



i99 Fit Playbook

Manual for Coaches

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The purpose of this playbook is to provide an overview of the i99 Fit Curriculum. All material in this manual is confidential and proprietary information that may not be distributed without written permission from i99 for Life, LLC.

TABLE OF CONTENTS

i99 Fit Program	3
Overview	3
Becoming an i99 Coach.....	3
Methodology	3
Drills Support skills.....	3
Big and Small.....	3
Free Energy	3
Core Skills	4
Handstand Walks	4
Kipping Handstand Push-up.....	7
Toes2Bar	9
Kipping Pull-up.....	12
Bar Muscle-up.....	14
Butterfly pull-up.....	16
Dynamic Ring Muscle-up	18
Core Mobility	20
Wall Mobility	27
Handstands	29
Level 1 PRogressions.....	29
Level 2 progressions.....	30
Rings	32
Level 1 Progressions.....	32
Level 2 Progressions.....	34
Bars	35
Level 1 Progressions.....	35
Level 2 Progressions.....	36

OVERVIEW

The curriculum outlined in this document is designed to develop mastery of seven gymnastics movements commonly found in fitness competitions. These skills include handstand walks, handstand push-ups, toes2bar, kipping pull-ups, bar muscle-ups, butterfly pull-ups and dynamic ring muscle-ups. Our mission is to build partnerships with host facilities (i99 Fit Gyms) to provide access to this curriculum in their facility with their athletes while educating their coaches through a series of clinics, semi-private lessons, personal training sessions and seminars. Our goal is to build lasting relationships with functional fitness athletes and fitness enthusiasts and help them increase range of motion and their body's natural ability to find the most efficient movement pattern. The program is not designed to replace the athlete's regular fitness routine, rather it was designed to compliment other sports by providing a progressive skill focused gymnastics education to host facilities, athletes and coaches. Our i99 Instructors utilize real time visual video analysis, kinesthetic position shaping and auditory cues to connect with athletes in the way they learn.

BECOMING AN I99 COACH

The i99 Coach Program is designed for functional fitness coaches who are interested in integrating the i99 Fit curriculum in their workouts and helping their athletes continue to progress between official i99 Programs. Although i99 Coaches cannot host official i99 programs they are an integral part of the i99 Fit Team which is made up of the i99 Instructor, i99 Coaches, the i99 Fit Gym, and their Athletes. The i99 Coach Program consists of two Levels. Level 1 Seminar covers in depth understanding of i99 philosophy and unique techniques for the six core skills and teaches Coaches to deliver the supporting core movements, targeted mobility and skill progressions that support them. The Level 2 Seminar covers advanced strategies troubleshooting, hands on spotting training, and use of video analysis for the butterfly pull-up, bar muscle-up and dynamic ring muscle-up. The title of "Level 1 i99 Fit Coach" is not given upon completion of the Level 1 Seminar. The title is earned after the coach has submitted a series of videos or assisted with i99 Fit Programs where the coach demonstrates their ability to deliver the curriculum consistent with the i99 methodology. Often additional remote training or semi-private lessons may be required to earn the title and join our team.

METHODOLOGY

DRILLS SUPPORT SKILLS

Olympic lifting and gymnastics have many commonalities. Both require a similar approach to training, where skills are broken down into various drills and repeated hundreds if not thousands of times. When assembled these drills are the skill. In both sports, the timely use of tactile cues, auditory cues ranging in volume and video analysis rapidly accelerate learning.

BIG AND SMALL

Although the training approach and tools used are very common, it is important to understand the differences in these sports that support functional fitness. When moving big weight athletes rely on constant posterior chain engagement, big angles, and big muscle groups. Gymnastics movements require coordination of anterior chain, with minimal angles, and general body tension throughout. Olympic lifting and gymnastics are parallel pathways of development that will balance the body and allow the athlete to maintain coordination and flexibility as they get stronger.

FREE ENERGY

Although we currently focus on 7 core gymnastics skills in our curriculum, we apply common concepts to human movement efficiency. In every movement we analyze or teach we are looking for opportunities to find free energy and redirect that energy in a direction that makes the skill easier. Here are some cues and concepts that will find free energy.

