

# PLANCHE ROUTINE

## • 15 MINUTE SERIES •

### - BLOCK 1 - Warm Up

Make Sure to FULLY warm up your entire body before going into the routine, especially your wrist, elbows, shoulders and scapula.

### - BLOCK 2 - Main Routine

	Exercises	Sets	Reps/Time	Rest Time	Tempo	Progression (Easiest to Hardest)
A1	Planche Progression Hold	4	15 Sec	45 sec	Isometric	Feet Alternating Tuck Planche Tuck Planche Advanced Tuck Planche Full Half Lay Planche Straddle Planche Full Planche
B2	Planche Progression Push-Ups	4	20 sec	40 sec	Slow & Controlled	Hollow Body Knee Push-Ups Hollow Body Push-Ups Pseudo Planche Push-Ups (Less Lean) Pseudo Planche Push-Ups (Max Lean) Tuck Planche Push-Ups Advanced Tuck Planche Push-Ups
C1	Planche Leans	4	10 sec	50 sec	Isometric	Plank on Arms (Planche Specific) Planche Lean (Less Lean 45 Degree Grip) Planche Lean (Max Lean 45 Degree Grip) Planche Lean (Less Lean 90 Degree Grip) Planche Lean (Max Lean 90 Degree Grip)
D1	Elbow Plank Scapula Push-Ups	3	20 sec	40 sec	Slow & Controlled	Knee Elbow Plank Scapula Push-Ups Elbow Plank Scapula Push-Ups (Dorsiflex) Elbow Plank Scapula Push-Ups (Plantarflex)

### - GUIDELINES -

- Perform this routine **2-3 times per week** for better results.
- Choose progressions where you can keep **good form** through the entirety of the routine.
- Make sure you have a good solid **base of general strength** before training specific for the Planche.

Watch and Follow Along →

