

GYMNASTICS

DENSITY

FOR THE

BIG FIVE



ZOAR



ABOUT THE PROGRAM

A ZOAR FITNESS 12-WEEK PROGRAM

GOAL OF IMPROVING YOUR CAPACITY FOR DENSITY IN THE "THE BIG FIVE"

[Weeks 1 & 12 are Testing Weeks]

DAY 1

Bar Muscle-Up
Ring Muscle-Up

DAY 2

Handstand Push-Ups
Handstand Walks

DAY 3

Chest-to-Bar
Toes-to-Bar

3 STAGES | 4 WEEKS PER STAGE

[3 Workouts per Week, Approximately 45 Minutes per Workout]

STAGE 1

FOUNDATIONAL
STRENGTH

Building Strength
Refining Mechanics
Mobilizing Structures

STAGE 2

BUILDING
DENSITY

Adding Layers
of Complexity
Intensity & Fatigue

DAY 3

FUNCTIONAL
APPLICATIONS

Bridging Your New
Capacity to the
Sport of CrossFit

ZOAR

ABBREVIATIONS

<u>Abbreviation</u>	<u>Name</u>
BMU	Bar Muscle-Up
RMU	Ring Muscle-Up
HS	Handstand
HSW	Handstand Walk
HSPU	Handstand Push-Up
ME	Max Effort
FG	False Grip
DB	Dumbbell
WF	Wall-Facing
EMOM	Every Minute On the minute
AMRAP	As Many Rounds/Reps As Possible
E2M	Every 2 Minutes
RM	Rep Max [most you can do in a set]
@31x2	Tempo [3s lower, 1s pause, eXplode up, 2s Pause]



FAQs

Q: For who is the program designed?

A: This program is designed for CrossFit athletes. The term "athlete" is used loosely in this case: anyone looking to improve performance in CrossFit who trains regularly. This program is meant to improve a specific quality: the ability to complete more reps in less time (Gymnastics Density) of five common CrossFit movements. This program is built for improving Gymnastics Density, not overall fitness. It is not meant to be a well-rounded program, it is intentionally biased to get you the results you need.

Q: Is this program meant to be completed stand alone or with other training?

A: This program is meant to be combined with your other, more general CrossFit training program. Since this program is designed around training "The Big Five" it leaves out everything that does not directly improve performance in this arena. As a CrossFit athlete, you are looking to optimize performance in every facet of your fitness, so you will need to be following a well-balanced program in addition to this one. You can opt to replace three of your workouts every week with this program, or you can choose to treat this program as an add-on.

Q: Should I complete the workouts before or after my normal training?

[For the athlete completing the program in addition to his or her normal training.]

A: Either. Truly it does not matter and adherence and consistency to the program is more important than timing. If both is convenient, complete the section of your training that is more important and valuable to you first, which will likely be this program. If you do this program first, make sure to add a Thermogenic Warm-up (think "Cardio") before you begin. Five to ten minutes of rowing, biking or ski erg would be best, before you start the workout.

Q: What should I do to warm up or do I just "jump in" to the workout?

[For the athlete completing the program who is using it to replace his or her normal workouts a few days per week. However, he or she continues with their normal training at other days / times during the week.]

You will be initiating each workout without already being warmed up. To avoid injury and perform optimally you should add a Thermogenic Warm-up (think "Cardio") before you begin. Five to ten minutes of rowing, biking or ski erg would be best, before you start your movement prep.

FAQs (continued)

Q: What happens if my other workouts involve gymnastics as well? Must the workouts be completed in the order shown within a given week?

[For the athlete completing CrossFit affiliate classes who can rearrange their weekly training schedule.]

A: The three days of the program can be executed as you see fit as you assess the demands of your normal workouts for a given week. For example, if your scheduled workout or class has Pull-ups on Friday don't do the Chest-to-Bar workout on that day. Furthermore, it would not be ideal for recovery to do that workout the day before or after either. Rather, it would be best to do your typical Friday workout with your Wednesday workout, so you end up doing HSW and HSPU on that day. It is easiest to plan if you have an experienced coach you trust.

Ideally, these workouts are spread throughout your training week on a regularly occurring basis. Two good examples are Monday, Wednesday, Friday (or) Tuesday, Thursday, Saturday. Overall, find a schedule that works for you, which accounts for proper recovery and avoids overuse injuries.

Q: What amount of improvement can I expect in "The Big Five" from this program?

A: It depends on the person and the movement. Let's take muscle-ups for example. For beginners, it is unsurprising for athletes to add 2-3 Muscle-Ups in a max set (which might be 100% improvement or more in some cases).