“STAY IN MOTION”

Which comes first? Strength or swing? Both! Both are parallel pathways of development. Like Olympic lifting and gymnastics, training strength and swing in tandem will keep your body balanced and movements natural. When athlete is fully relaxed and then abruptly tightens up, their movements become unpredictable and suddenly are difficult to repeat. We focus on keeping the athlete in constant rhythmic motion in a tight yet relaxed state.

“PUSH A STICK NOT A ROPE”

In gymnastics, applying 10% more effort to general body tension and aesthetics will translate to 50% less effort to complete the skill. If it is pretty it is generally effortless and therefore efficient.

“NO ANGLES”

Movement efficiency depends on balanced mobility so that big muscles stretch and then naturally rebounding to their relaxed position.

“FALL LONG”

Gravity is another source of free energy. The longer the body the faster we fall.

CORE SKILLS - [HTTP://BIT.LY/I99CORESKILLS](http://bit.ly/i99coreskills)

In order to effectively deliver the Level 1 Curriculum all i99 Coaches must have a firm understanding of the ideal technique. We will start by the seven i99 Core Skills and highlight the performance criteria and common cues used by i99 Instructors.

HANDSTAND WALKS



Handstand



Weight Transfer

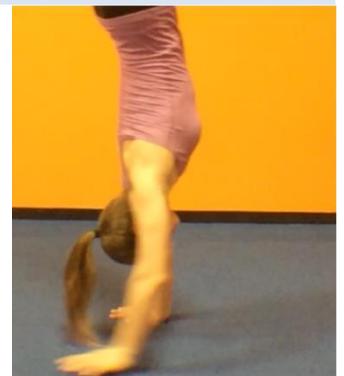


Active post shoulder

http://youtu.be/On_5aj5iUIU



Half Step



Full Step

Handstand walking should originate with anterior chain against the wall. The athlete should be able to hold a hollow handstand with nose touching the wall completely lined up before starting to walk. Initially the goal is to teach weight transfer without lifting the head up. Then once the athlete can take several steps in place by tightening the oblique's and leaning on their other hand they can begin to take steps forward and back to the handstand position. Once they have mastered a handstand forward roll from the wall they can begin to take their feet off the wall while maintaining the tight hollow position and start working on single and double steps forward and backward always returning to a tight hollow handstand with their toes resting on the wall. There are a number of prerequisites to learning to safely walk on your hands including a proper lunge, handstand hold, handstand forward roll, and mobility exercises needed to reach forward without lifting the head or breaking the shoulder angle.

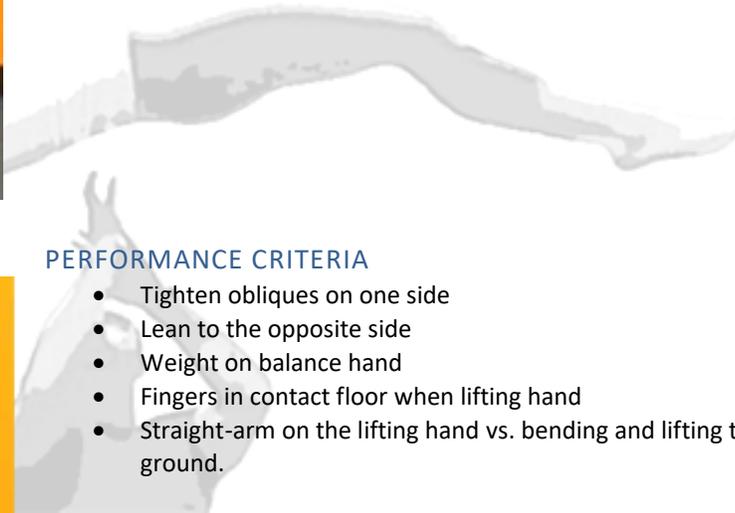
PHASE 1: BALANCE



PERFORMANCE CRITERIA

- Head neutral
- Weight distributed over both hands
- Hands, shoulders and hips lined up.
- Pressure in the middle of hand at the base of their pointer finger
- Ability to transfer weight from the heel of hand to fingers

This phase we should be teaching athletes how to balance on their hands with the ability to adjust balance by using their fingers and heels of their hands with the point of pressure in the middle of their hand at the base of their pointer finger. They should be able to take their toes off of the wall and balance for at least 5 seconds before attempting to shift weight from one hand to the other.



