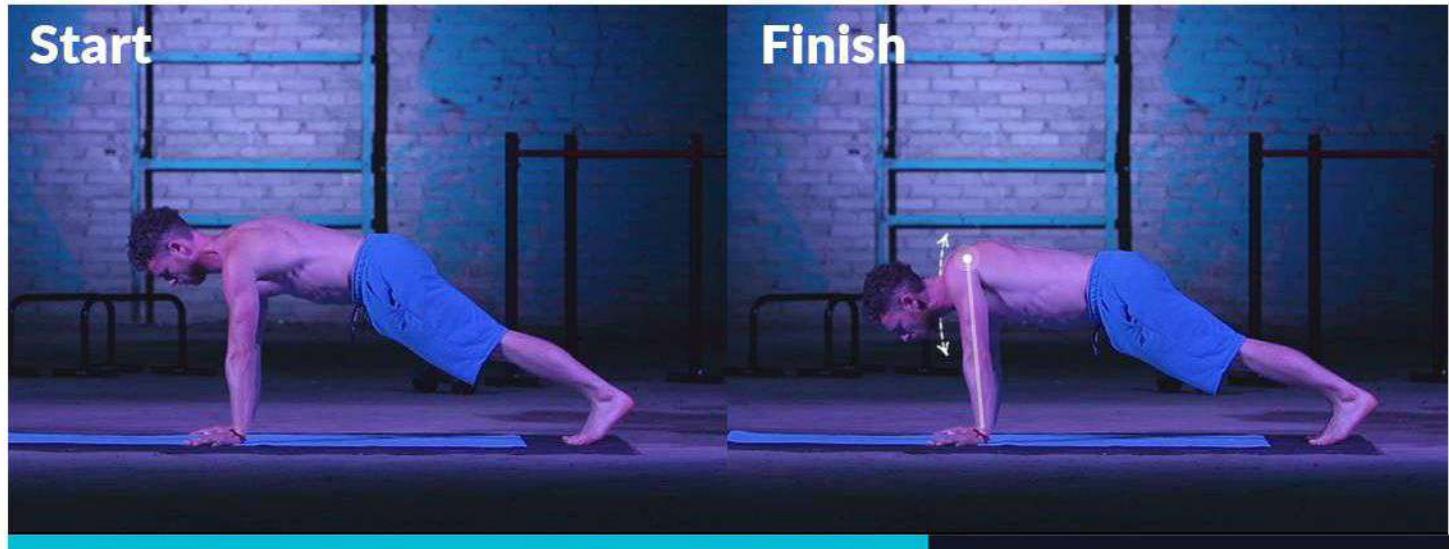


Planche is all about strong scapula protraction and shoulder depression. This exercise is exactly for that reason.

Scapula push-up is a scalable exercise that increases scapula mobility while strengthening end points of protraction and retraction. While all of this is happening, a strong shoulder depression should be maintained.

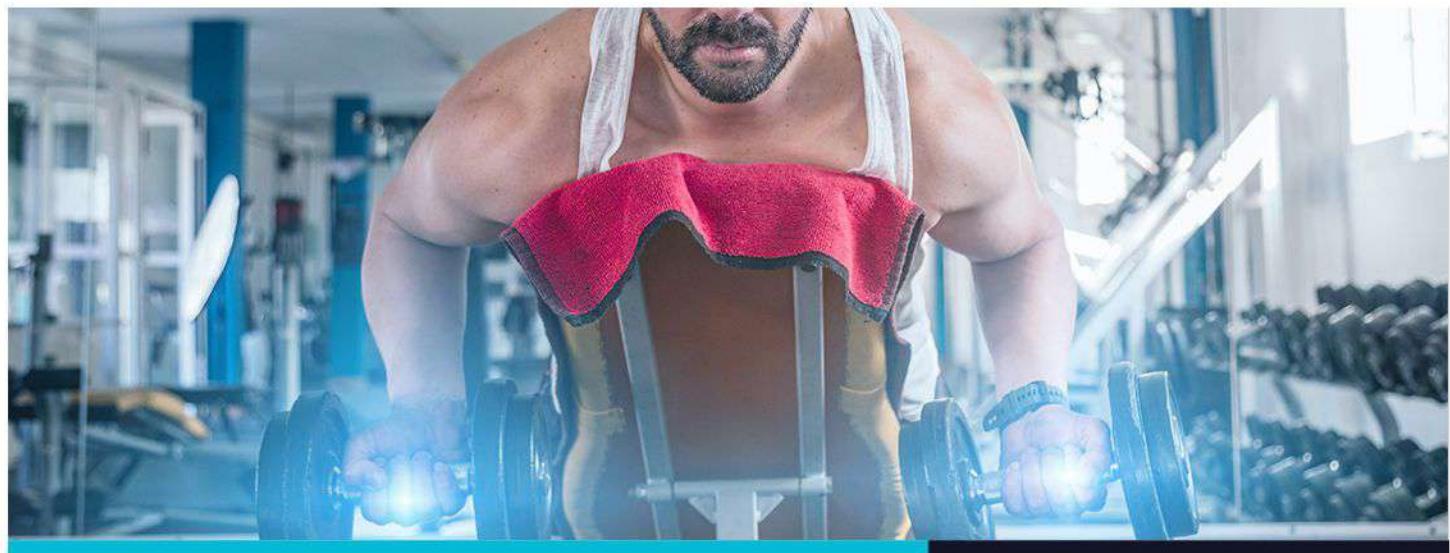
This exercise can be scaled through using resistance bands to increase difficulty or switching to a one-arm scapula push-up.

## ➤ How to Perform:

1. Start with a standard push-up position.
2. Fully protract your scapula to the top position.
3. Slowly retract your scapula while maintaining body posture. Stop until your shoulder blades are pinched together.
4. Repeat the motion for a set number of repetitions and sets.

**3 Sets of 10 Reps**

## Lying 45-Degree Dumbbell Raises



Another weighted exercise that provides massive benefits making us unable to pass up on this opportunity. A lying 45-degree dumbbell raise simulates the tension placed on the elbows, biceps and anterior deltoids from a planche. It's an excellent isolation exercise to strengthen the straight-arm strength without dangerously overloading the arms.

In case you're wondering about the 45-degree angle, this allows heavier loading on the first motion of shoulder flexion which is highly transferable to the planche motion.

A key note worth mentioning is not going heavy. This is an isolation exercise.

## ► How to Perform:

1. Set up a bench where you can recline around 45-degrees.
2. Hold two dumbbells appropriate to your skill level.
3. Recline on the bench with your body on a 45-degree angle and let your arms begin just below your body.
4. Lift the dumbbells with straight arms upwards until your arms are aligned with your chest.
5. Slowly lower down the weights with completely locked out arms.
6. Repeat the motion for a number of reps and sets.

**3 Sets of 12 Seconds \*\*\*\*\***

## Box Rear Holds



Box rear holds are excellent to teach your lower body the motion when getting into the planche. It's basically the movement for the lower body without you having to worry about the upper portion of planche.

Usually, when training for planche, we tend to forget about the lower body. Box rear holds is an excellent scalable exercise that will strengthen your core as well as the lower body for the planche position.

There are different leg positions you can use to adjust the intensity. Ranging from tucked, straddle, pike and straight legs which simulates the full planche position.

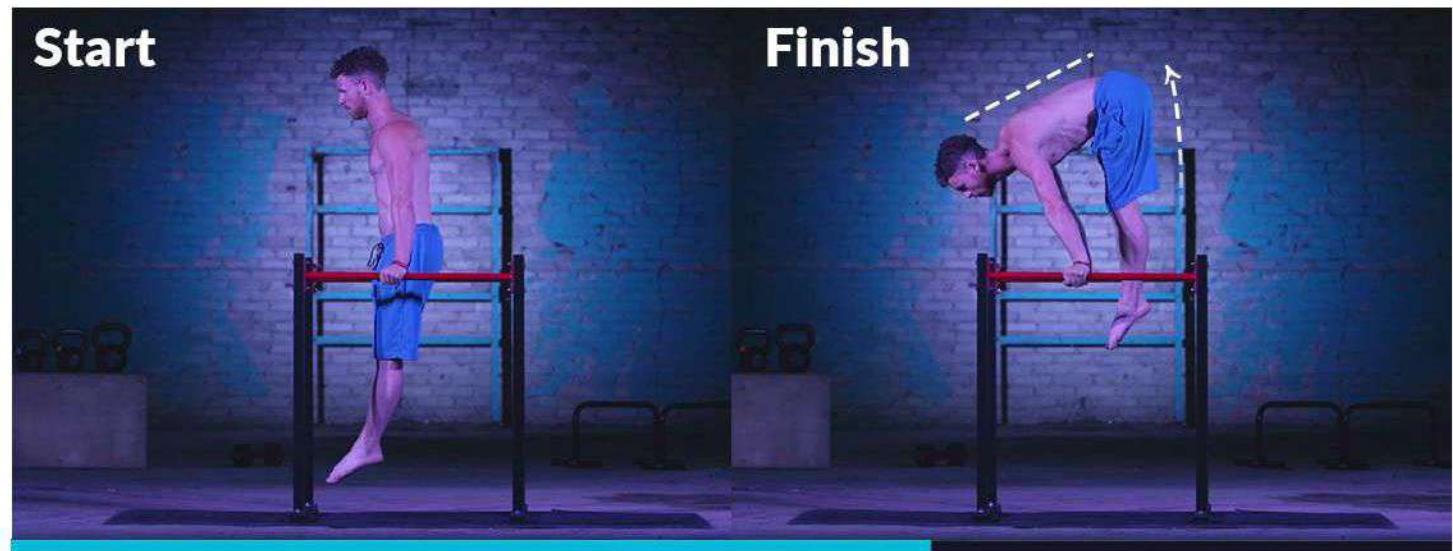
Don't worry if you have a training box. Use an alternative that's available to you. A simple bench or furniture can do the trick.