On the other hand, an athlete with 20 or more Muscle-Ups should not expect 100% improvement due to the rule of diminishing returns. This athlete should also be happy with 2-3 rep improvement, even though it would be a modest 10-15% improvement.

Also, it will be different for each movement too based on the amount of skill development you have had in a specific area. For example, an athletic beginner to Handstand Walks could easily improve max distance by 500 percent over the twelve weeks. This could be from the simple fact that they practiced Handstand Walks for the first time consistently. This same person should not expect an equal improvement in C2B.

Frankly, it's hard to tell how much you will improve, but it is *extremely likely* that you will.

COMMON ERRORS

BMU

Starting Under the Bar
Pushing Away At the Top

RMU

Inconsistent Movement Initiation
Not Kipping the Dip

HSPU

Feet Hit Wall Too Early or Late
Separate Arm + Leg Action
Not Touching Low Back to Wall
Overarching | Too Much Horizontal Action

HSW

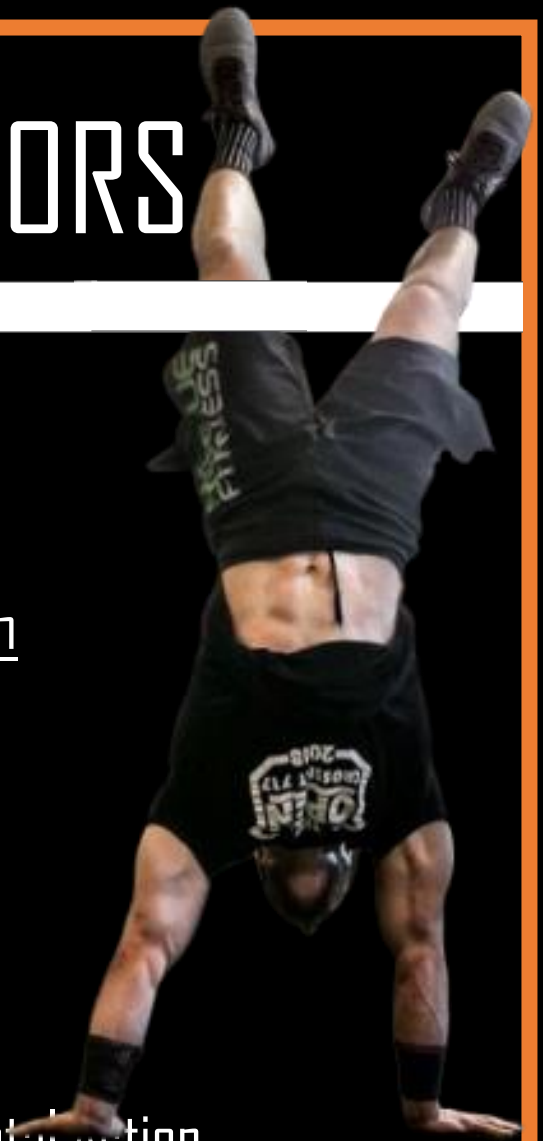
Tipping Point Errors (Too little + Too much)
The "Scorpion" + Spreading the Feet Wide

C2B

Spreading the Feet Apart
Smacking the Bar + Crashing Down

T2B

The Double Pulse, Not Countering a Pull into Arch
Keeping Tension in the Hips



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 1: Foundational Strength

Day 1

Push & Pull // BMU & RMU

Test Day 1 of 3

Day 2

Push & Midline // HSPU & HSW

Test Day 2 of 3

Day 3

Pull & Midline // C2B & T2B

Test Day 3 of 3

A) MOVEMENT PREP

3 Rounds, for Quality

-10s Ring Row Hold (at chest)-10s Ring Dip Hold-10s Ring Support Hold-10 Hollow Rocks

-10 Arch Rocks

Then... Low RMU Drill (3x3)

B) TEST

"The Machinist" // 2 Parts

[At 0:00]

Max Set of Ring Muscle-Ups

[At 2:00]

For Time: 15 Burpee BMU

record result on last page

C) STRENGTH

3 Rounds, for Quality

-4-6 Parallel Bar Dips-4-6 FG Ring-to-Chest Pull-ups
(weight or assist each to make
the rep range appropriate)

D) MOBILITY

4 Rounds, Not for Time

-30s Active Hang on Rings-30s Dip Stretch

A) MOVEMENT PREP

3 Rounds, for Quality

-3 Wall Walks-15s Elevated Cat Pose-15 PVC Dislocates (narrow)-10 Dumbbell Push Press (light)

B1) TEST

"Supernatural" // E3M x 3 Sets

Max Distance Handstand Walk

[Average is Score, no "Redo's"]

**measure distance in 5-foot
increments when crossing a line

B2) TEST

"Easy Diane" // For Time

21-15-9

-Deadlift 185/125lbs-Handstand Push-ups

C) ACCESSORY

EMOM 8

Odd: 20s WF Weight ShiftsEven: 20s Shoulder Taps

D) MOBILITY

Accumulate 5:00 total of...