PHASE 2: WEIGHT TRANSFER



PERFORMANCE CRITERIA

- Tighten obliques on one side
- Lean to the opposite side
- Weight on balance hand
- Fingers in contact floor when lifting hand
- Straight-arm on the lifting hand vs. bending and lifting the hand off the ground.

The ability to initiate weight transfer by shortening one side of the body and leaning to the other is what we are trying to teach in the weight transfer phase. They should be able to keep balance on one hand and just lift the heel of their other hand in this phase. Common errors are bending the elbows to get their weight to transfer. Arms should remain straight at all times.

PHASE 3: ACTIVE SHOULDER



PERFORMANCE CRITERIA

- Straight arms
- Active shoulder on balance hand
- Straight line from balance hand to hip
- Head Neutral

At this phase the athlete just has to activate the shoulder of their balance hand and their other hand should lift completely off the ground. The most common error here is bending their elbow to get their hand off the ground. The key to making a handstand walk a balancing act instead of a feat of strength is to have movement in the shoulders. The athletes should master walking in place back and forth without bending their arms until they can take 8 to 10 steps with their feet away from the wall.

PHASE 4: HALF STEP



PERFORMANCE CRITERIA

- Slightly break the shoulder of the balance hand (hollow)
- While flexing the shoulder of the lifting hand
- Reach forward with head neutral or in
- Arms should not bend

For the purpose of this manual the athlete is away from the wall with a profile view but, the athlete should practice taking a step away from the wall and then back to the handstand while learning to walk. Once they take 8 steps forward and back with each hand they are ready to walk away from the wall by alternating steps. At first they should step away and then bring the second hand even to the first and then step back to the wall in the same alternating manner. The most common mistake when taking a half step is lifting their head up. Cue them to look behind them or head in.

PHASE 5: FULL STEP



PERFORMANCE CRITERIA

- Slightly break the shoulder of the balance hand (hollow)
- While flexing the shoulder of the lifting hand
- Lifting hand reaches past the balance hand head neutral or in
- Arms should not bend

The final phase of the handstand walk requires the athlete to cover more distance with each step. They should be able to reach about 4 to 6 inches past their balance hand with each step. The athlete should be able to perform a safe handstand forward roll before moving away from the wall and attempting the full step. The most common errors in this phase are lifting the head and bending their lifting arm to cover the distance. If range of shoulder flexion is weak it may be better to just take a series of half steps to maintain a perfect line in the body. Smaller steps are always better than arching the body and losing the line.

KIPPING HANDSTAND PUSH-UP



Hollow tripod



Heel Drive



Body Wave Press



Shoulder Flexion



Hollow Handstand

<http://youtu.be/q41TUcAng6Q>

When teaching a kipping handstand push-up it should be taught with anterior chain facing the wall. It is recommended that the athlete be able to hold a hollow handstand for over a minute before attempting this. There are many prerequisite skills and drills that must be mastered before attempting this. You should teach the athlete a handstand push-up starting in a tripod as opposed to starting in a handstand and lowering down to their head and trying to push back out of it. Short-circuiting these safe progressions will result in a very arched handstand position and potentially cause long-term damage to the lower back and neck.

PHASE 1: HOLLOW TRIPOD



PERFORMANCE CRITERIA

- Head and hands form an equilateral triangle
- Thumbs facing forward
- Elbows pinched to the side of body
- Head neutral
- Knees track over the elbows while heels stay together throughout

The tucked tripod is the loading position for the explosive kip. The shoulders will travel about 6 to 8 inches from the tripod position to a handstand with shoulders lined up over hands. Notice the slight round in the lower back. The most common errors in this phase are hands are too close to the head creating a very narrow base. Also you will find that some athletes have a slight arch in their lower back here. If they are not hollow here the body wave will be overly arched and place excessive stress on the lower back.

PHASE 2: HEEL DRIVE



PERFORMANCE CRITERIA

- Legs straighten
- Heels track directly upward
- Head neutral
- Hollow core
- Maintain the lower back hollow

In this phase the athlete is exploding upward to initiate the momentum necessary to transfer weight from their head to their hands. The direction of the heel drive should be up and toward the wall slightly. The most common errors in this phase are arching prematurely in the lower back and starting to press before the legs are straight. When the legs lock out the body naturally transfer weight to the hands and lifts an inch or two.

