First read this:

<http://propanefitness.com/beginners-guide-how-to-read-training-program-notation/>

Second, goggle and youtube all exercises if you are unfamiliar with them.

Third, I want you to submit videos of the exercises described below for review.

You will sequence all the clips together into one, separated by subtitle of the movement that follows, (use youtube editor or Imovie/movie maker) and upload it

as a private clip viewable only by link access, but not 'private', just 'unlisted'. Send me the link via email. The whole clip need not be longer than 7 min. You will edit anything not necessary out of it.



Once I give you the green light, you can go ahead and start pursuing the program for the next 6 weeks.

DO NOT START TRAINING BEFORE RECEIVING THE GREEN LIGHT FROM US.

**Phase 1**

Equilibre+mobility Session

A General Joint Mobility

B Wrist Routine (here is a post I made on the wrist routine: <http://idoportal.blogspot.com/2009/07/preparations-for-our-daily-training.html>) X 2 circuits

\*No need to film the whole routine, just two movements- Wrist Flexion Raises - with locked elbows flexing the wrists and lifting into the fingers support position - not fingertips but the whole fingers from the first knuckle in the base of the fingers and up to the fingertips should remain on the floor.

Reverse Wrist Push Ups - from fists push up support position lower down slowly into the back of the palms and press back up to the fist, this time the motion includes elbows bending outwards.

C1 Back Body Line Drill + 2.5 kg plate lower behind you and extend legs into the 'Line' / hold 60 sec

(Lay on your back while lifting your legs until they are vertical. Lift your butt slightly off the floor by contracting your ab muscles in a slight 'reverse sit up' motion or just like lifting towards a candle stick. At the same time, lift your arms to the same vertical position with a 2.5 kg weighted instrument that allows a shoulder width grip. Make sure your whole back is pressed into the floor in the starting position, no space between your lower back and the floor. Start lowering your legs towards the floor as you lower also your arms back into the floor with the weight. Your objective is to go as close to the floor as possible without losing your lower back contact to the floor and holding that position for time.

C2 Active Pigeon Stretch X 10 reps + 10 sec pause (per side)

Active Pigeon is performed like this: from a front lunge stance, with the back leg on the toes and the front flat, place both hands on the sides of the front foot. Slowly externally rotate the front leg until the shin touches the floor in 90 degree position to the back leg. Do not allow any other angle and if impossible to reach the floor -just lower as deeply as you can. The back knee stays off the floor for the duration of the set. Keep rotating the front leg down and back into the lunge in a slow but dynamic fashion. Once you complete all the prescribed reps, pause for the last rep in the stretched position for the prescribed time.

Repeat C1/C2 for 3 total sets - no rest

D1 Front Body Line Drill + lift stick off the floor / hold 60 sec

Lie on your stomach with arms overhead grabbing a stick in a shoulder width, or a bit wider if impossible. Contract your butt and abs and tilt your pelvis forward – and take your belly off the floor without raking your ribs off the floor nor your thighs. Leave your nose lightly touching the floor and lift the stick off the floor with locked elbows. If impossible, widen your grip slightly. Hold the position for time without letting your stomach touch the floor nor the stick. Notice - FEET ARE ON THE FLOOR and not off it which means arching!

D2 One Leg Good Morning X 10 reps + 10 sec pause (per side)

One Leg GM is performed this way: stand on one leg (Right for example) and lift the other foot off the floor. Place your hand in the small of your back to check for the lordotic curve or stand sideways to a mirror to see it. Exaggerate the arch in your lower back as much as possible and with a locked knee start to fold forward slowly while maintaining the arch. Go as low as possible without losing the arch and when you cannot anymore - reverse the motion. Pause for the last rep in the stretched position for the duration prescribed. Tension will be felt on the back of the knee and hams. Start easy and increase ROM as you become better.

Repeat D1/D2 for 3 total sets - no rest

E1 Chest to Wall HS 30-60 sec

(Climb into the wall, facing it and try to bring the base of your palms as close to the wall as possible. Use the alignment from the body line drills - pelvic tilt, ab and glute contraction and open shoulders with externally rotated upper arms and packed shoulder position)

E2 Four Position Lifts X 10 reps + 10 sec pause

'Four Position' lifts are done like this: Sit in a 'Four Position' on the floor with your back leg bent at 90 degrees or less (according to flexibility)

and the foot flexed (harder) or pointed. Lift yourself up into your knees only and when you reach a completely open hip position start to reverse

down but trying to bring the buttock of the back foot to the floor only. This will create a big internal rotation stretch on the back leg side. Strain on

the knee indicates weakness of the tendons and surrounding musculature and requires that you back off and allow adaptation to occur slowly.

