

THE FORMULA

The Formula is a training camp. It can be the catalyst to unlock greater strength (muscle up, squats, nordics), greater skills (handstand) and greater flexibility. I'd recommend using it for 6-8 week chunks. Assess your progress, take a week off and begin again if your body feels up to it. This isn't for beginners, you need a strong fitness base. If you're not here yet, [Move Strong Now](#) will build your foundation to get ready.

Here is your 7-day plan:

Day 1 Rings	Day 2 Handstand/ Mobility	Day 3 Legs	Day 4 Handstand/ Mobility	Day 5 Rings	Day 6 Handstand/ Mobility	Day 7 Rest
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Below is your program for each session. Click each exercise for a tutorial video. You have the option to start each session with an [Animal Movement](#) warmup for 15-20 minutes.

Enjoy the gains and have fun on this journey!

		REPS	SETS
RINGS Day 1 + 5	A1. <u>Ring Muscle Up</u> (feet down technique, negatives, or single reps) *Practice <u>False Grip</u> at this time	5-15	1
	B1. <u>Ring Pull Up</u> (pull high toward chest)	5	3-4
	B2. <u>Ring Dip</u> (ring to bicep is goal)	5	3-4
	Optional:		
	C1. <u>Ring Row</u>	8-12	1-3
C2. <u>Ring Push-up</u>	8-12	1-3	

STRENGTH SIDE.

HANDSTAND / MOBILITY

Day 2 + 4 + 6

	REPS	SETS
Warmup: <u>Wrist Routine</u>	10-15	1
A1. <u>Hollow Hold</u>	30-60s	2-3
A2. <u>Straight Leg Good Morning</u>	10	2-3
B1. <u>Chest to Wall Handstand Hold</u>	30-60s	2-3
B2. <u>90/90 Pigeon Hinge</u>	10	2-3
C1. <u>Heel Pulls</u>	30-60s	2-3
C2. <u>Couch Stretch</u>	60s	2-3
D1. <u>Handstand Kickup to hold</u>	2-3 attempts	2-3
D2. <u>Squat Knees Out + In</u>	30s	2-3

As your handstand becomes stronger, use hollow hold and chest to wall handstand for your warm up sets and do more sets of heel pulls and kickups eventually getting away from the wall!

LEGS

Day 3

	REPS	SETS
A. <u>Explosive Jumps</u>	5-10	1
B. <u>Squats</u> (barbell or <u>single leg</u>)	5	3-4
C. <u>Nordic Curl</u> or <u>Ring Hamstring Curl</u>	5-6 8-12	3 3
D. <u>Sissy Squat</u>	5-10	2
E. <u>Calf raises</u> or <u>Jump Rope</u>	10-15 5-10m	2 1

STRENGTH SIDE.