## ► How to Perform:

1. Position your body on the box with your stomach on the floor while hips off the edge of the box.
2. From the starting position, extend the hips and legs outwards simulating a planche shape position. Keep your lower back flat and core engaged.
3. Hold for a specified amount of time and repeat for a number of sets.

**3 Sets of 20 Seconds**

## Hip Raises Parallettes



Learning how to raise your lower body for the planche is quite a confusing feeling at first. The best way to understand it is by practicing hip raises on parallettes.

This exercise teaches how you're able to lift your lower body by leaning forward. Without the lean, you won't be able to raise your hips even by an inch. As you get used to this feeling, you will soon understand the biomechanics more when transferred into planche.

Hip raises also strengthens your anterior deltoids, solidifies your straight-arm strength and builds you a stronger core for planche.

## ➤ How to Perform:

1. Position on a parallettes for a support hold.
2. Protract your scapula.
3. With locked out elbows, shift your weight forward while pulling your hips upwards until your hips are past your shoulders.
4. Lower down with control.
5. Repeat the motion for a specified number of reps and sets.

### 3 Sets of 10 Reps

A good planche doesn't happen by luck. It's a result of specific training with much effort and dedication

A combination of **primary strengthening exercises** and **accessory weak link exercises** secures efficient and safe progress towards planche.



## Chapter 8

# MOST EFFECTIVE PLANCHE WORKOUT

For all level



## YOUR PLANCHE WORKOUT

Learning advanced calisthenics skills such as planche takes time. It's not a move that you will learn by luck or overnight.

It's a result of cumulative, specific work and effort through a longer period of time. Combining strength, mobility and technique ensures faster progress.

There are tons of methods available on how you can learn planche. Today, we're going to share a 45-min sample workout that's focused on planche training for beginners, intermediate and advanced athletes.

 **TAKE NOTE:** Even if you're already an advanced athlete, you cannot simply jump into the advanced phase of planche training. Being a general advanced athlete does not always translate to advanced planche skill level.

Planche is a very specific skill that demands specific requirements from you as mentioned in the article "[Planche: Muscles used & Requirements](#)".

The skill level is not based solely on your planche skill but also based on your overall general level of fitness. But usually, individuals more experienced in planche tend to be more advanced in general fitness as well.

### IN THIS ARTICLE WE WANT TO SHOW YOU

1.  What are the elements of a successful handstand workout
2.  Show you an example of a 45-min sample workout (beginner, intermediate & advanced) that you can do that's focused on getting you your handstand.



# WHAT MAKES AN EFFECTIVE PLANCHE WORKOUT?

So the journey is one of the key concepts in TMA, but the real MAGIC HAPPENS DURING the WORKOUTS through its UNIQUE STRUCTURE.

Let me show you why.

Calisthenics is so **powerful because it's complex.** 

You might have enough strength to do a handstand but if your shoulder mobility is off you won't be able to hold it.

Then there is a **skill element**. In the handstand example, the skill would be learning body alignment and entry and exit strategies.

Next is **endurance** which means improving your work capacity of being on the hands.

And then there is **building muscle mass**  to support that mobility and ligament development

Programming for all these elements is difficult so 99% of the programs you will see out there will never even mention these different elements.

**And this is something that we do very differently than everyone else on the market.**

We structure your training program around these elements creating a **holistic approach for all-round development.**

So your daily Training in The Movement Athlete app will always have these elements:

-  **Warmup + Mobility**
-  **Skill Work**
-  **Strength Work**
-  **Endurance Work**
-  **Muscle Building Work**
-  **Cooldown + Flexibility Work**

It's SO CRITICAL YET NO ONE IS TEACHING THIS

Ok, Let's look at each one of those separately.

## **SKILL WORK**

The technique is key in calisthenics. These movements are designed to either draw focus to specific technique cues or train important movement patterns for the subsequent strength movements. Skill movements are done at a low intensity and low total volume.

## **STRENGTH WORK**

Strength movements or main movements are the reason we are here. These are the movements that will chart your progression through the world of calisthenics and bodyweight fitness. There is a large variation in strength movements, from easy to hard, low volume to medium/high volume, dynamic to static but the reps and sets are optimised for strength building

## **MUSCLE WORK**

A bigger muscle has the potential to become a stronger muscle. Muscle movements are movements that are done at low-to-medium intensities and higher total volumes for the purpose of building muscle. The lower intensities also allow athletes to focus on the muscles involved and to get a good squeeze and pump. Many muscle movements are pulled from appropriate strength movements but have a different rep scheme to strength.

## **SKILL WORK**

Many calisthenics movements involve static holds. Endurance movements train the athletes' capability to hold the body in various positions. These are typically programmed to be easier than the equivalent strength movement holds. Instead, more work volume is added for more practice time.

Taken together, these different movement types are designed to produce skilled, strong and complete bodyweight athletes.

# Beginners 45-minute sample workout

You can somehow start your planche training pretty early in your calisthenics journey. While the bulk of the beginner's training will focus on developing general strength, mobility and fitness, some planche elements could also be started.

Straight arm support holds (without the lean) and bodyline preparations are highly effective exercises for beginners to build general arm and core strength, respectively. They are also the main components of planche.

Beginner planche training focuses on teaching basic elements of the planche that has massive transfer in later stages of the planche journey. Main emphasis is put on shoulder and wrist mobility ,and anti-extension core development.

## 1 WARMUP



- Butt Kicks  
2 x 30 reps



- Double Jump Rope  
1 x 30 reps



- Arm Cross Swings  
2 x 30 seconds



- Wrist Rock Backwards  
1 x 30 reps



- Arm Side Raises  
1 x 30 reps

## 2 SKILLWORK



- Cat-Camel  
1 x 5 reps



- Candlestick  
(Hand Support)  
1 x 30 reps



- Downward Dog  
2 x 31 second hold

## 3 STRENGTH, MUSCLE & ENDURANCE



- Downward Hold Dog  
2 x 42 second hold



- Side Upper Body Lift  
3 x 14 reps



- Hands Down Upper Body Lifts  
3 x 14 reps



- Arms Plank Hold  
1 x 22 second hold

## 4 COOLDOWN



- Standing Tricep Stretch  
2 x 30 seconds



- Wall Hip Stretch  
2 x 30 seconds

# ■ Intermediate 45-minute sample workout

More experienced athletes who have a better grasp of basic movement patterns can further move to more specific planche training.

This includes developing proper form of the forward lean which is top priority to build mobile wrists and stronger anterior deltoids.

Adding more general and specific pushing strength through bent arm and straight arm exercises are implemented to meet the very high demands of the full planche.

At this stage, it is very vital to build proper form in every exercise. Intermediate training takes advantage of the good habits learned in the beginner phase of training. That being said, intermediate planche training should focus on refining weaknesses and further increasing specific strength for planche.

## 1 WARMUP



- Butt Kicks  
2 x 30 reps



- Double Jump Rope  
1 x 30 reps



- Arm Cross Swings  
2 x 30 seconds



- Wrist Rock Backwards  
1 x 30 reps



- Arm Side Raises  
1 x 30 reps

## 2 SKILLWORK



- Serratus Push-ups  
3 x 8 reps



- Planche Leans  
3 x 15 seconds

## 3 STRENGTH, MUSCLE & ENDURANCE



- Tuck Planche  
3 x 12 seconds



- Pseudo Planche Push-ups  
2 x 30 seconds



- Hollow hold arms up  
3 x 45 seconds

## 4 COOLDOWN



- Standing Tricep Stretch  
2 x 30 seconds



- Beginner Wrist Stretch  
1 x 60 seconds



- Leg Hug  
1 x 60 seconds



- Child Pose  
1 x 60 seconds



- Seal  
1 x 60 seconds

# Advanced 45-minute sample workout

If you are in the higher level of planche training, you are very close to reaching your goals while still being far away.

Advanced planche training focuses more on addressing any weaknesses and accumulating volume to further solidify your foundations.