Banded Lat Stretch (does not
need to be split evenly per side)

A) MOVEMENT PREP

4 Rounds, Not for Time

-10/7 Calorie Assault Bike

-7 Ring Rows-7 Bar Beat Kips

Then... 2 Rounds, Not for Time

-3 Chest-to-Bar-3 Toes-to-Bar

B1) TEST

"Sharpshooter" // 2 Parts

[At 0:00] Rep Max Chest-to-Bar[At 5:00] Rep Max Toes-to-Bar

B2) TEST

"Salmon Ladder" // AMRAP 9

-9/6 Calorie Assault Bike

-3...6...9...etc. Toes-to-Bar

-3...6...9...etc. Chest-to-Bar

C) ACCESSORY

DB Bent Rows (3x8/arm)

D) MOBILITY

Move through...

-3:00 Bicep Opener Stretch-2:00 Seal Stretch-1:00 Forward Fold Stretch

GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 1: Foundational Strength

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 10 Beat Kips (rings)
- 10s Hollow Hold (floor)
- 10s Arch Hold (floor)

B) STRENGTH & SKILL

E3M, x 6 Sets, 12:00

- 5 Strict Ring Dips @41x1 (weight or assist to make appropriately challenging)
- 5 Low RMU Transitions (minimal assistance from legs) (use a false grip)

C) ACCESSORY

- 3 Rounds, for Quality
- 5 Lat Activations on Bar (ME)
- 8-12 FG Ring Rows (raise feet if able)
- 20s Ring Support Hold

D) MOBILITY

- 2 Rounds, Not for Time
- 60s Dead Hang on Rings
- 60s Bicep Opener Stretch
- 60s Gorilla Wrist Stretch

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 10 Deficit (2") Push-ups (hands on plates, chest to floor)
- 10 DB Ext. Rotations (per arm)
- 20s WF Handstand Hold

B) STRENGTH & SKILL

EMOM 15

- 20s of ZOAR HS Progression
- **Only move through progression when comfortable with previous step
- **Do not skip any steps

C) ACCESSORY

- 4 Rounds, for Quality
- 30s Plank Hold
- 3 Wall Walks (nose to wall)
- 8 Seated Double DB Press (do not use a back rest)

D) MOBILITY

- 2 Rounds, Not for Time
- 30 PVC Dislocates
- 45s Elevated Cat Pose
- 45s Fingers-Facing Wrist Stretch

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 10 Scap Pull-ups
- 10 Hanging Hollow Pulses
- 10 Hanging Arch Pulses
- 10 Ring Rows

B) STRENGTH & SKILL

EMOM 16 (Alternating, 8 Sets)

- Odd: 3-5 Strict Chest-to-Bar Pull-ups (weight or assist to make appropriately challenging)
- Even: 5-8 Hanging Leg Raise (scale to hanging knee raise) (tolerate zero kipping)

C) ACCESSORY

- 4 Rounds, for Load
- 10-12 Banded Lat Rows
- 6-8 Hammer Curls (per arm)

D) MOBILITY

- Not for Time
- 45s Dead Hang
- 45s Chest Stretch
- 1:45 Floss Right Forearm
- 45s Dead Hang
- 45s Chest Stretch
- 1:45 Floss Left Forearm



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 1: Foundational Strength

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

2 Rounds, for Quality (use bar)

- 10 Scap Pull-ups
- 8 Lat Activations
- 6 Banded Parallel Bar Dips
- 4 Banded Strict Chest-to-Bar

B) STRENGTH & SKILL

E2M, x 6 Sets, 12:00

- 40-50% Rep Max BMU

C) ACCESSORY

3 Rounds, for Quality

- 5 Hips-to-Bar
- (or as high as possible)
- 8-12 Barbell Bent Row
- 3 Inchworm Planks (add 3s pause with hands overhead)

D) MOBILITY

2 Rounds, Not for Time

- 60s Seated Bicep Stretch
- 60s Table Top Pulses
- 60s Single Arm Alternating Table Top Pulses

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, Not for Time

- 20s L-Sit Plate Overhead Hold
- 20s Elevated Cat Pose
- 50' Backwards Bear Crawl

B) STRENGTH & SKILL

E2M, x 7 Sets, 14:00

- 40-50% Rep Max HSPU

**If you are able, do first 3-5 reps strict, then begin kipping

C) ACCESSORY

Accumulate 5:00 of...

