

ESCALATING DENSITY TRAINING

For full details on Escalating Density Training please refer to the YouTube video linked below

WATCH THE VIDEO

Upper (1-2x per week)

A1. Pike Push Up - 3 rep @ 6RM

A2. Chin Up - 3 rep @ 6RM

TIME. 20-25 mins

B1. Parallel Bar Dip - 5 reps @ 10RM

B2. Bodyweight Row - 5 reps @ 10RM

TIME. 15-20 mins

Skills A (1-2x per week)

A1. Planche Isometric - 6 sec @ 12s Max

A2. Front Lever Isometric - 6 sec @ 12s Max

TIME. 20-25 mins

B1. Pseudo Planche Push Up - 4 reps @ 8RM

B2. Arc Bodyweight Row - 4 reps @ 8RM

TIME. 15-20 mins

Full Body (2-3x per week)

A1. Back Squat - 3 reps @ 6RM

A2. Chin Up - 3 reps @ 6RM

TIME. 15-20 mins

B1. Parallel Bar Dip - 5 reps @ 10RM

B2. Romanian Deadlift - 5 reps @ 10RM

TIME. 15-20 mins

Lower (1-2x per week)

A1. Front Squat - 3 rep @ 6RM

A2. Lying Hamstring Curl - 3 rep @ 6RM

TIME. 20-25 mins

B1. Split Squat - 5 reps @ 10RM

B2. Back Extension - 5 reps @ 10RM

TIME. 15-20 mins

Skills B (1-2x per week)

A1. Chest To Wall HSPU - 1 rep @ 3RM

A2. Mantle Chin Up - 1 rep @ 3RM

TIME. 20-25 mins

B1. Pike Push Up - 4 reps @ 8RM

B2. Archer Row - 4 reps @ 8RM

TIME. 15-20 mins