By this point, you should already have excellent specific planche strength and mobility. You should also have ingrained in your system the key points of proper planche form. If you need a refresher for the planche form, you can check out the link below:

**"How to perform a planche - the full perfect form"**

## 1 WARMUP

 Butt Kicks  
2 x 30 reps

 Double Jump Rope  
1 x 30 reps

 Arm Cross Swings  
2 x 30 seconds

 Wrist Rock Backwards  
1 x 30 reps

 Arm Side Raises  
1 x 30 reps

## 2 SKILLWORK

 Hip Raises  
3 x 5 reps

 Box Leg Extension  
3 x 8 reps

 Planche Leans  
3 x 15 seconds

## 3 STRENGTH, MUSCLE & ENDURANCE

 Straddle Planche  
3 x 5 seconds

 Facing Wall Handstand Push-ups  
3 x 6 reps

 Wall walks + Push-ups  
3 x 5 reps

 Hollow Body Hold  
3 x 60 seconds

## 4 COOLDOWN

 Standing Tricep Stretch  
2 x 30 seconds

 Beginner Wrist Stretch  
1 x 60 seconds

 Leg Hug  
1 x 60 seconds

 Child Pose  
1 x 60 seconds

 Seal  
1 x 60 seconds

## You can do it!

Planche training looks very intimidating especially when you look at how long before you can learn planche, but you don't have to worry. Learning planche is very much possible for anyone who will dedicate their time and efforts to it smartly.

You just have to plan your journey accordingly and respect the demanding requirements of planche. Easier said than done, I know. But if you want it, you will commit to it, and eventually attain it.

Don't give up!

## Ready-made workouts are not the best

Just before you jump straight into this workout and expect some gains, you need to know that these types of workouts are not ideal to progress in calisthenics.

At first glance, the workouts seem promising. It's divided into levels in which you can categorize yourself into.

But these questions and realizations will come into mind especially once you got to try the actual workout:

- How can you really tell if you're already an intermediate, advanced athlete or still a beginner?
- The difference in difficulty from each level is too drastic.
- Some exercises are too easy or too difficult for you.
- There are lagging body parts that I need to address.
- The whole workout makes me progress too fast or too slow.

With these realizations in mind, you might end up demotivated, uninspired and ultimately quit your training.

Such training programs also post a higher risk of injuries due to the sudden jumps of difficulty and inability to address weaknesses.

# What you actually need are personalized workouts similar to what The Movement Athlete Academy provides

Powered by a powerful Artificial Intelligence, [The Movement Athlete Academy app](#) creates a program that is perfect just for you.

Personalized workouts are the exact opposite of the ready-made workouts.

First, since personalization is specific to your needs, goals and current situation, an assessment will start your program. The assessment bases the structure of your program so you'll have the right level exactly just for you in every aspect.

Your new program isn't set in stone. As it's fully personalized, it will continue to adjust based on your current progress and ability to train that day.

Let's be realistic. There are just those days that we can't perform like we want to because of other factors in our lives affecting our performance. The Movement Athlete app adjusts for you.

If you badly want to reach your handstand, train realistically.

Train safely, effectively, efficiently and with purpose. All of these while keeping it fun.

If you want to learn handstand, train with The Movement Athlete.

## Chapter 9

# PLANCHE TRAINING EQUIPMENT

Faster progress, more challenge



You can learn planche with virtually no equipment, just the floor.

But if you want to learn planche more efficiently and get the most out of your workout every time, there are pieces of equipment you can add to your planche journey.

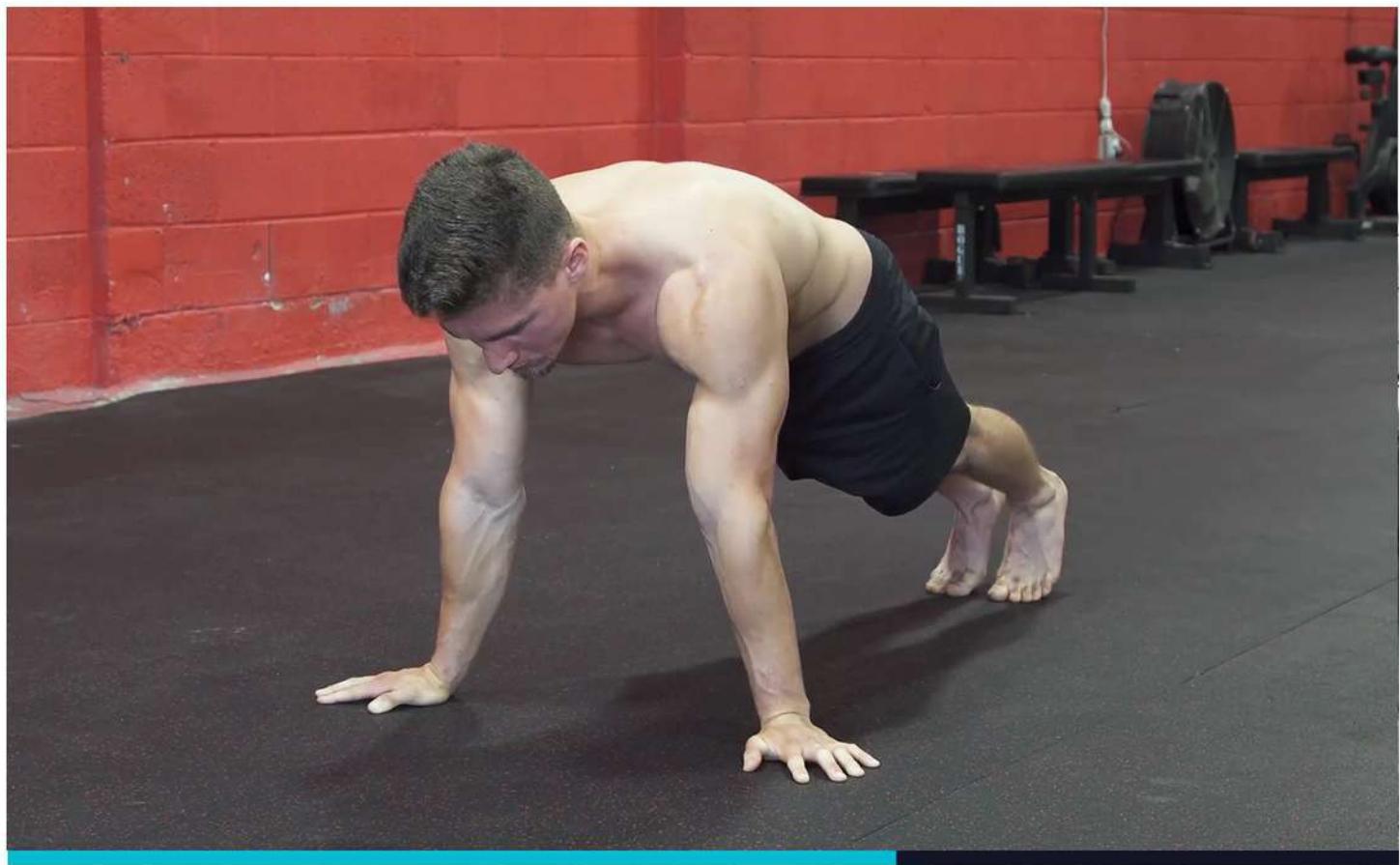
These are very accessible pieces of equipment so it's not that particularly hard to look for (Expect for the fancy planche trainers). Keep also in mind that it's not mandatory to get these items but it will certainly boost your progress so why not, right?

- ⌚ Hard Floor
- ⌚ Parallettes
- ⌚ Gymnastics Rings
- ⌚ Resistance Bands
- ⌚ Weights/dumbbells
- ⌚ Planche Trainer