WF Handstand Hold

**face the wall

**keep a tight midline

**only nose & toes touch wall

**break it up as you please

D) MOBILITY

3 Rounds, Not for Time

- 30s False Grip Ring Hang
- (scale to FG Ring Row Hold)
- 45s Gorilla Grip Stretch
- 45s Fingers-Facing Wrist Stretch

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, for Quality

- 15 Straight Leg Ab Mat Sit-ups
- 12 'Boot Strappers'
- 9 Ring Rows with 2s Pause
- 6 Step-Ups (per leg) 24/20"

B) STRENGTH & SKILL

E4M, x 3 Sets, 12:00

- 50-60% Rep Max of T2B for Knees-to-Elbows
- Max Strict Chest-to-Bar Pull-ups (use heavy band for assistance) Target: 25+ Reps

C) ACCESSORY

4 Rounds, for Load

- 8 Chest-Supported Row
- 8 ME Lat Activations (no kip)

D) MOBILITY

3 Rounds, Not for Time

- **Set up 2 benches ~2ft apart
- 6 Deficit Push-ups with 8s Pause (hold in bottom to work as an active stretch, hands on the benches)
- 60s Chest Stretch Hold (forearms on benches)



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 1: Foundational Strength

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

3 Rounds, for Quality

-10s Ring Row Hold (at chest)

-10s Ring Dip Hold

-10s Ring Support Hold

-10 Hollow Rocks

-10 Arch Rocks

-20s Gorilla Grab Stretch

B) STRENGTH & SKILL

EMOM 12, Rotating

1) 3-6 Chest-to-Ring Pull-ups

(use False Grip)

(add pause at chest if easy)

2) 10s Support Hold + 10sLower + 10s Dip Hold3) 3-5 Butt-Banded RMU Drill

C) ACCESSORY

3 Rounds, Not for Time

-Max Reps: Parallel Bar Dips

-Max Time: FG Dead Hang

D) MOBILITY

Move Through...

-2:00 Dip Stretch

-1:30 Elbows in Rings Stretch

-1:00 Bicep Stretch

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, for Quality

-3 Wall Walks

-15s Elevated Cat Pose

-15 PVC Dislocates (narrow)

-10 Dumbbell Push Press (light)

B1) STRENGTH & SKILL

EMOM 6: 25' HSW (or) Best

Attempt [whichever comes first]

**Cap at 20s Mark

B2) STRENGTH & SKILL

E3M, x 3 Sets, 9:00

-Max Reps Kipping HSPU

C) ACCESSORY

EMOM 6, Alternating

1) 30s Banded Rig Handstand2) 30s Banded Tricep Extension

D) MOBILITY

Accumulate 5:00 total of...

T-Spine Foam Roller Stretch

(anchor hands using kettlebell)

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, Not for Time

-7 Ring Rows

-7 Beat Kips (bar)

3 Rounds, Not for Time

-3 Chest-to-Bar

-3 Toes-to-Bar

B) STRENGTH & SKILL

E3M, x 4 Sets, 12:00

-Max Strict Pull-ups @31x2

-Max Strict Straight Leg Raise

C) ACCESSORY

EMOM 8

Odd: Chest-to-Bar Box Drill

(place foot on box to practice gymnastics / butterfly form)

Even: 6 DB Bicep Curls @60x0

(eXplode up, 6 seconds down)

D) MOBILITY & MIDLINE

3 Rounds, Not for Time

-30s Active Hang

-30s Forward Fold Stretch

-30s Seated L-Sit Raises

-30s Bicep Opener Stretch



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 2: Building Density

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

3 Rounds, for Quality

-10 Beat Kips (rings)

-10 Hollow Rocks

-10 Arch Rocks

Then...

3 Rounds, for Quality

-3 Strict C2B Pull-ups

-3 Strict Ring Dips

B) STRENGTH & SKILL

E3M, x 6 Sets, 12:00

1) 2 Ring Muscle-Ups

(lower as slow as possible)

2) 40-50% BMU Rep Max

C) DENSITY

3 Rounds, for Quality

-8-12 Bar Lat Activations (ME)

-8-12 FG Ring Rows

(raise feet if able)

-8-12 Straight Bar Dips

D) MOBILITY

2 Rounds, Not for Time

-60s Supinated Dead Hang

-60s Gorilla Wrist Stretch

-60s Fingers-Facing Wrist
Stretch

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, for Quality

-5 Bottoms-Up Kettlebell Press-10 Deficit (4") Push-ups
(hands on plates, chest to floor)

