

Goals:

- L-sit (10 sec)
- Adv tuck front lever (2 sec)
- Pistol squat (1 concentric repetition)
- Elbow lever (5 sec)

Current Measurements

Height: 161cm

Weight: 60.5kg

Arms: 31cm

Waist: 83cm

Thighs: 45cm

Chest: 90cm

Muscles worked:

L- sit (abdominals, hip flexors, quadriceps, triceps)

Adv tuck front lever (abdominals, biceps, posterior deltoid, latissimus dorsi)

Pistol squat (gluteus maximus, quadriceps, hamstrings, hip flexors)

Elbow lever (deltoid, pectorals, latissimus dorsi)

Exercises I could possibly deploy in my plan:

Pullups (Latissimus dorsi, trapezius, biceps)

Pushups (Triceps, deltoid, pectorals)

Active hanging leg raises (Biceps, abdominals, hip flexors)

Tuck front lever (latissimus dorsi, bicep, posterior deltoid)

Assisted pistol squats (gluteus maximus, quadriceps, hamstrings, hip flexors)

Tuck skin the cat (deltoids, bicep, forearm)

Tuck elbow lever (deltoids, pectorals, latissimus dorsi)

Weighted squats (gluteus maximus, quadriceps, hamstrings, hip flexors)

Single leg wall sits (gluteus maximus, quadriceps, hamstrings)

Pseudo planche pushups (deltoids, triceps, abdominals)

Equipment I have:

- Pullup bar
- Gymnastic rings
- Parallettes
- Weight plates (2x10kg) (2x7.5kg)
- Ab roller

Week 1

Workout plan #1

Microcycle: Prehab/preparatory

Session: 1 (Tue 2nd Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever 3x12s, 2min rest
- Pushups 3x10, 2min rest, at 30x1 tempo
- Hanging leg raises 3x6, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x5, 2 min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Crossbody tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The planche leans and Leg raises were quite physically demanding and had me out of breath really quickly.

How challenging were the exercises [7] (1 being the least challenging and 10 being the most challenging)

Why? I was struggling a little with the Tuck front lever hold times as the time given was a little longer than I could actually hold it.

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #2

Microcycle: Prehab/preparatory

Session: 2 (Thu 4th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever raises 3x8, 2min rest
- Pushups 3x10, 2min rest, at 30x1 tempo
- Hanging leg raises 3x6, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x5, 2 min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [7] (1 being the least and 10 being the highest)

Why? The session was pretty demanding and challenged me quite a bit but wasn't to the point where I couldn't complete it.

How challenging were the exercises [7] (1 being the least challenging and 10 being the most challenging)

Why? The session didn't change much with regard to exercise intensity. The tuck front lever raises felt more achievable in terms of repetitions and difficulty.

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #2

Microcycle: Prehab/preparatory

Session: 3 (Sat 6th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever raises 3x8, 2min rest
- Pushups 3x10, 2min rest, at 30x1 tempo
- Hanging leg raises 3x6, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x5, 2 min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [6] (1 being the least and 10 being the highest)

Why? The session is feeling a bit more comfortable but still challenges me.

How challenging were the exercises [6] (1 being the least challenging and 10 being the most challenging)

Why? I feel like the exercises are tough but not too tough.

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Week 2

Workout plan #3

Microcycle: Hypertrophy

Session: 4 (Mon 8th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever raises 3x10, 2min rest
- Pushups 3x12, 2min rest, at 30x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The increased rep ranges definitely increased the total amount of muscle fatigue

How challenging were the exercises [7] (1 being the least and 10 being the most)

Why? The exercises were the same so I didn't really find it more challenging

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #3

Microcycle: Hypertrophy

Session: 5 (Wed 10th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever raises 3x10, 2min rest
- Pushups 3x12, 2min rest, at 30x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The increased rep ranges definitely increased the total amount of muscle fatigue I felt

How challenging were the exercises [7] (1 being the least and 10 being the most)

Why? The exercises were the same so I didn't really find it more challenging

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #3

Microcycle: Hypertrophy

Session: 6 (Fri 12th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever raises 3x10, 2min rest
- Pushups 3x12, 2min rest, at 30x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x3 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

Feedback:

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The increased rep ranges definitely increased the total amount of muscle fatigue I felt

How challenging were the exercises [8] (1 being the least and 10 being the most)

Why? I feel more adapted to the exercises and definitely find it less challenging

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Week 3

Workout plan #4

Microcycle: Hypertrophy

Session: 7 (Mon 15th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 3x8, 1.5min rest
- Wide Pushups 3x8, 2min rest, at 10x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x5 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The exercises imposed a lot more muscle fatigue

How challenging were the exercises [8] (1 being the least and 10 being the most)

Why? I find the new isometric hold for the tuck front lever is quite challenging

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #4

Microcycle: Hypertrophy

Session: 8 (Wed 17th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 3x8, 1.5min rest
- Wide Pushups 3x8, 2min rest, at 10x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x5 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The exercises imposed a lot more muscle fatigue and were definitely quite intense