# PLANCHE EQUIPMENT

## Hard Floor

Purpose: Training Surface

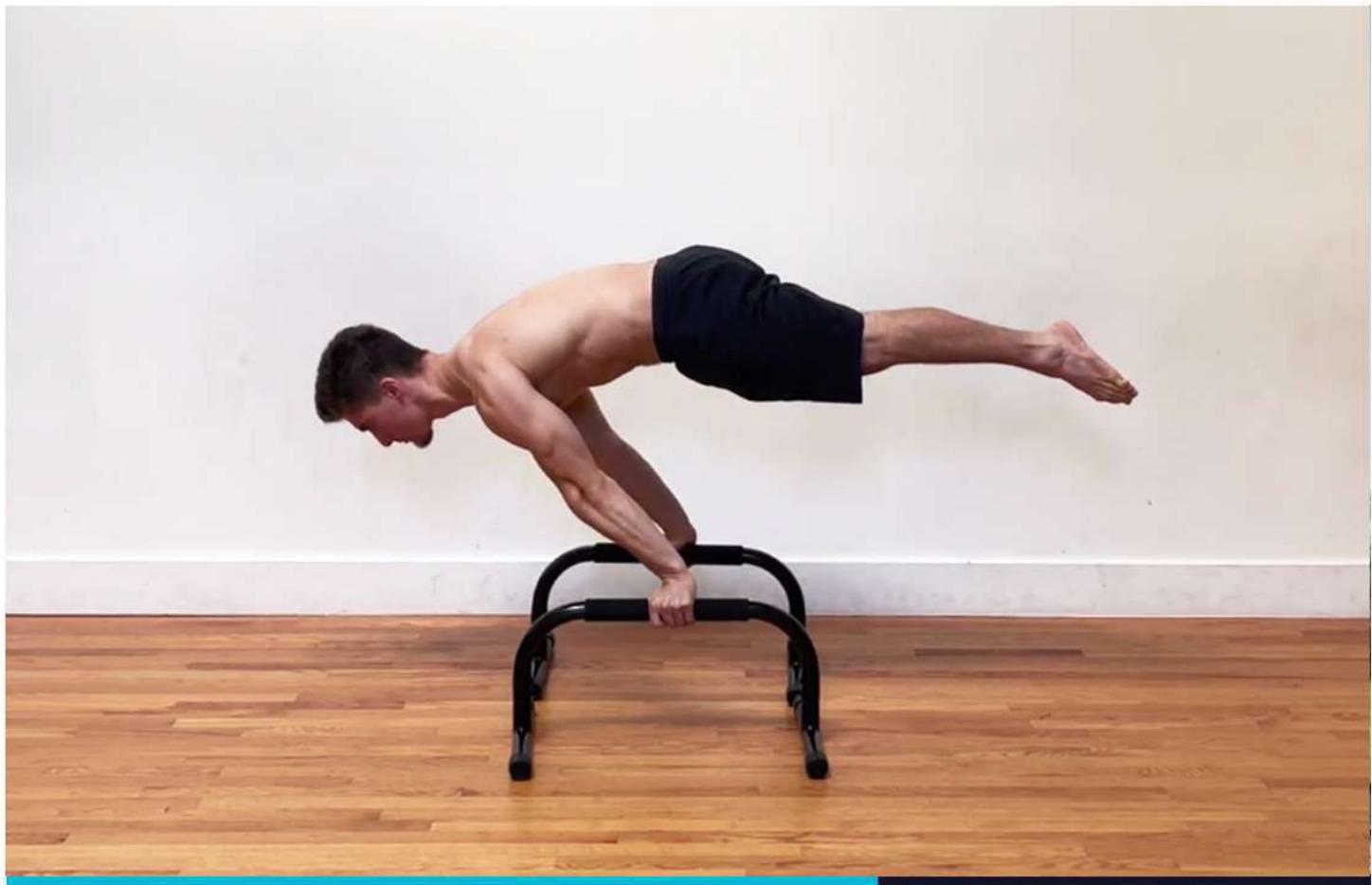


A good hard surface is the one thing most important for planche (and almost all other calisthenics exercises). It's vital to have a solid floor so that the force you apply to the ground gets reverted back to you. You get better feedback and easier to push off the ground.

With softer surfaces such as cushioned gym mats or grass, applied force is lost on the surface so you will find it more difficult to push off the surface. You might find safety from the softness but it will actually do you more harm so I highly recommend looking for a smooth, hard surface for you to train your planche.

# Parallettes / P-Bars

Purpose: Training Surface



Parallettes are gymnastic-based equipment simulating the parallel bars in men's artistic gymnastics category.

Using parallettes relieve some load off your wrists allowing you to focus on training other aspects of the planche which is already very demanding. This is due to having neutral grip on the bar. You'll need to get used to this feeling if you've been training on a hard flat surface for quite some time.

Parallettes are also excellent for additional difficulty on some strength training exercises and allows you to train moves that are too difficult to do on the floor. It opens new transitional moves such as training the front lever to planche.

You can definitely opt to train with parallettes even if you are starting out so you can put less pressure on the wrists. Highly recommended if you're going to train from an injury (assuming you're already 100% healed first!)

# Gymnastic Rings

Purpose: Training Surface



For those who are advanced enough, planche on gymnastics rings could be an option to increase intensity. The jump from planche on the floor to planche on the rings is huge. Make sure you have a strong straight-arm support hold on rings. The natural instability on rings creates added difficulty. Your core and upper body need to work harder to promote stability even as simple as a support hold on rings. Do not underestimate ring work as most individuals did. It is a truly humbling experience especially if you're aiming to do planche on rings.

Ring training also opens up new transitional abilities from and to planche. You can do muscle-up to planche, levers to planche, planche to maltese and the likes. Rings' instability promotes freedom of movement in which you are able to do more moves but comes at a hefty price of being more challenging. It's certainly not a disadvantage in our eyes!

# Resistance Bands

## Purpose: Training Assistance



Unlike the regular purpose of resistance bands which is to add resistance on other exercises, bands have a special and very vital role of assisting you in more difficult planche progressions. This allows you to learn the position while experiencing less demands of the unassisted version.

Resistance bands have the amazing capability of bridging the gaps between progressions that seemingly have a big jump between them. Such gaps are experienced in tuck planche to advanced tuck planche. Many people get stuck at tuck planche and don't know what to do.

Easy solution: Use band-assisted advanced tuck planche so your body can learn the position and strengthen the shoulders and wrists for the additional lean required for the advanced tuck. The assistance will allow you to hold longer periods and build the necessary volume for growth.

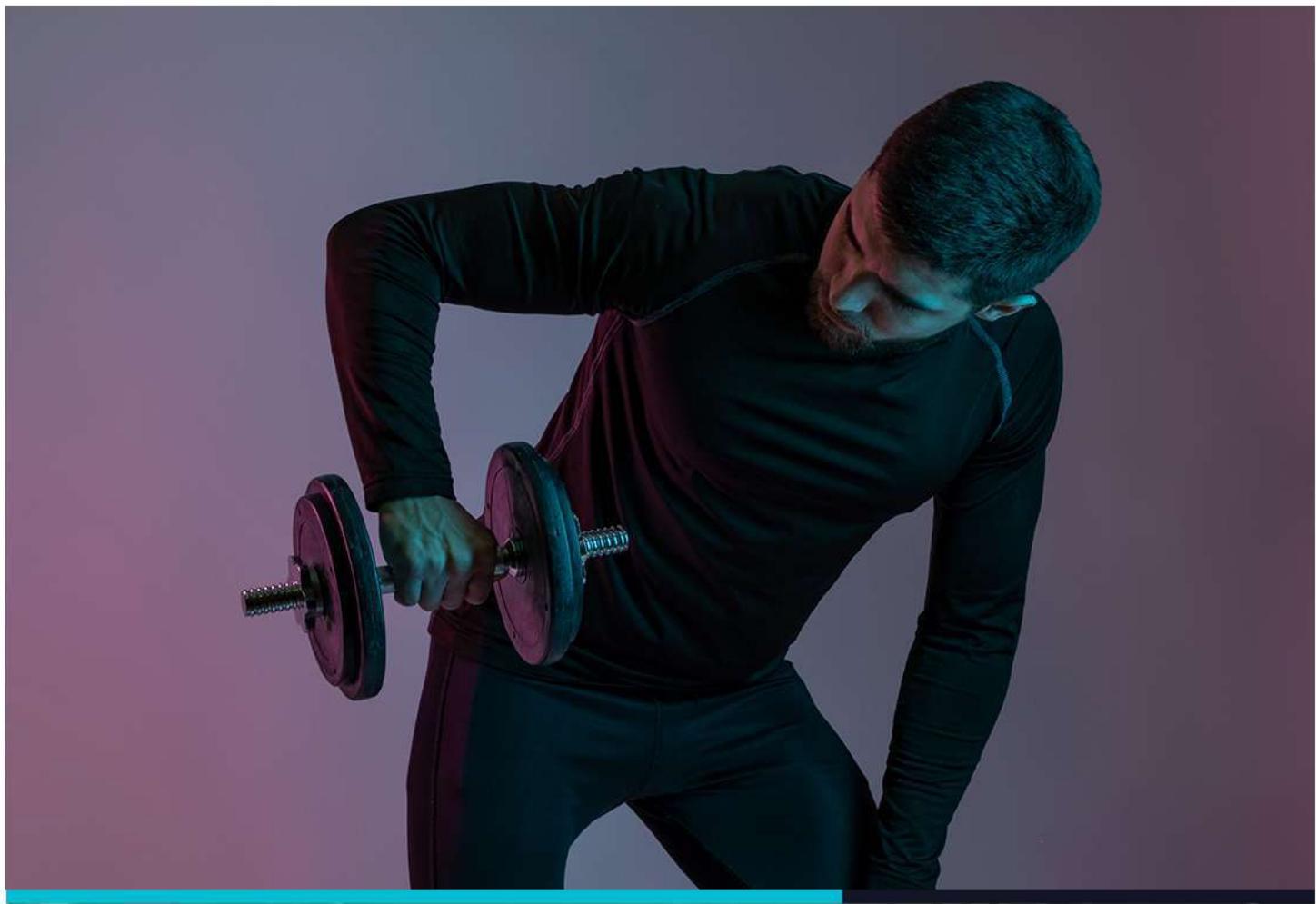
This is only a specific example. You can always use bands for more difficult progressions to get a feel of the position.