-10 DB Ext. Rotations (per arm)

-20s WF Handstand Hold

B) STRENGTH & SKILL

[15-Minute Clock]

0:00-6:00 | WF Drills

6:00-15:00 | HSW Practice

**Only go when fully recovered

C) DENSITY

4 Rounds, for Quality

-8 Wall Walks (nose to wall)

-8 Seated Double DB Press

(do not use back rest)

D) MOBILITY

3 Rounds, Not for Time

-15 PVC Dislocates (narrow)

-45s Elevated Cat Pose

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, for Quality

-10 Scap Pull-ups

-10 Hanging Arch Pulses

-10 Banded Lat Rows

-10 Light Double DB Bent Row

B) STRENGTH & SKILL

EMOM 12 (Alternating, 6 Sets)

Odd: Max T2B in 20s Window

Even: Max Strict Pull-ups in 20s
Window**do reps the full time, so use a
band if needed to keep moving

C) ACCESSORY

3 Rounds, for Load

-10-12 Supinated Barbell Curls

-100' DB Farmer's Carry

D) MOBILITY & MIDLINE

Move Through...

-Max L-Sit Hold

-2:00 Floss Right Upper Arm

-Max L-Sit Hold

-2:00 Floss Left Upper Arm

-Max L-Sit Hold



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 2: Building Density

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

- 2 Rounds, for Quality (use bar)
- 10 PVC Dislocates (narrow)
- 8 Beat Kips (bar)
- 6 Low Ring Transition Drills
- 4 Strict Pull-ups

B) STRENGTH & SKILL

EMOM 12

- 30-40% Rep Max BMU
(increase or decrease reps so you can make it the full time)

C) ACCESSORY

- 3 Rounds, Move with Purpose
- 5 Hips-to-Bar
(or get as close as possible)
- 8-12 Barbell Bent Row
- 8-12 Banded Lat Rows

D) MOBILITY

- 2 Rounds, Not for Time
- 60s Seated Bicep Opener
- 60s Tabletop Pulses
- 60s Rolling Bear Stretch

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

- 3 Rounds, Not for Time
- 20s L-Sit Plate Overhead Hold
- 20s Elevated Cat Pose
(pull your shoulders open)
- 40m Slow Bear Crawl

B) STRENGTH & SKILL

EMOM 12

- 30-35% Rep Max HSPU
**do first three reps strict
(no resting on mat, rest in lockout or stop working)
(increase or decrease reps so you can make it the full time)

C) ACCESSORY

- EMOM 6: "Walk to Wall"
**Start 10-15' from the wall
**Kick up and HSW to the wall
**Static Hold against the wall until the 30s mark is reached

D) MOBILITY

- Move Through...
- 2:30 Elbows in Rings Stretch
- 1:30 Banded Lat Stretch
(per side)

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 15 'Boot Strappers'
- 12 Straight Leg Ab Mat Sit-Ups
- 9 Ring Rows with 4s Pause
- 6 Step-Ups (per leg) 24/20"

B) STRENGTH & SKILL

E2M, x 3 Each, 12:00

- 1) 40-50% Rep Max of T2B
- 2) 40-50% Rep Max of C2B

C) DENSITY

- 2 Sets, for Reps
- Max Heavy Band Assisted C2B

D) MOBILITY

- 3 Rounds, Not for Time
- **Set up 2 benches ~2ft apart
- 6 Deficit Push-ups with 8s Pause
(hold in bottom to work as an active stretch, hands on the benches)
- 60s Chest Stretch Hold
(forearms on the benches)



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 2: Building Density

Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

-50/40 Calorie Row

Then... 3 Rounds, for Quality

-3 Butt-Banded Transition Drills

-3 Low Ring Transition Drills

-3 Hips-to-Rings

B) STRENGTH & SKILL

E2M, x 4 Sets, 8:00

-Rep Max RMU

**leave 1-2 reps "in the tank"

**Athletes with less than five RMU will be able to hit 80+% for each round.

**Athletes with more than ten will struggle to get 70 or even 60% for all four rounds

C) DENSITY

3 Rounds for Time

-20 Rings Rows

-20 Beat Kips

D) MOBILITY

2 Rounds, Not for Time

-45s Bicep Opener Stretch

-45s Dip Stretch

-45s Lax Ball Tricep Rollout (per arm)

