

FRONT LEVER 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**.
Recommended moves for Warm Up: **Pull ups, Rows, Push ups.**

- BLOCK 2 - Main Routine

	Exercises	Sets	Reps/Time	Rest Time	Tempo	Progression (Easiest to Hardest)
A1	Front Lever Progression Hold	3	15 sec	45 sec	Isometric	Inverted Hang Tuck Front Lever Open Tuck Front Lever Advanced Tuck Front Lever Advanced Open Tuck Front Lever Pike Straddle Front Lever Straddle Half Lay Front Lever Straddle Front Lever Half Lay Front Lever Full Front Lever
B2	Front Lever Negatives	3	30 sec	30 sec	6-9 sec Negatives	Tuck Front Lever Negatives Advanced Tuck Front Lever Negatives Straddle Half Lay Front Lever Negatives Half Lay Front Lever Negatives Straddle Front Lever Negatives Full Front Lever Negatives
C1	Rows	3	20 sec	40 sec	1-1-1-0	Decrease Lever Increase Lever Tuck Front Lever Pull ups Advanced Tuck Front Lever Pull ups
D1	Dragon Flags	3	30 sec	30 sec	Slow & Controlled	Tuck Hollow Body Hold Hollow Body Hold Dragon Flag Prep Tuck Dragon Flags Advanced Tuck Dragon Flags Straddle Half Lay Dragon Flags Straddle Dragon Flags Half Lay Dragon Flags Full Dragon Flags
E1	Straight Arm Scapula Pulls	3	20 sec	40 sec	1-0-1-2	* Or Dragon Flags Negatives of any progression mentioned. Active to Passive Hang Arch Active to Passive Hang Straddle Straight Arm Scapula Pulls Straight Arms Scapula Pulls

- GUIDELINES -

- Feel free to train your Front Lever on **Bars or Rings**.
- 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 Front Lever.

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