Momentum Kettlebells & Bodyweight

MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS

STRENGTH SYLLABUS

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Record Chart

1. UPPER BODY PUSH	Limit exercise
Horizontal	
Dip	
Overhead	

2. UPPER BODY PULL	Limit exercise
Horizontal	
Overhead	

3. SQUAT/ LOWER BODY PUSH	Limit exercise
2 LEG	
1 LEG	

4. FLEX	Limit exercise
Grounded	
Hanging	

5. Hip Hinge/ LOWER BODY PULL	Limit exercise
Strength Based	
Mobility Based	

Calisthenics – Greek for 'Beautiful Strength'

3 elements to every exercise

Skill – You need to learn to do the exercise. This could be through a combination of building balance and programming movement patterns into your brain.

Mobility – Do you have the mobility to move your body into the appropriate positions needed to complete the exercise

Strength – Are you strong enough to complete the exercise

Example of requirements of top level Calisthenics exercises	Skill	Mobility	Strength
Handstand	✔ ✔ ✔	✔ ✔	✔
Muscle up	✔ ✔		✔ ✔
Human Flag	✔ ✔	✔	✔ ✔ ✔ ✔
L-sit to Handstand	✔ ✔ ✔ ✔	✔ ✔	✔ ✔ ✔ ✔

How do you progress a movement pattern

1. Increase the reps
2. Reduce the rest
3. Increase lever length
4. Change angle
5. Reduce contact points
6. Slow it down
7. Increase range of movement
8. Technical Tightening

Training Construction

Workout 1
a. Push – Horizontal or Dip
b. Squat Variation
c. Pull – Overhead Pull
d. Flex – Grounded
e. Hip Hinge – Hold

Workout 2
a. Push – Overhead
b. Squat Variation
c. Pull – Horizontal Pull
d. Flex – Hanging
e. Hip Hinge - Dynamic

Weekly Programme Construction

Workout types
- Exercises are performed circuit style with the sets and reps approximate.
- One session should be aimed at strength and one aimed at conditioning/endurance.
- Don't sacrifice technique for reps. As soon as technique starts to go, stop set, or regress to an easier variation.
- For 'Strength Circuit' use 1 leg squat variation
  For 'Conditioning Circuit' use 2 leg squat variation
- For some advanced practitioners, '2 leg' and 'Dynamic bridge' exercises may require an additional weight (e.g. Kettlebell).

Strength – 5 x 5 (approx.)
Hypertrophy – 4 x 10 (approx.)
Conditioning – 3 x 15 (approx.)

3 sessions a week
Week 1
Day 1 – Workout 1 - Strength
Day 2 – Workout 2 - Hypertrophy
Day 3 – Workout 1 - Conditioning

Week 2
Day 4 – Workout 2 - Strength
Day 5 – Workout 1 - Hypertrophy
Day 6 – Workout 2 - Conditioning

2 sessions a week
Week 1
Day 1 – Workout 1 - Strength
Day 2 – Workout 2 - Hypertrophy

Week 2
Day 1 – Workout 1 - Conditioning
Day 2 – Workout 2 - Strength

Week 2
Day 1 – Workout 1 - Hypertrophy
Day 2 – Workout 2 - Conditioning

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UPPER BODY PUSH PUSH

Horizontal: Plank
Box Push Up
Kneeling Push Up
Hands elevated Push Up
Straddle Push Up
Standard Push Up
Feet elevated Push Up
Spider man Push Up
Hinge Push Up
Archer Push Up
Archer Push Up (on rings)
Elevated one arm Push Up
One Arm Push Up (Top Tier Exercise)

Extras: Feet elevated one arm push up
Fingertip Push Up
Claw Push Up
Iguana Push Up

Dip: Legs Bent Bench Dip
Legs Straight Bench Dip
Negative Parallel bar dips
Leg support parallel bar dips
Parallel Bar Dip
Straight Bar Dip
Ring dips
Russian Dip
Korean Dip
Ring archer dips (top tier exercise)