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, Not for Time

-3 Wall Walks + 10s Static Hold

-15 Push-ups

Then... 3:00 of Practice

-Rig-Banded Handstand Hold

B) DENSITY

EMOM 10: Handstand Walk

**starting at 10', each minute you successfully make the distance in a single attempt, add another 5' (10,15,20,25)

**If you fail, begin again at 10'

**goal is highest total distance

C) STRENGTH & SKILL

EMOM 6: 2 Strict HSPU

**use as big of a deficit needed to make it challenging each minute

D) MOBILITY

2 Rounds, Not for Time

-1:00 Elevated Cat Pose

-1:00 Lax Ball Forearm Rollout (per arm)

**use box, table or wall

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, for Quality

-12/8 Calorie Assault Bike

-10 Barbell Bent Row 45/35lbs

-8 L-Sit Raises (floor)

-6 Beat Kips (bar)

-6 Knees-to-Chest

B) STRENGTH & SKILL

Every 90s, Alternating, x 4 Each

1) 3 Strict T2B (weight or assist)

2) 3 Strict C2B (weight or assist)

**T2B: limit ROM, bent knees or add ankle weights

**C2B: banded, with a spotter or weighted

C) DENSITY

Every 90s, x 4 Each, 12:00

-50% (or) 75% of Rep Max C2B

-50% (or) 75% of Rep Max C2B

**Use 50% if your rep max is over 18, use 75% if your rep max is under 18

D) MOBILITY

Accumulate 5:00 of...

Foam Rolling Lats



GYMNASTICS DENSITY FOR THE BIG FIVE

Phase 2: Building Density

Day 1 | Week 4 of Phase 2

Push & Pull // BMU & RMU

A) MOVEMENT PREP

3 Rounds, for Quality
 -10 Beat Kips (bar)
 -10s Hollow Hold (floor)
 -10s Arch Hold (floor)

B) STRENGTH & SKILL

Every 2:30, x 4 Sets, 10:00
 -5 Strict Ring Dips @21x3
 (weight or assist to make appropriately challenging)
 -Max Reps Hips-to-Bar

C) DENSITY

Death by... Bar Muscle-Up
 EMOM, As Long As Possible
 -1...2...3...etc. (If your RM <10)
 -2...4...6...etc. (If your RM >10)
 **If you don't make five rounds, complete the reps through the fifth round not for time

D) ACCESSORY & MOBILITY

2 Rounds, Not for Time
 -25 Banded Lat Rows
 -60s Dead Hang
 -60s Foam Roll Lats (per side)

Day 2 | Week 4 of Phase 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, for Quality
 -20s WF Handstand Hold
 -12 Deficit (4") Push-ups
 (hands on plates, chest to floor)
 -20s Elevated Cat Pose Pulses
 -12 Banded Ext. Rotations

B) STRENGTH & SKILL

[12:00 Clock]
ZOAR Handstand Progression
 -Spend most of your time on...
 **HSW Attempts / Add Distance
 **Rig-Banded HS Drill
 **Freestanding HS Practice

C) DENSITY

Death by... Strict HSPU
 EMOM, As Long As Possible
 1...2...3...4...5...etc.
 **Each minute has a Buy-In of 15' or 25' HSW (15' if score on "Supernatural was under 15, 25' if score was above 15')

D) MOBILITY

Not for Time
 -100 PVC Dislocates
 (narrow hands every 10 reps)

Day 3 | Week 4 of Phase 2

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, for Quality
 -10 Arch Rocks
 -10 Hollow Rocks
 -10 Straight Arm Ring Rows
 -10 Rings Rows

B) STRENGTH & SKILL

EMOM 8 (Alternating, 4 Sets)
 Odd: 3-5 Strict Chest-to-Bar
 Even: 3-5 Strict Toes-to-Bar
 (weight or assist to make appropriately challenging)

C) DENSITY

AMRAP 3, Rest 3, AMRAP 3
 -3...6...9...etc. Toes-to-Bar
 -3...6...9...etc. Chest-to-Bar

D) MOBILITY

2 Rounds, Not for Time
 -60s Chest Stretch
 -60s Lax Ball Roll Left Pec
 -60s Chest Stretch
 -60s Lax Ball Roll Right Pec



Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

3 Rounds, for Quality

-10s Ring Row Hold (at chest)

-10s Ring Dip Hold

-10s Ring Support Hold

-10 Hollow Rocks

-10 Arch Rocks

-20s Gorilla Grab Stretch

B) STRENGTH & SKILL

E2M, x 6 Sets, 12:00

-3-6 Ring Muscle-Ups

(strict if you are able)

C) MET-CON

10 Rounds, Not for Time

-2 Ring Muscle-Up

-6 Burpees

D) MOBILITY

Move Through...