Here are things you need to remember when training with bands for planche:

- **Don't abuse the band assistance** - Always keep the exercise challenging. The band shouldn't do all the lifting.
- **Choose the lightest bands** - This will keep you from relying too much from the band. If the exercise is still too difficult, focus on the easier progressions and weak links first.
- **Keep band set-up consistent** - Do not change the height or position of the bands. Keep it consistent so you get consistent assistance every session.
- **Place band support around hips** - Placing the band in the center of your body will prevent any awkward assistance from the bend when holding the position.
- **Band support should be 90-degrees vertical as much as possible** - Similar reasoning goes for this when placing the support around the hips.

# Weights/Dumbbells

Purpose: Training Accessory For Overload



As much as we want to train only with bodyweight, we cannot deny the benefit from training with weights and dumbbells for faster and more efficient progress.

Dumbbells are mainly used to overload the biceps and elbow joints safely when preparing these weak points for planche. Bodyweight can be used but the isolation that dumbbell provides cannot be dismissed.

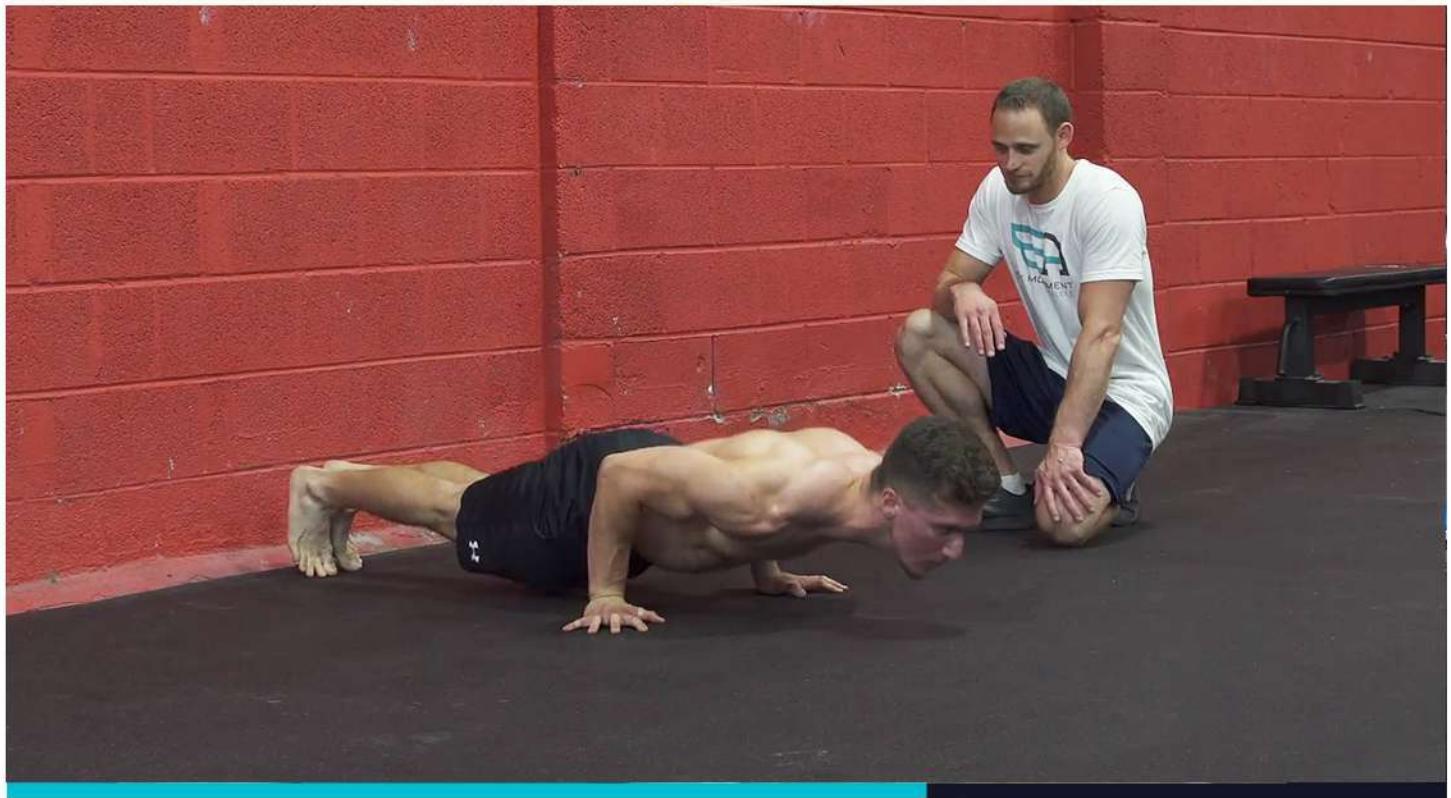
Furthermore, using weights for weighted push-ups allows you to get your pushing basics stronger which directly transfers to your planche work.

These items are fairly affordable and accessible which can also be [replaced with other equipment you can find in your own home.](#)

Train with weights slowly. Do not go for heavy lifting.

# Gymnastic Trainers/ Plance Trainers

## Purpose: Training Assistance



These are very specific equipment designed to train planche and other gymnastics/calisthenics advanced skills.

They work similar to resistance bands but offer more control on the amount of resistance you get. You can dictate the resistance by adjusting the counterweight placed in the pulley system. If you can get a hand of these, then that's great for you. You can definitely get an advantage in training for planches and other advanced skills.

The drawback of this type of equipment is the cost of purchase as well as setting it up. It does require you a set of weights, dumbbells or kettlebells for the counterweight. Price range for the harness set alone costs around 270USD and above; weights not yet included.

Resistance bands offers an affordable yet highly effective alternative. Of course, if this planche trainer is accessible to you, why not?

## WHICH EQUIPMENT SHOULD I GET?

It highly depends on your accessibility. If you can afford everything in the list, the better. If not, key items such as resistance bands and a few sets of dumbbells will already provide you excellent opportunities to boost your training.

Remember that these pieces of equipment are not mandatory, but can aid your training journey for planche.

Train smart!

## Chapter 10

# PLANCHE TRAINING INJURY PREVENTION



As you know by now, planche is such a humbling advanced calisthenics skill that demands the utmost respect from any individual no matter the skill level.

While the basic requirements to start the planche journey is relatively easy to attain, the strength, mobility, and technique to hold a planche are undeniably challenging and steep. You may read more of this in the article "[Planche: Muscles Used & Requirement.](#)"

Even elite athletes who make planche seem like a walk in the park still experience high demands on their bodies when performing the move.

That being said, planche places you at a higher risk of injury compared to other skills. Such high reward skills come with these slight "drawbacks".

Any injuries, especially when concerning the prime movers of planche, won't only slow down your progress but could even throw away any progress that you have made. That's why it's very important to train as safely as possible.

**It's inevitable to completely remove any risks with any movement or activity.** As you become more active and aspire to attain more advanced skills, these risks come to tag along.

**No need to fret!** You cannot train with 0% risks but you can massively minimize the risks of injury if you train smartly.

Here are the tips you need to remember in order to train safely, make progress faster, and achieve the planche earlier.

# MOBILITY EXERCISES

You should have known by now that planche demands an exceeding amount of upper body strength, but **it's not all brute strength!**

In order to perform the planche, you must also have access to proper mobility in specific areas of your body mainly your wrists and shoulders. Without mobility in these two, you won't even come close to raising your body off the ground.

As discussed in our previous article [\*\*"What is a Planche?"\*\*](#)

holding the balanced position of planche requires an extreme angle for both your wrists and anterior deltoids. The tremendous pressure put on these two requires both strength and mobility.

## Wrists

There are different hand placements you can use to perform a planche. But regardless of hand placement, all of them need your wrists angled at an extreme point.

As a result, your wrists are at the highest risk of injury especially when the joint isn't used to such an awkward position while holding a ton of pressure.

Minimizing the risk of injury on your wrists is easy to do as it's also highly productive to your planche journey.

Wrist mobility exercises prior to your planche training are easy yet highly effective. As simple as **wrists rolls, rocks and rotations** will produce results. They are your best friend to keep your wrists healthy and strong for your planche journey. The main thing you need to remember is to **keep it slow, steady, and consistent.**



## Shoulders

Your shoulders work the most alongside your wrists for you to perform the planche. It has the key role to stabilize everything into place while keeping an extremely awkward angle and position which most people aren't trained to do.

**Proper shoulder mobility is key for a proper and efficient planche hold.**

And when we're talking about shoulder mobility, we're specifically talking about two things: *Shoulder depression* and *scapula* (shoulder blade) protraction. These two help your shoulders stay healthy when performing such an advanced skill.

Shoulder depression and scapula protraction can be done with *very simple cues*. Simply push your shoulders down away from your ears (*depression*) and from the ground (*protraction*).