How challenging were the exercises [8] (1 being the least and 10 being the most)

Why? I find the new isometric hold for the tuck front lever quite challenging

Do any of your muscles hurt abnormally [A little]

What muscle(s)? Felt a bit of pain along my right tricep/elbow

Workout plan #4

Microcycle: Hypertrophy

Session: 9 (Fri 19th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 3x8, 1.5min rest
- Wide Pushups 3x8, 2min rest, at 10x1 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x3 tempo
- Weighted squats 3x10, 2min rest, at 10x0 tempo
- Planche leans 3x8, 2min rest, at 10x5 tempo
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The exercises imposed a lot more muscle fatigue

How challenging were the exercises [9] (1 being the least and 10 being the most)

Why? Exercises imposed pain on my right arm

Do any of your muscles hurt abnormally [Yes]

What muscle(s)? Quite a bit of pain on my right elbow region

Week 4

Workout plan #5

Microcycle: Rehabilitation

Session: 10 (Mon 22nd Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 2x4s, 2 min rest
- Pushups 3x8, 2min rest, at 10x0 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Straddle elbow lever 3x4s, 2min rest
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [5] (1 being the least and 10 being the highest)

Why? The exercises had longer rest periods

How challenging were the exercises [6] (1 being the least and 10 being the most)

Why? The exercises were much easier than previously

Do any of your muscles hurt abnormally [Yes]

What muscle(s)? A little bit of pain on my right elbow

Workout plan #5

Microcycle: Rehabilitation

Session: 11 (Wed 24th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 2x4s, 2 min rest
- Pushups 3x8, 2min rest, at 10x0 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Straddle elbow lever 3x4s, 2min rest
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [5] (1 being the least and 10 being the highest)

Why? The exercises had longer rest periods

How challenging were the exercises [6] (1 being the least and 10 being the most)

Why? The exercises were much easier than previously

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #5

Microcycle: Rehabilitation

Session: 12 (Fri 26th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Tuck front lever hold 2x4s, 2 min rest
- Pushups 3x8, 2min rest, at 10x0 tempo
- Hanging leg raises 3x8, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Straddle elbow lever 3x4s, 2min rest
- Single leg wall sit 3x15s, 2min rest

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [5] (1 being the least and 10 being the highest)

Why? The exercises had longer rest periods

How challenging were the exercises [5] (1 being the least and 10 being the most)

Why? The exercises are now getting easier

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Week 5

Workout plan #6

Microcycle: Rehabilitation

Session: 13 (Mon 29th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Adv Tuck front lever hold 3x4s, 2 min rest
- Pseudo pike pushups 3x6, 2min rest, at 10x0 tempo
- Hanging L-sit hold 3x6, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Elbow lever 3x4s, 2min rest
- Assisted pistol squat 3x4, 2min rest, at 20x0

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The session is definitely more tiring now that I am closer to achieving my goals

How challenging were the exercises [7] (1 being the least and 10 being the most)

Why? The exercises are tough and definitely require a lot of effort

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #7

Microcycle: Rehabilitation

Session: 14 (Wed 1st Dec)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Adv Tuck front lever hold 3x4s, 2 min rest
- Pseudo pike pushups 3x6, 2min rest, at 10x0 tempo
- Hanging L-sit hold 3x6, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Elbow lever 3x4s, 2min rest
- Assisted pistol squat 3x4, 2min rest, at 20x0

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [8] (1 being the least and 10 being the highest)

Why? The session is definitely more tiring now that I am closer to achieving my goals

How challenging were the exercises [7] (1 being the least and 10 being the most)

Why? The exercises are tough and definitely require a lot of effort

Do any of your muscles hurt abnormally [No]

What muscle(s)?

Workout plan #6

Microcycle: Rehabilitation

Session: 15 (Mon 29th Nov)

Warmup/mobility

- Wrist circles x10
- Shoulder rotations x10
- Open/close the gates x10
- German hang x10s
- Burpees x10

Exercises

- Adv Tuck front lever hold 3x4s, 2 min rest
- Pseudo pike pushups 3x6, 2min rest, at 10x0 tempo
- Hanging L-sit hold 3x6, 1.5min rest, at 10x0 tempo
- Squats 3x10, 2min rest, at 10x0 tempo
- Elbow lever 3x4s, 2min rest
- Assisted pistol squat 3x4, 2min rest, at 20x0

Cooldown/flexibility

- Pike stretch x20s
- Across the chest stretch x15s
- Overhead tricep stretch x15s
- Quad stretch x15s
- 1 min deep breathing

How tiring was the session [7] (1 being the least and 10 being the highest)

Why? Feeling a little more comfortable with the exercises now

How challenging were the exercises [6] (1 being the least and 10 being the most)

Why? The exercises are tough but I am adapting to them

Do any of your muscles hurt abnormally [No]

What muscle(s)?