-2:00 Dip Stretch

-1:30 Elbows in Rings Stretch

-1:00 Bicep Stretch

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, for Quality

-5 Wall Walks

-10 Seated Dumbbell Press

-15s Elevated Cat Pose Pulses

B) STRENGTH & SKILL

E2M, x 6 Sets, 12:00

-Max Distance HSW

C) MET-CON

E3M, x 3 Rounds, 9:00

[1:00 Window to Work]

-12/9 Calorie Row

-Max Handstand Push-ups

D) ACCESSORY

4 Rounds, Not for Time

-20 Banded Tricep Extensions

-10 Dumbbell Lateral Raises

E) MOBILITY

Accumulate 5:00 total of...

-T-Spine Foam Roller Stretch

(anchor hands using kettlebell)

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

3 Rounds, Not for Time

-7 Ring Rows

-7 Knees-to-Chest

Then, 4:00 of...

Kipping C2B Practice

(place one foot on box to practice form)

B) STRENGTH & SKILL

E2M, Alternating, x 3 Sets

1) Max Strict C2B @11x3

2) Max Strict T2B @51x1

C) MET-CON

AMRAP 2, Rest 2, AMRAP 3

-6/4 Calorie Assault Bike

-6 Toes-to-Bar

D) ACCESSORY

Pronated Barbell Curls (3x15)

E) MOBILITY & MIDLINE

3 Rounds, Not for Time

-30s Active Hang

-10 Seated L-Sit Raises

-1:00 Banded Lat Stretch



Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

- 3 Rounds, for Quality (use bar)
- 13 PVC Dislocates
- 8 Beat Kips with Lat Activation
- 5 Low Ring Transition Drills

B) STRENGTH & SKILL

- E2M, x 3 Sets, 6:00
- [30s window of work]
- Max Bar Muscle-Up

C) MET-CON

- 2 Rounds for Time
- 8 Box Jump, Step Down 24/20"
- 8 Handstand Push-ups
- 8 Burpees
- 8 Chest-to-Bar Pull-ups
- **Rest 2:00 and repeat 1 additional Round for Time**

D) MOBILITY

- 2 Rounds, Not for Time
- 30s Parallel Bars Support Hold
- 60s Rolling Bear Stretch
- 30s Dead Hang
- 60s Elevated Cat Pose

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

- 3 Rounds, Not for Time
- 20s L-Sit Plate Overhead Hold
- 7 Wall Balls 30/20lbs
- 20s Chest Stretch
(pull your shoulder open)
- 7 Wall Balls 30/20lbs

B) STRENGTH & SKILL

- E2M, x 4 Sets, 8:00
- Max Rep Strict HSPU

C) MET-CON

- EMOM 7
- 7 Wall Ball 30/20lbs
- 25' Handstand Walk
[At 8:00]
- Max Unbroken Wall Balls 30/20

D) MOBILITY

- Move Through...
- 2:30 Elbows in Rings Stretch
- 1:30 Banded Lat Stretch
(per side)

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 15 'Boot Strappers'
- 12 Straight Leg Ab Mat Sit-Ups
- 9 Banded C2B Pull-ups
- 6 Step-Ups (per leg) 24/20"

B) STRENGTH & SKILL

- E2M, x 3 Sets, 6:00
- [30s window to work]
- Max of Toes-to-Bar

C) MET-CON

- AMRAP 8 (1...2...3...4...etc.)
- Chest-to-Bar Pull-ups
- Deadlifts 205/135lbs

D) ACCESSORY & MOBILITY

- 5 Rounds, Not for Time
- 10 Deficit Push-ups (2")
- 60s Stretch Hold (forearms go on the benches)



Day 1

Push & Pull // BMU & RMU

A) MOVEMENT PREP

EMOM 6

- 15s Ring Beat Kips
- 15s Hollow Rocks
- 15s Arch Rocks

B) STRENGTH & SKILL

Butt-Banded RMU Drill (4x3)

C) DENSITY

EMOM 12, Rotating

- 1) 1-2 Ring Muscle-Up + 2-4 Ring Dips
- 2) 2-5 Burpee BMU
- 3) Rest

D) ACCESSORY & MOBILITY

3 Rounds, for Load

- 8 DB Bent Row (per arm)
- 8 Banded External Rotations
- 60s Foam Roll Lats (per side)

Day 2

Push & Midline // HSPU & HSW

A) MOVEMENT PREP

3 Rounds, for Quality

- 20 WF Weight Shifts
- 8 Speed Push-ups
- 8 Elevated Cat Pose Pulses
- 8 Up-Dog to Down-Dog

B) STRENGTH & SKILL

[12:00 Clock]