It's such a simple motion that most people tend to overlook and underestimate. Most people will realize the difficulty of this position and how their limited motion could be when trying it for the first time with maximum effort.

Although, you can get away and be able to hold a horrendous planche without these two it places your shoulders at such a high risk of injury.

Proper preparatory exercises to increase shoulder mobility not only decrease the risk of injury, but it will also help you maximize your muscle performance when holding a planche. We'll talk about more of this in our **progression section**.

# REST

Like training with any other goals, rest is as important as the actual activity and nutrition. There are two categories of rest we're going to discuss: *inside* and *outside* your training.

## Inside training rest

A strength skill such as a planche is quite similar to strength training. Rest periods are kept at a higher range so your body can rest to be able to perform a high intensity exercise such as the planche variation. A good 3-5 minute rest is not too much when training the planche variation suitable for your level. This rest period keeps your muscles fresh each set as form is very important. You don't want to be breaking from during your sets.

**When you train with too little rest, expect form breakdown and a higher percentage of injury.**

Accessory exercises for planche can be trained for lower range rest periods ranging from 30 seconds to 2 mins.

Moreover on training rest, training frequency should also be taken into account. I know you would love to learn a full planche as soon as possible, but this doesn't mean you would need to train 7 days a week.

Training frequency should be juggled around 4-6 times per week depending on each session's intensity. The more frequent your planche session, more moderate your intensity must be in order for your body to recover. The less frequent, the higher the intensity you can allocate.

**Not providing sufficient rest periods when loading your body with a demanding session from planche training is a disastrous way to over fatigue your body and ultimately lead to injury.**

# Off training rest

Similar to your rest periods during your training, off training rest is also essential to increase performance in and outside your training, and decrease risk of injury.

Get high-quality zzz's for your preferred amount of hours (normally 7-8hours will do). This will prepare your body for the demands of your training both physically and mentally. Keeping you sharp and focused.

Along with proper rest is good stress management. Our daily lives could sometimes be overwhelming. It is important to have a good control on your life so you can train with maximum effort and avoid any injuries.

**Control your life for better body control.**

## LISTEN TO YOUR BODY

Pain is a response of our body to something it doesn't like and knows that it will eventually produce catastrophic consequences.

When training, immediately stop what you're doing when you experience pain. What we are looking for is discomfort, but never pain. Take notice especially on the wrists as these are the most likely to experience it.

**Train hard but never forget to train smart as well.**



# RESPECT PLANCHE

Best way to avoid injuries when training this skill is just by respecting the difficulty of the move. Planche is a complex skill that tests your body in a very unusual position and at a high level as well.

Here are the reminders on how you can respect planche and avoid any injuries during your planche journey.

## Elbow joint development

A proper planche can only be called a planche (with the exception of *bent arm planche*, of course!) when you perform it with straight arms. This position not only puts heavy load on your anterior deltoids, arms, and wrists, it also places a significant amount of pressure on your elbow joints.

We might be able to recover and build muscles fast, but our connective tissues in our **joints do not get stronger as fast as our muscles**. So even if you know you have the muscle strength for planche, ease in slowly when building your joint strength.

There's no way to expedite the process. Keep consistent training and don't rush your straight-arm strength development to avoid any injuries.

## Warm-ups!

This goes for any goals you may want for your workout. Proper, goal-oriented warm-up is essential to maximize your performance and avoid any injuries. This holds true especially for advanced calisthenics skill training such as a planche.

Warm-up primes your body for the heavy loading it will experience in the training proper of your session.

**Do warm-ups specific for the planche.** Target your shoulders, chest, wrists, arms: basically the whole upper body and core.

You do not need to jog for 15 minutes for a planche.

# Proper progressions

The only way to progress fast in planche training (and in your calisthenics journey as a whole) is by following a good set of *progressions*.

*Progressions* are sets of exercises arranged in difficulty so you can build your strength, skill, muscles and technique specific for your goal. These exercises are arranged so wherever you are in your fitness journey, you will find a suitable exercise to give you direction towards your goal.

In terms of planche, a high-level skill, progressions lets you progress in the **SAFEST, FASTEST and MOST EFFICIENT manner**.

This means less injuries as your body will be able to slowly adapt to each progression. There won't be any sudden jumps of exercise intensity which could potentially lead to injuries.

Follow a proper progression like what we have for Movement Athletes.

You check it out this [\*\*article: Ultimate Planche Progression for Fastest, Safest and Most Efficient Progress!\*\*](#)

As we have already emphasized all throughout, planche is an advanced skill that's demanding on the body but provides a very rewarding achievement. Every effort and time spent on planche is worth it, but you have to work smart and slowly.

Remember: each and every one of us has only one body to take care of. No matter how fast we want to learn the move, our bodies can only do so much.

Take care of your body first and you will be shocked how fast you will be able to learn planche.

## Chapter 11

# WHAT'S NEXT AFTER PLANCHE

Elite Level Skill Work



Mastering the full planche is an amazing feat on its own. You'll feel like you're on top of the world and already have defeated gravity.

The feeling of having conquered planche is indescribable. You might think that it's the top but the journey doesn't stop there.

There are tons of movements you can still choose so you can progress further in your calisthenics journey. As your vocabulary of calisthenics skills increase, your opportunity to create movement widens.

Take note that the succeeding moves should not be underestimated. If you have mastered planche, progress will be a bit faster but respect must still be given. These advanced skills are top tier moves that demand additional loads from the body on top of the already unforgiving demands of planche.

# PLANCHE VARIATION

## Different Grip Full Planche

After mastering full planche, one route you can move towards is to master different grips of planche. You can do this by practicing on the floor or a different surface such as on parallettes.

Practicing the other hand position produces a different stress on your wrists and minor differences in muscle group such as the biceps. Once you've mastered different grips, it will allow you to open other transitions in and out of your planche. Benefits also transferable to ring planche.

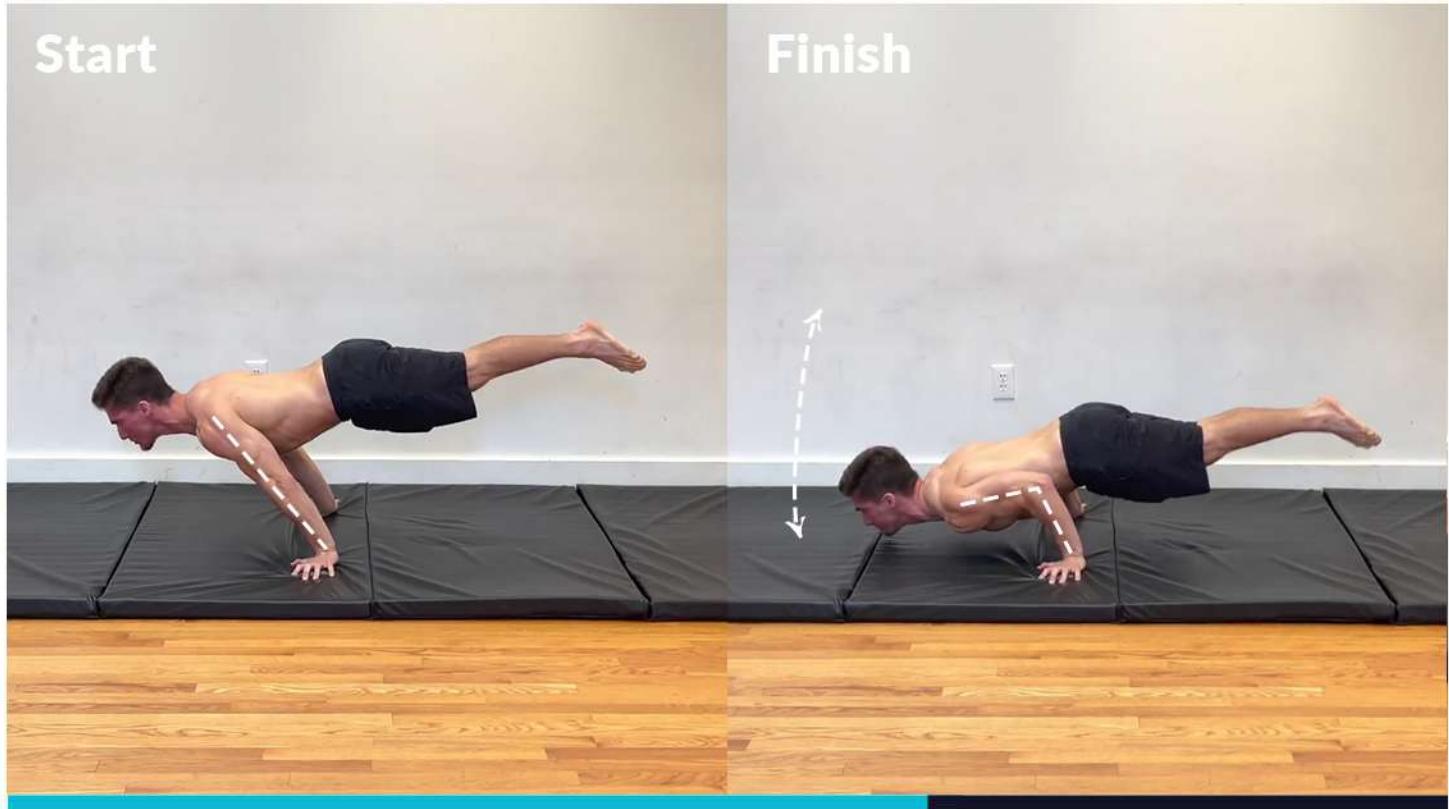
For even advanced and crazier individuals, you can do a planche with only 2 fingers!



