v2.0

CALISTHENICS SCHOOL

100% PLANCHE

TRIAL

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Here comes the third and favorite move of bloggers - upper back rounding. So many people speak about it, but hardly know why it's needed. This body bend changes force vector direction with muscle tension. We get a small upward force vector, which by itself is not capable of providing the required lift, but along with horizontal vectors it works extremely efficiently. About the muscles that round the top of the back when performing the planche, I have already said many times. Nevertheless, let us recall them again - these are the muscles make protraction of scapulas: the serratus, the pectoral, and also the partially trapezoid.

So, you've read the smallest, the most boring but at the same time the most important part of this book. To summarize: there are 3 basic movements - leaning body forward, tensioning the entire core to create a force vectors that compress the body, and rounding the back to create a vertical force vector to lift the body up. But the basis of this knowledge is possible to test your body at the weak points.

Pic. 1.1. Vectors in planche

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Pic. 3.1

Pic. 3.2

Pic. 3.3

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Pic. 4.1

Pic. 4.2

Pic. 4.3

Pic. 4.4

Moving on to the last, **fourth** position, when the hands are turned at 40 degrees. This position is similar to the first position, but differs in that with less limited mobility of wrists, you still get its resistance, which helps shoulders to do their job of keeping you from falling. I personally recommend this particular wrists position and use it myself. This position is also closest to the position of the wrists on p-bars and parallettes, which is why it is more universal.

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CHAPTER 5. FOUNDATION. ZERO LEVEL

In order to proceed to the first level and perform the exercises correctly, it is necessary to correctly do plank position. This is the starting position for the most efficient exercises for planche. If you miss this important point, then you can forget about the efficiency of training. So let's step by step build the perfect plank on palms to master planche

STEP 1. Take the position of plank on palms (pic. 5.1)

Pic. 5.1

STEP 2. Close the lower back, rotate the pelvis inward and stress abs, as if pulling the front surface of hip, do not forget to press buttocks, otherwise the broken line of the pelvis. (pic. 5.2)

Pic. 5.2

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Pic. 7.1

Pic. 7.2

Mark the position of your hands in direction to the sofa and try to move closer and closer each time.

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Pic. 8.1

Pic. 8.2

2. Lifts up on chair, legs together (pic. 8.3-8.4)

Technique:

Take 2 chairs or crossfit cubes, put your shoulders on the cubes and straighten your arms, elbows straight and pointing straight up. Round your back to the maximum and lift the straight body to the vertical, then slowly lower it and lift back. Try to push as little as possible with your shoulders and work as much as possible on rounding your back and lifting due to this.

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Pic. 9.4

Pic. 9.5

If you do not have enough strength, then do the same exercise in straddle position. Please note that lifting is done by a straight body, and not at the expense of pike or arching.

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Pic. 10.1

Pic. 10.2

This position will be a point where you collect energy for the next push, so make sure that you're good at it

1.Technique:

Technique:

Lean forward, bent slowly your arms and lean more forward. Your legs will lift. Hold this position. Check your hollow body position. Hollow body position and especially rounded upper back will give you possibility to rest in lower position while pushing.

Sets and reps / seconds:

2 sets, 15 sec

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One more exercise I want to mention is

8. Wave planche push-up (pic. 10.17-10.19)

The idea of this exercise is that you use momentum to go up in the same time you get the needed burden for your shoulders. Changing of swing amplitude will adjust burden for your shoulders.

Technique:

Lie down in your stomach. Lift up your shoulders, straighten your arms. Palms should be near your waist. Then make a wave motion, bend your arms and roll forward keeping your lower back stressed (like arch body position swings). When you feel your legs going up, push up with your arms also. Try to slow down while going back and repeat.

Sets and reps:

3 sets, 12 reps.

Pic. 10.17

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Pic. 11.0

STEP 2

Tuck planche (pic. 11.1)

Technique:

Take a sitting position on your knees, put your hands in a line with your knees, then round your back and squeeze yourself at the shoulders. Due to this movement, your knees should come off the floor. Then, lift your feet off the floor and press your knees against your chest. The body line must be parallel to the floor.

Mastering: 15 seconds

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Pic. 12.6

Pic. 12.7

Do not arch in the back. Choose a weight to work at 90 percent load for 12 reps

4. Lifts up with straight arms in lying position (full amplitude) (pic. 12.8-12.10)

Technique:

Take a lying position on the bench. Hold a dumbbell of suitable weight. Bring your hands forward so as to imitate the position of the planche - this will be the initial position. From this position, lead your hands along the body down to the end. Then return your hands to the initial position and repeat. Make sure that the shoulders are extended forward and the shoulder blades protracted. The back should be pressed to the bench.

Sets and reps / seconds:

3 sets, 8 reps.

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Beginners (shoulders)

Exercise number	1	3	2	4	6	5	7
Sets	3	1	3-5	1-2	3	1-2	3
Reps/sec	15 s	Max	10 s	6	10	20	10
Rest between sets	40 s	-	20 s	30 s	30 s	2 min	1 min
Rest after exercise	2 min	30 s	2 min	2 min	2 min	2 min	2 min

Beginners (back)

Exercise number	1	3	2	4	6	5
Sets	2	5	3	3	1-2	3
Reps/sec	15 s	Max	Max	8	15	20
Rest between sets	40 s	30 s	20 s	30 s	30 s	2 min
Rest after exercise	2 min	30 s	2 min	2 min	2 min	2 min

Continuing

Continuing (shoulders)

Exercise number	1	3	2	4	6	5	7
Sets	3-5	3	5	3	1	3	3
Reps/sec	15 s	8	8	3	Max	10	8
Rest between sets	40 s	30 sec	20 s	1 min	30 s	30 sec	45 sec
Rest after exercise	2 min	2 min	2 min	2 min	2 min	2 min	2 min

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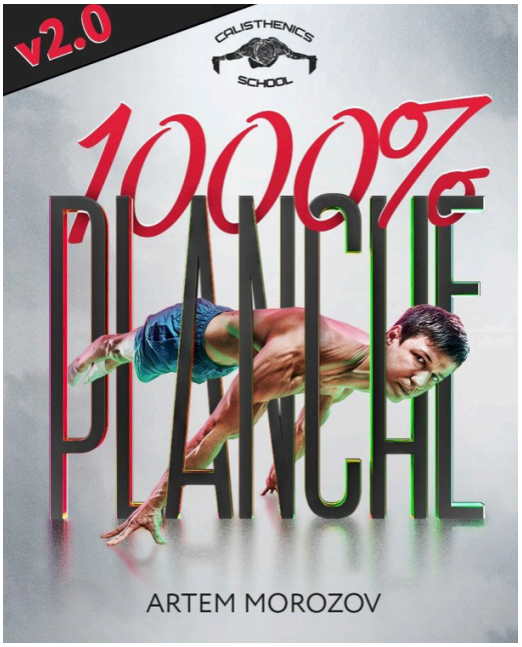

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