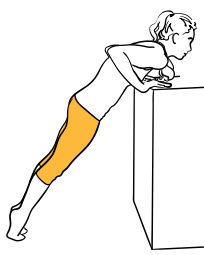


THE FOUNDATION SERIES

1

upper body A

PUSH STRENGTH

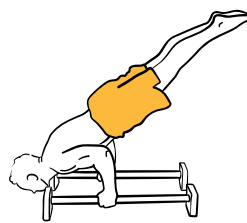


First progression:
INCLINE PUSH-UP

30 PROGRESSIONS
LEAD TO A HOLLOW BACK PRESS



TRICEP PUSH-UP

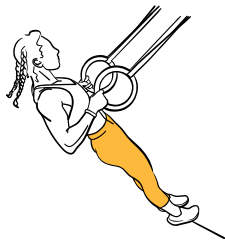


Final Progression:
HOLLOW BACK PRESS

2

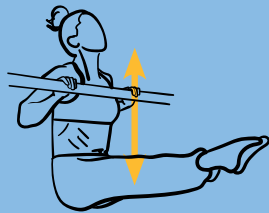
upper body B

PULL STRENGTH

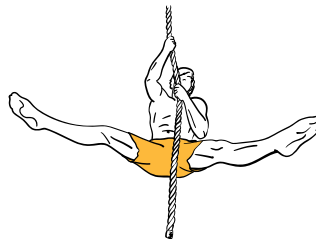


First progression:
INCLINE ROW

27 PROGRESSIONS
LEAD TO A FULL ROPE CLIMB



PULL-UP

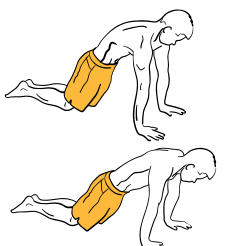


Final Progression:
ROPE CLIMB

3

upper body C

SHOULDER ARTICULATION



First progression:
SCAPULAR SHRUG

18 PROGRESSIONS
LEAD TO A STRADDLE PLANCHE

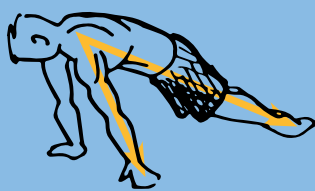
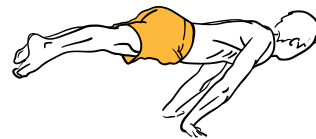


PLANCHE LEAN

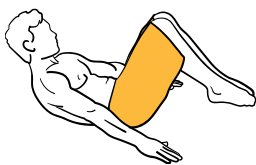


Final Progression:
STRADDLE PLANCHE

4

core A

BODYLINE



First progression:
BENT HOLLOW BODY HOLD

27 PROGRESSIONS
LEAD TO A FRONT LEVER



HOLLOW BODY HOLD



Final Progression:
FRONT LEVER

5

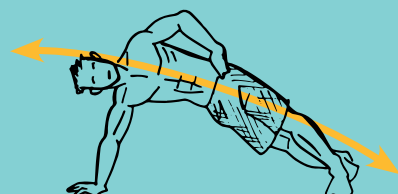
core B

SIDELINE

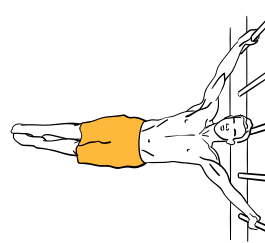


First progression:
SEATED RUSSIAN TWIST

25 PROGRESSIONS
LEAD TO A SIDE LEVER



SIDE PLANK OVER-ARCH

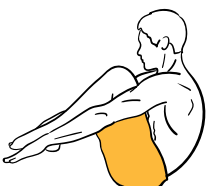


Final Progression:
SIDE LEVER

6

core C

COMPRESSION



First progression:
TUCK-UP

25 PROGRESSIONS
LEAD TO A MANNA



V-UP



Final Progression:
MANNA

7

lower body A

LEG STRENGTH & MOBILITY



First progression:
ASSISTED SQUAT

13 PROGRESSIONS
LEAD TO A SINGLE LEG SQUAT



FULL SQUAT



Final Progression:
SINGLE LEG SQUAT

START TRAINING NOW

If push-ups were too hard in the past, we modify them until you are able to work into them. Once you master standard tricep push-ups, you will begin to engage your full body for some more exciting work, like handstand push-ups and, ultimately, the hollow back press.

Our goal isn't simple pull-ups, though we build you up to those. We go beyond conquering that bar. When you're done with this upper body track, your bodyweight will feel like a feather, so you can pull yourself through ring workouts and obstacles of any sort.

The track leading to a straddle planche develops your upper body, frees your scaps, builds your wrists, discovers your lats, and utilizes the strong core you're working on. It's deceptively intense, but it comes with cool party tricks.

Although the end result of this core track is a front lever, the goal is really to build an unbreakable body line. Holding your body straight is necessary for handstands, static holds, and dynamic movement. Your core will become strong with plenty of endurance.

This core track works the side of your body until you can hold yourself straight like a human flag. It pays special attention to oblique strength and mobility, as well as to shoulder pushing and pulling strength.

This core track teaches you how to compress your body together, while hinging at your hips. This strength originates in your lower, inner abdominals, and it is necessary for press handstands, L-sits, and tuck planches. Paired with strong shoulder retraction work, you may acquire a manna.

We don't neglect leg strength. You need them for explosive jumping, after all. Single leg squats (AKA pistol squats) are the goal of our lower body track. Once you master them, we will add weights.