ZOAR Handstand Progression

- Spend most of your time on...
- **HSW Attempts / Add Distance
- **Rig-Banded HS Drill
- **Freestanding HS Practice

C) MET-CON

For Time // 12-9-6-3

- Strict Handstand Push-ups
- Deadlift 225/155lbs
- **Rest 60s between rounds

D) MOBILITY

4 Rounds, Not for Time

- 15 PVC Dislocates
- 30s Elevated Cat Pose
- 45s Overhead Tricep Stretch (per arm)

Day 3

Pull & Midline // C2B & T2B

A) MOVEMENT PREP

Not for Time // 3-6-9-12

- Arch Rocks
- Hollow Rocks
- Straight Arm Ring Rows
- Rings Rows

B) STRENGTH & SKILL

EMOM 7, Rest 3, EMOM 3

Odd:

- 7/5 Calorie Row
- 5-7 Toes-to-Bar

Even:

- 7/5 Calorie Assault Bike
- 5-7 Chest-to-Bar

C) SKILL

Kipping C2B Practice [3:00]

(place one foot on box to practice form)

D) MOBILITY

- 60s Foam Roll Low Back
- 60s Foam Roll Left Hamstring
- 60s Foam Roll Right Hamstring
- 60s Foam Roll Left Lat
- 60s Foam Roll Right Lat
- 60s Lax Ball Roll Left Pec
- 60s Lax Ball Roll Left Pec



Day 1

Push & Pull // BMU & RMU
ReTest Day 1 of 3

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 10s Ring Row Hold (at chest)
- 10s Ring Dip Hold
- 10s Ring Support Hold
- 10 Hollow Rocks
- 10 Arch Rocks
- Then... Low RMU Drill (3x3)

B) TEST

- "The Machinist" // 2 Parts
- [At 0:00]
- Max Set of Ring Muscle-Ups
- [At 2:00]
- For Time: 15 Burpee BMU

C) MOBILITY

- 4 Rounds, Not for Time
- 30s Dead Hang on Rings
- 30s Dip Stretch
- 30s Elevated Cat Pose
- 30s Fingers-Facing Wrist Stretch

Day 2

Push & Midline // HSPU & HSW
ReTest Day 2 of 3

A) MOVEMENT PREP

- 3 Rounds, for Quality
- 3 Wall Walks
- 15s Elevated Cat Pose Pulses
- 15 PVC Dislocates (narrow)
- 10 Light Dumbbell Push Press

B1) TEST

- "Supernatural" // E3M x 3 Sets
- Max Distance Handstand Walk
- [Average is Score]
- **measure distance in 5-foot increments when crossing a line

B2) TEST

- "Easy Diane" // For Time
- 21-15-9
- Deadlift 185/125lbs
- Handstand Push-ups

C) MOBILITY

- Accumulate 3:00 each of...
- Banded Lat Stretch (does not need to be split evenly per side)
- Elbows through Rings Stretch
- Forward Fold Stretch

Day 3

Pull & Midline // C2B & T2B
ReTest Day 3 of 3

A) MOVEMENT PREP

- 4 Rounds, Not for Time
- 10/7 Calorie Assault Bike
- 7 Ring Rows
- 7 Bar Beat Kips
- Then... 2 Rounds, Not for Time
- 3 Chest-to-Bar
- 3 Toes-to-Bar

B1) TEST

- "Sharpshooter" // 2 Parts
- [At 0:00] Rep Max Chest-to-Bar
- [At 5:00] Rep Max Toes-to-Bar

B2) TEST

- "Salmon Ladder" // AMRAP 9
- 9/6 Calorie Assault Bike
- 3...6...9...etc. Toes-to-Bar
- 3...6...9...etc. Chest-to-Bar

C) MOBILITY

- 2 Rounds, Not for Time
- 1:00 Bicep Opener Stretch
- 1:00 Seal Stretch
- 1:00 Forward Fold Stretch
- 0:30 Dead Hang





RECORD OF RESULTS

INITIAL TESTING [WEEK 1]

"THE MACHINIST"

Part I [Max Reps]

Part II [For Time]

"SUPERNATURAL"

Average _____

"EASY DIANE"

Time _____

"SALMON LADDER"

Score _____

"SHARPSHOOTER"

Max Reps T2B

Max Reps C2B

FINAL TESTING [WEEK 12]

"THE MACHINIST"

Part I [Max Reps]

Part II [For Time]

"SUPERNATURAL"

Average _____

"EASY DIANE"

Time _____

"SALMON LADDER"

Score _____

"SHARPSHOOTER"

Max Reps T2B

Max Reps C2B



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