Keep raising and sinking towards the back buttock, realizing it may never touch the floor. Once you finish the prescribed reps, pause at the lowest

position possible for the duration prescribed.

repeat E1/E2 for 3 total sets / no rest

F1 Chest to Wall HS 30-60 sec X 2 extra sets (just as before) / rest 90 sec

E1 Feet Elevated (30-50 cm) Back Bridge Static holds – 30-45 sec (elevate to the height that allows you to lock elbows and achieve a VERTICAL arm position with chest pushed out to above palm line)

E2 Straddle Ups X 10 reps + 10 sec pause at the top straddle position (sit in a straddle position on object/floor, put your hands between your thighs and lean forward, pushing yourself to a standing straddle position and taking your hands off the floor. Reverse the process to come down. Last rep hold the top for the prescribed amount of time) Choose an object (or the floor if you can) that allows you to perform the movement with one push of the hands on the floor. Make sure to complete the movement completely erect at the top- standing in a straddle. Make sure no knee bend is present at ANY TIME.

repeat E1/E2 for 3 total sets / no rest

F1 Wrist Routine X 2 circuits

Bent Arm Session

A1 One Arm Rope Assisted Chin Up (from the Stroke Development chapter here: [**https://www.facebook.com/note.php?note\_id=255195064522481**](https://www.facebook.com/note.php?note_id=255195064522481)**)** X 2-4 reps per side X 30X1

A2 Chest to wall HSPU (full range in between paralletes) X 2-4 reps per side X 30X1

Complete 6 total sets, resting 100 sec between exercises

rest 3 min

B1 Muscle Up X 1 rep / USE A FALSE GRIP and use magnesium chalk for grip. slow and controlled on the way up, clean transition and pause of at least one sec at the top in correct ring support, thumbs out, locked elbows position, descend should be fully controlled and not with falling through the transition.

Accumulation set: in 20 minutes accumulate as many sets as possible, record it and break the record every subsequent workout, besides a deload, in which you should only pursue 40% of the total reps achieved in the workout before, asquickly as possible.

Rest 3 min

C1 Barbell Cuban Rotation X Warm Up with 12,8 rep sets and then perform 5X5 / 4020 X 120 sec rest

Straight Arm Session

A1 Tuck Planche or Parallette Tuck Planche (Band Assisted if needed - at waist) variation10-15 sec (use variation that allows 20-30 sec hold)

Tighten an elastic band from a ring or a pull up bar (a ring provides easier

and quicker adjustments) slide your upper body through the band (at waist) and lower your hands to the parallettes. Use a tuck planche position and lean forward, pressing your feet with locked elbows off the floor. Pause as the feet come off the floor - just an inch or two above the parallettes line. Give extra attention to full Scapula Protraction as well as hand placement below the anchor of the band.

A2 Front Lever variation 10-15 sec (use variation that allows 20-30 sec hold, not the full front lever but perhaps a straddle or 'half lay front lever')

As many sets of A1/A2 as possible in 20 min, rest as needed to maintain the 10-15 sec holds and with the same quality. Dont rush.

B1 Skin the Cat in a flat back position 2-6 reps X 5 sets / rest 120 sec

Locked elbows and slow, controlled reps! LOCKED ELBOW, not almost, FULLY LOCKED. You start in a passive hang, relaxed shoulders and from there activate by depressing shoulder blades. Continue by leaning back and retracting as you bring knees into chest and roll into an inverted hang. Lower behind into a german hang as deep as you can go and reverse the process. All with LOCKED elbows.

C1 YTWL Raises of 30 degree bench X 5 reps each variation and then move to next variation without rest / 4010 (Y is trap-3 raise with 30 degrees off center line arm position, T is thumbs down bent over laterals, W is a row and L is a row+ext-rotation) X 5 sets / 180 sec

<http://www.youtube.com/watch?v=4nm0rKHAXzU>

Legs Session

A1 Foam Roll IT band, TFL and Vastus Lateralis X 5 min each leg

rest 2min

B1 Bulgarian Split Squat (weighted with dumbbells in hands and back leg elevated with toes on bench) X 5/5 reps / 40X1 / use 7RM

\* Make sure to make contact with the back knee and floor at the bottom of each rep. As well - back foot is pointed and placed on its back, not dorsi flexed and on the balls of the foot.

B2 Harop Curl 5 reps / 40X0 / use 7RM variation (distance from the top of the knee to the point your nose touches the bench or floor)

<http://www.youtube.com/watch?v=A2xRx7dGWaE>

Complete 5 total sets, resting 100 sec between B1/B2

C1 One Leg Jump Rope - locked knee and do not let the heel touch the floor- on the balls of the foot X 75 jumps

C2 Stand on the same leg you jumped on for 60 sec with closed eyes in balance

Repeat on the other leg and perform 3 times each side, no rest between legs or sets

**Weekly Schedule**

Mon

AM Bent Arm session

PM Equilibre + mobility

Tue

AM Legs

PM Equilibre + mobility

Wen

AM Straight Arm session

PM rest

Thu

AM Bent Arm session

PM Equilibre + mobility

Fri

AM Legs

PM Equilibre + mobility

Sat

AM Straight Arm session

PM rest

Sun

AM Rest

PM Rest

**Volume Manipulation**

every 3rd session, perform 40% of the total volume - in each strength session. In the timed sets - perform 40 % of the total time allotted, but continue to strive for gains in intensity

Equilibre can be manipulated according to feeling or skipped all together from time to time (do not make this a habit!) in case of fatigue

**Progressive Overload**

Every time you succeed in fulfilling the rep/set scheme prescribed, next workout you increase weight by 2.5-5%. This may require micro loading (micro plates) I suggest getting the Platemates for that purpose.

Even in the deload session you increase the weight, even though the sets are decreased.

If unable to increase the weight during all the rep/set scheme, aim to increase it even if it is only in the first couple of sets.

If still unable to increase the weight due to fatigue - keep it the same and make sure to rest up well before the next session so you can go on course to increasing the intensity again.

You are going to perform this routine for a total of 6 weeks.

Questions?

Ido.