

2025 Oct-Dec

Month 1 - Accumulation

Pull

Strength

- Handstand Holds (warm-up, 10-20s x4–5)
- Half Lay Front Lever Holds 3–5s x3-5
- Advanced Tuck Front Lever Holds (scapula retraction + depression) 5–8s x3
- Inverted Deadlift 1-5 reps x3
- Dragon Flag Negatives 1-5 reps x3
- Weighted Pull Ups 8-12 reps x3

Hypertrophy

- AdvT FLPU 5 reps x5
- Weighted Pull Ups 8-12 reps x3

Push

Strength

- Handstand Holds (warm-up, 10-20s x4–5)
- Straddle Planche Holds 3-5s x3-5
- Advanced Tuck Planche (scapula retraction + depression) 5-8s x3
- Tuck Planche Press 1-5 reps x3
- Handstand Push Ups 1-5 reps x3
- Weighted Dips 8-12 reps x3

Hypertrophy

- Straddle PLPU 5 reps x5
- Weighted Dips 8-12 reps x3

Month 2 - Intensification

Pull

Session 1

- Handstand Holds (warm-up, 10-20s x4–5)
- Half Lay Front Lever Holds 3s x6-8
- Dragon Flag Negatives 1-5 reps x3
- Weighted Pull Ups / Chin Ups 3-5 reps x3-5

Session 2

- Handstand Holds (warm-up, 10-20s x4–5)
- Half Lay Front Lever Holds 3s x6-8
- Advanced Tuck Front Lever Holds (scapula retraction + depression) 5–8s x3
- Weighted Pull Ups / Chin Ups 3-5 reps x3-5

Push

Session 1

- Handstand Holds (warm-up, 10-20s x4–5)
- Straddle Planche Holds 3s x6-8
- Handstand Push Ups 1-5 reps x3-5
- Weighted Dips 3-5 reps x3-5

Session 2

- Handstand Holds (warm-up, 10-20s x4–5)
- Straddle Planche Holds 3s x6-8
- Advanced Tuck Planche (scapula retraction + depression) 5-8s x3
- Weighted Dips 3-5 reps x3-5

Month 3 - Peak 3 weeks + Full Deload

Pull

Session 1

- Handstand Holds (warm-up, 10-20s x4–5)
- Full Front Lever Attempts 3
- Half Lay FL 2s x6-8
- Dragon Flag Negatives 1-5 reps x3
- Weighted Pull Ups / Chin Ups 3-5 reps x3-5

Session 2

- Handstand Holds (warm-up, 10-20s x4–5)
- Band Assistance Full Front Lever Holds 2s x3
- Half Lay Full Front Lever Holds 2s x3-5
- Dragon Flag Negatives 1-5 reps x3
- Weighted Pull Ups / Chin Ups 3-5 reps x3-5

Push

Session 1

- Handstand Holds (warm-up, 10-20s x4–5)
- Half Lay Planche Attempts 3
- Straddle Planche Holds 2s x6-8
- Handstand Push Ups 1-5 reps x3-5
- Weighted Dips 3-5 reps x3-5

Session 2

- Handstand Holds (warm-up, 10-20s x4–5)
- Band Assistance Half Lay Planche Attempts 2s x3
- Straddle Planche Holds 2s x3-5
- Handstand Push Ups 1-5 reps x3-5
- Weighted Dips 3-5 reps x3-5