*Serge Tevosyan showing insane planche with 2-fingers!*

# Planche Pushups

Planche pushups are excellent for building more planche strength for even more advanced variations. You can also use easier progressions of planche as pushups to solidify your current static planche goal.



## ► How to Perform:

1. Begin in a full planche hold.
2. Lower down until your body is parallel with your hands.
3. Push back up to the top position.
4. Hold for a brief moment.
5. Repeat for specified repetitions.

**3 Sets of 8 Reps**

## Ring Full Planche

The instability of rings provides massive additional difficulty and stress, especially on planche which is already a different skill. It's an excellent next move if you want more transitions to master rings.



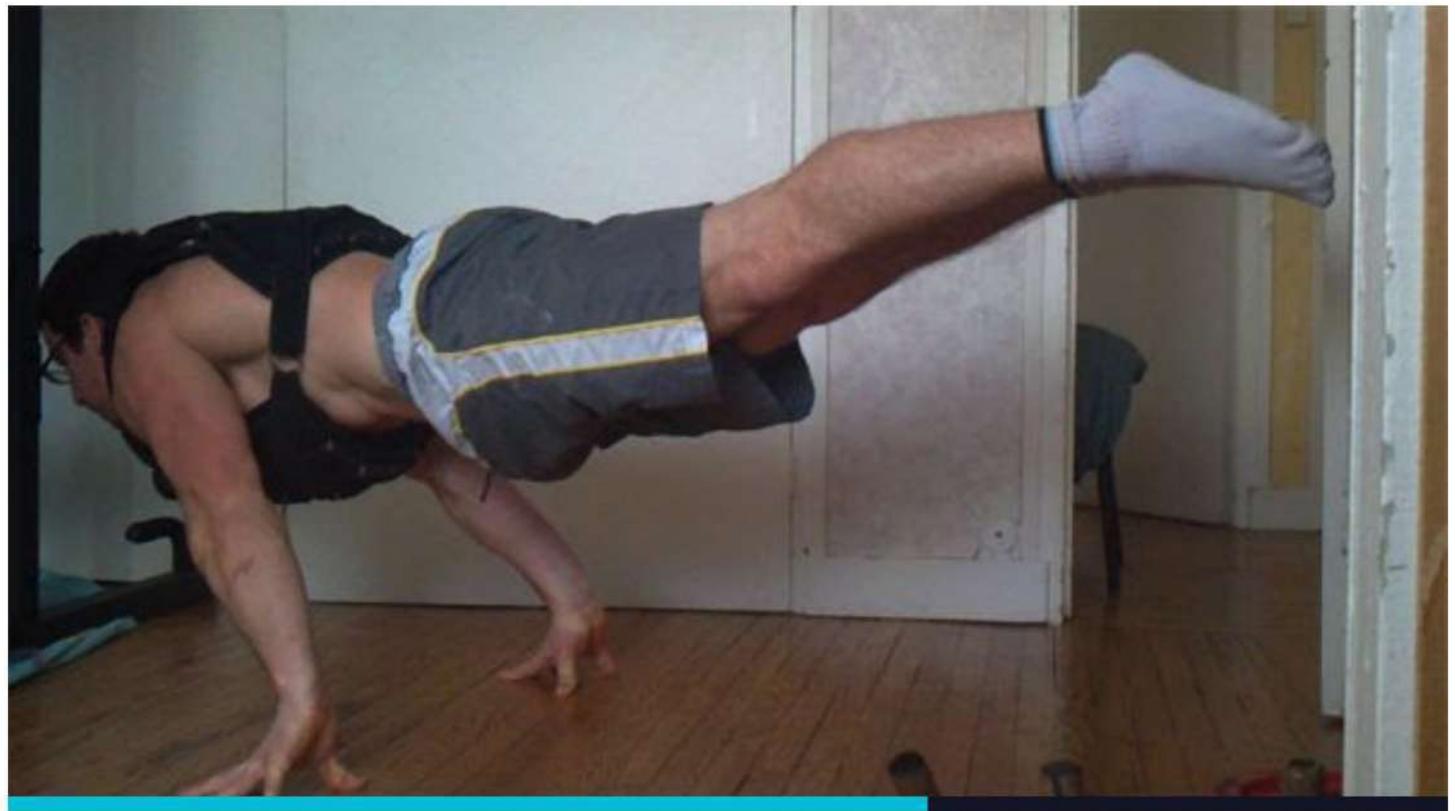
### ►► How to Perform:

1. Perform a support hold position on the rings.
2. Lean forward to shift the weight forward.
3. Lift your lower body until parallel to the ground.
4. Hold the full planche for a specified time.
5. Repeat for specified repetitions.

**3 Sets of 30 Seconds**

## Weighted Planche

One way to make any calisthenics exercise hard is by adding weights. It translates to higher strength gains. When you train this, you'll be surprised how light your bodyweight full planche will feel.



## One-arm Planche

Planche is already a difficult skill. Just imagine doing this with one arm. This skill requires you to bend your waist towards your support arm so you can balance. We can definitely say that only a few people in the world can do this with fully locked out elbows due to the immense pressure put on the single arm holding the full bodyweight.



*[Valera Kisichenko](#) turning of gravity to demonstrate one-arm planche*

## Maltese

This one is basically a planche with your arms much farther apart compared to the regular full planche with more or less shoulder-width apart support. Maltese can be done on rings in which you can go deeper and you can alight your whole body in a single plane: shoulder, wrists, upper torso, lower torso, all aligned. This elite skill puts higher demand on your biceps and shoulders compared to the planche.