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UPPER BODY PUSH

Overhead: Hands Elevated Pike Press
Hindu Press
Pike Press
Feet Elevated Pike Press
Pike Press on rings
Feet Elevated Pike Press on rings
Wall Handstand Press
Ultimate Handstand Press (top tier exercise)

Extras: Free standing handstand push up

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UPPER BODY PULL

Horizontal:
Bent Knee Aussie Pull Up
Aussie Pull Up
Wide/Narrow/Neutral Grip Aussie Pull Up
Feet Elevated Aussie Pull Up
Archer Aussie Pull Up
One Arm Aussie Pull Up
Tuck Front Lever Pull Up/Tuck row (top tier exercise)

Extras:
Straddle Front Lever Pull Up
Front Lever Pull Up

Overhead:
Bar Hang
Flex Bar Hang
Negative Chin Up (underhand)
Negative Pull Up (Overhand)
Full Chin Up (underhand)
Full Pull Up (Overhand)
Archer Pull Up (Top tier exercise)

Extras:
Behind the Neck
L-sit Pull Up
Wide Grip Pull Up
Narrow Grip Pull Up
Mixed/Neutral/Commando Grip Pull Up
Head Banger Pull Up

One Arm Pull Up Progressions:
One Arm Hang
One Arm Flex Hang
One Handed pull up
One Arm Negative
One Arm Pull Up

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SQUAT/ LOWER BODY PUSH

Two Leg: Bench Assisted squat
                             Pole Assisted Squat
                             Squat
                             Narrow Squat
                             Wide Squat
                             Prisoner squat
                             Split Squat
                             Walking Lunge
                             Hindu Squat
                             Bulgarian Split Squat
                             Archer Squat (Top tier exercise)

Extras   Calf Raise

MOMENTUM BODYWEIGHT FOUNDATIONAL PROGRESSIONS STRENGTH SYLLABUS

SQUAT/ LOWER BODY PUSH

Single Leg: Single Leg Stand
Step Ups
Elevated single leg squat

PISTOLS:
Bench Assisted Pistol
Foot elevated Pistol
Wushu Pistol
Pistol Squat (top tier exercise)

SHRIMP:
Hover/Airborne Lunge
Shrimp Squat (top tier exercise)

Extras   Drinking Bird
Rail Pistol
Dragon Pistol
Hawaiian Squat
Jumbo Shrimp
Advanced Shrimp Squat
Advance Pistol

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FLEX

Grounded Flex:	Lying knee Tuck
	Lying Bent Knee Raise
	Straight Leg Raise
	Grounded Windscreen Wiper
	Seated leg extensions
	Bent Knee Hold
	L-sit
	V-sit
	Bent Knee Dragon Flag
	Half Dragon Flag
	Full Dragon Flag (Top tier exercise)
Hanging Flex:	Hanging Knee Raise
	Twisting Hanging Knee Raise
	Hanging Leg Raise
	Toes-to-Bar Hanging Leg Raise
	Hanging Windscreen Wiper (top tier exercise)
Extras:	Roll/Pull Overs
	One Arm Hanging Leg Raise
	Meathook

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HIP HINGE/ LOWER BODY PULL

Hold for time, or perform for reps

Strength Based: Hip Bridge
Table Bridge
Straight Bridge
Shoulder Bridge
Candlestick Bridge
Candlestick Straight Bridge
Glute Bridge on ball
1 leg Glute Bridge on ball
1 leg Candlestick Glute Bridge on ball (Top tier exercise)

Mobility Based: Neck Bridge
Full Back Bridge
Feet Elevated Back Bridge
One Leg Back Bridge
One Arm Back Bridge
Gecko Bridge
Bridge Rotation
Wall Crawl
Stand to Stand Bridge (Top tier exercise)

Extras: Forearm Bridge
Reverse Hypers
Glute Ham Raise