Athlete [Osvaldo Lugones](#) performing maltese on the floor

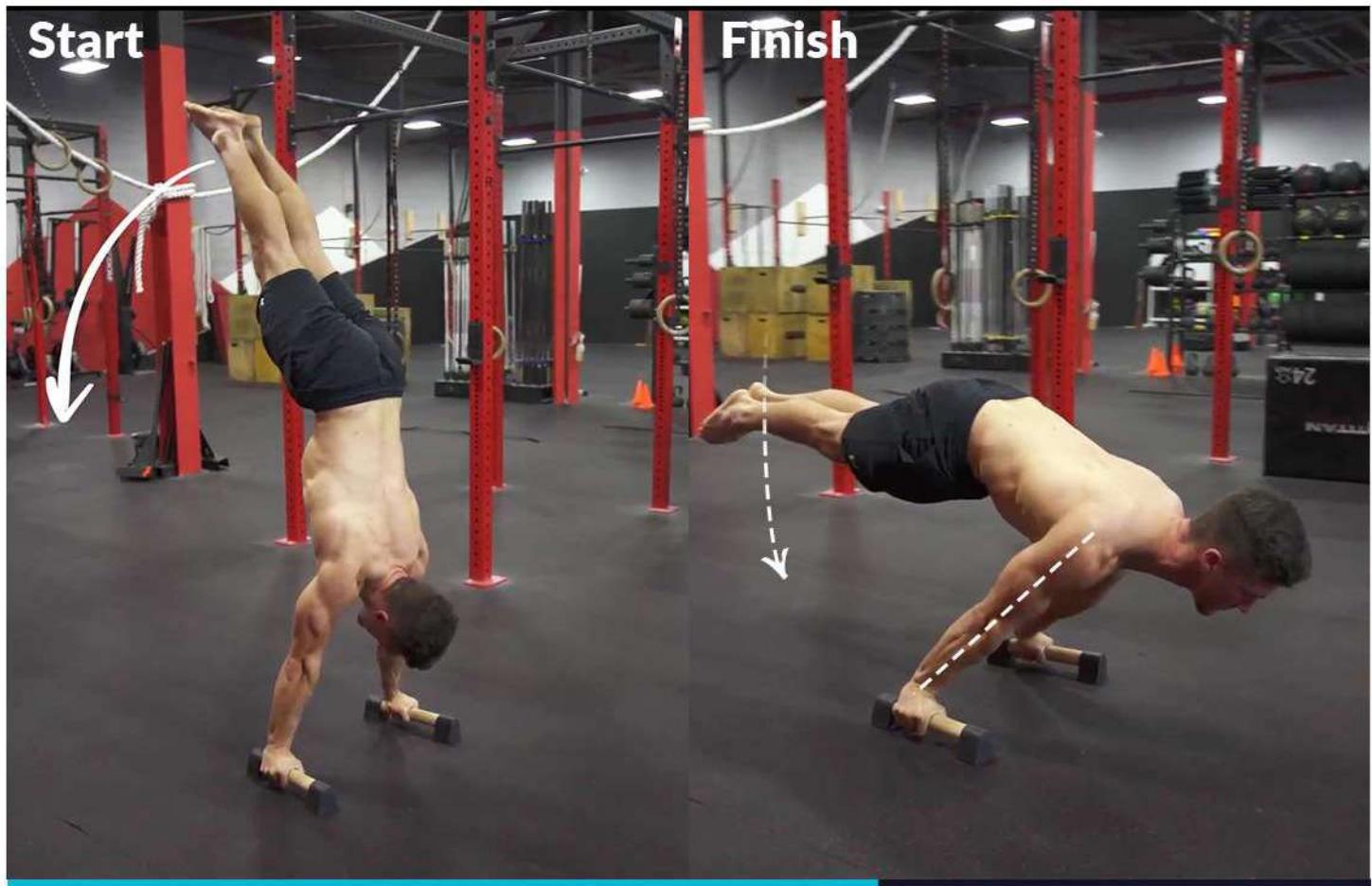
# PLANCHE TRANSITION

Another way to increase difficulty of planche is by using transitions to move into and out of planche. There are tons of moves you can play with and you can use your imagination to create your own patterns and combinations.

When attempting to integrate transitions, make sure you have a mastered planche as well as the move you're going to combine it with.

## Handstand to Planche

The first combination you can learn is this one. Handstand is by miles an easier skill to learn so it's safe to say that you should now have mastered this "basic" hand-balancing technique.



## ► How to Perform:

1. In a standing position, bend over with straight legs and place your hands in front of your feet while piking at the hips.
2. Lean forward to shift your weight and easily lift your feet off the floor.
3. Continue the press into a handstand.
4. Lower your body to the planche by leaning forward even further.
5. Repeat for specified repetitions.

### 3 Sets of 12 Reps

## L Sit to Planche

This sequence combines the full L-sit and full planche. Mastery of both exercises is a must. Slow and controlled movements offer a huge challenge.



## ► How to Perform:

1. Begin in a full L-sit position.
2. Shift your weight forward, then let your lower body pass through your arms.
3. Lean forward enough to be able to lift your legs into a full planche.
4. Repeat for specified repetitions.

### 3 Sets of 12 Reps

# Planche Press

This sequence passes through the planche up until the handstand position. It's a high-level skill that requires mastery of both hand-balancing exercises.



## ► How to Perform:

1. Lean into the planche hold.
2. Hold for a brief moment.
3. Press up into the handstand by leaning less and shifting your weight backward.
4. Hold the handstand position.
5. Repeat for specified repetitions.

**3 Sets of 12 Reps**

**ARE YOU READY?**

# **BUILD STRONG CAPABLE BODY WITH PROGRESSIVE CALISTHENICS**

## **THE MOST EFFECTIVE BODYWEIGHT STRENGTH TRAINING ON EARTH**

Training with The Movement Athlete, you'll first take an assessment to understand where you are in your fitness journey.

From the assessment, the app provides a well-structured program that builds you the necessary strength, muscle, endurance and skills for a planche.

You don't have to worry about your training getting too difficult and too easy. The app adjusts to your capabilities, progress and energy levels.

**All you have to do is just DO and trust the program.**

## **So what are you waiting for?**

### **GET A FREE CUSTOMIZED TRAINING PLAN**

**Take your free assessment now!**

It only takes 5 minutes, and no credit card is required! Just make sure to use your real email address so you're able to see your results 😊

After signing up and downloading the free app, you'll:

- Get a detailed, **personalized training plan including recommendations and workouts** that you can use right away!

**► TAKE ASSESSMENT**



# **"As a professional athlete I can say- The results are incredible."**

I was like "**I want to be able to a planche, proper muscle-ups, hand-stands ... key calisthenic moves.**"

**"Well, I need guidance on this."**

**I've gotten a lot stronger on it.** Plus, by not using weights I find, using bodyweight, **I don't have stress on my joints. I'm just a lot looser, too,** so it's pretty cool.

I think the Movement Athlete is compelling because:

- A. visually, **it looks good, but it's also easy to use.**
- B. **It works.** I say that, **as someone who's been doing this a long time, the results are real.**

I'm able to do **more pull-ups or muscle-ups. It's very rewarding, too, considering I'm 37. I'm getting older**, but I'm finding now that **I'm still able to get results.**

**My overall feeling of strength is higher**, in my actual ability, I just feel stronger and my performance has gone up.

So, that was kind of like "Oh, shit, this actually works quite well." Definitely, **I've gained about ten pounds of muscle, too**, which is interesting considering I didn't really change anything in my diet."



**Ross Lockie**  
37  
Professional Athlete,  
Gym Owner

# **"INCREDIBLE PROGRAM THAT WILL GET YOU STRONG & MOBILE"**

"I've been working out for years. I ended up getting strong and maybe not so mobile, with some impingement in my shoulder and that's when I thought, **"Okay, something needs to change."**

**I'm really happy that I bought this program** and **I'm really happy** that I actually took the step to try something different. It was **very rewarding**.

I have seen a really good improvement in my wrist flexibility. **So, my wrists are much stronger, much more flexible. This increased my grip strength a lot.**

Also, **my shoulders feel really good. They feel strong**. My knees are more flexible. **I can squat deeper**. I can just about split.

It's **really satisfying** because I **can feel my body is getting stronger and more mobile** as I'm doing these exercises, which it wasn't when I was lifting weights."



**Jacques O'Connell**  
35  
Physicist

# **“I WAS SO TIRED OF ACHING. NOT ANY MORE!”**

I was just tired of aching all the time and feeling like I was losing mobility. I've always been interested in calisthenics but I never knew how to get started with it. Then I found (The Movement Athlete) and said, "Oh, this looks great."

I would describe it as **very convenient**, probably I would say **low stress app way to exercise**. Just in the fact that, you know, **minimal equipment** is what makes it so nice. You can find places to do it almost **anywhere, anytime**.

It's definitely making me feel a lot better. I mean, right now, **my hips and my lower back have stopped hurting, which has been great.**

The way that the app works with the **progression, it seems like it is working really well**. I think what sold me on this app was that, you know, it has **built in algorithms in the AI to help you progress when you're ready to progress, as long as you're honest with it.**



**Anthony Monte**  
37  
Airline Pilot

# **“IT’S LIKE A GAME WITH LEVELS BUT FOR YOUR TRAINING”**

**“You can get a bit of help through YouTube videos and all of that, but it’s not the same.** And I just wanted something more.

I found the app, and I thought **might as well try it.**

**It looked very appealing,** and even if I download the app, **there is a very good explanation of how it works,** and the idea of as I said, of **progressions.**

**It’s like a game, with levels and all that, so that was a bit exciting, it was very interesting to see.**

**It encourages the idea that age is just a number.** And secondly, even the fact that **you’re fit, you’re there, and it feels good.**

**It’s a must try, because it caters to you, to each and every person’s individual skills.**

**It’s like investing in your own body,** you know what I mean?”



**William Hayman**  
33  
Counselor  
Therapist

# **“Solid results without the headache!”**

**“I was really struggling to get into a routine** and a habit, and I wanted to get back into exercise.

This (The Movement Athlete) **helped me to achieve my goals** whilst also, you know, not taking up a huge amount of time or requiring me to go to a gym.

You don't really have to think that much. You just have to **do the assessment** and then it kind of tells you, this is the exercises that you need to do.

**It saved me a huge amount of time. I don't have to think about it.** I just turn the app on. It's there and I'm ready to go.

I'm seeing achievement and **I'm seeing my progression. I feel good about that.”**



**Andrew Brooks**  
41  
Product and Program Consultant

# **“You are getting stronger, building muscle but also mobility”**

**“I was missing the gym often.** I was just... **I’ve got a busy life.**

**Using the app, it just gives me more motivation.** It actually made me want to go back to the gym and go more often. But yeah, really **easy to use.** Much better than everything else that I’ve seen. The **quality of the videos are really good.**

The great thing about this style of training that **you’ll get stronger, you’re still building muscle, but you’re working on your mobility.** **I want to keep surfing until I’m in my 60s or my 70s,** so I need to be really careful with my flexibility and mobility.

As you move through each step, **you’re closer to doing the thing that looks really hard that you thought you could never do.”**



**Enilson Andrade**  
41  
Computer Programmer

# **“I don’t need to worry about getting stuck”**

“With The Movement Athlete I **don’t need to worry about getting stuck.** **It’s adaptive and fun.**

You can **increase your strength and mobility**, basically anything that you want to do with your body.

**There’s a lot of progressions I can use** so it feels like I’m not getting tired of what I’m doing.

**My core part has gotten a lot stronger.”**



**Jan Erik**  
Product Developer