PHASE 3: BODY WAVE PRESS



PERFORMANCE CRITERIA

- Hollow in lower back straightens (not ideal here)
- Shoulders moving back and up
- Elbows should be pressing in (not ideal here)
- Head Neutral or slightly in
- Hips pop slightly

If the athlete was patient in the previous stage this phase should feel like they are pressing half of their body weight overhead. Ideally the athlete should go from hollow to straight in the lower back but in this example you see a slight arch in the lower back. The head should be traveling backward as the athlete thinks about touching their chin to their chest and nose to the wall. The most common errors in this phase are head out and too much arch. Cue them to look at their toes or try and find their belly button.

PHASE 4: SHOULDER FLEXION



PERFORMANCE CRITERIA

- Angle of the shoulder be moving to straight
- Head in
- Squeeze butt
- Snap back to hollow in the lower abs
- Feet should be arriving on the wall

At this phase the athlete should be flexing aggressively to get their shoulders over their hands and lined up with their hips. So this phase is essentially returning from a straight or tight arch position to the hollow handstand. The most common errors here are that the athlete lifts their head, which will force their elbows wide. Cue them to keep their elbows in.

PHASE 5: HOLLOW HANDSTAND



PERFORMANCE CRITERIA

- Shoulders should be directly over hands
- Look for a straight line from wrists to hips
- Hips are bent slightly so that toes are touching wall
- Butt tight

The final phase of a kipping handstand pushup has more to do with mobility, balance and general body tension than anything else. When training, do not allow the athlete to walk down or lower back down to the tripod until they have reached their personal maximum with regards to alignment.

TOES2BAR



Back Swing



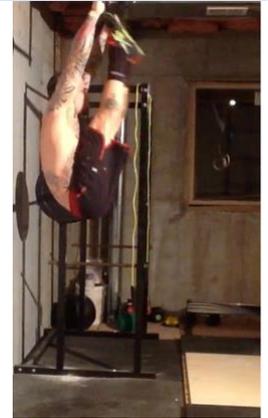
Scoop



Toe Lift



Sit



Touch

<http://youtu.be/d-dmgSwPERk>

The i99 Toes2Bar technique requires that the athlete can perform at least 10 basic tap swings with two primary points of performance. First is that the athletes must be able to perform the tight hollow arch swing with the ears and arms in line at all times with a tight lower body. This means no bent knees or separation in the legs. When there are no angles then the quads, hip flexors and entire anterior chain will stretch producing a natural rebound effect. This creates a natural stretching of his rebound will create free energy and prevent levering at the shoulders from the bottom. Levering in the shoulders is a technique for toes2bar and will increase strength, however if your goal is maximum efficiency they should avoid levering 85% of their body weight from the bottom of the skill. The second point of performance in the hollow arch tap swing is that they athletes should take a deep breath in the first phase or back swing. Doing this by lifting the chin and opening their mouth wide will cue them to get plenty of oxygen.

PHASE 1: BACK SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest Forward
- Straight legs
- Entire body in front of uprights
- Heels tight and together
- Tight butt

The athlete should be pressing their chest forward so that their entire body swings through the uprights and arrives at tight arch position. The most common mistakes here are that athletes bend their knees and/or separate their legs, which shortens their body. They should be thinking about touching their heels to the ground just at the base of the uprights.

PHASE 2: SCOOP



PERFORMANCE CRITERIA

- Hollow upper body with slight pike
- Straight legs
- Chest between uprights
- Head neutral

In this phase the athlete is creating a pocket in their body almost like a spring loading up. The longer they can press back on the bar the longer their body will stay in front of the bar. The transition from phase 1 to the scoop will make the athletes legs weightless allowing them to travel up to the toe lift with very little effort. Most common errors here are bent knees and levering at the shoulder. If they break their shoulder angle they will direct the skill backward instead of straight up the to the bar.

PHASE 3: TOE LIFT



PERFORMANCE CRITERIA

- Minimize lever at shoulder
- Head starts to return to neutral
- Toes just above horizontal
- Long upper body to start the sit

Here the athletes should be focusing entirely on keeping their shoulder angle open and their head neutral as their toes snap up to the bar. The most common mistake here is that they start to lever their shoulders which stops their toes from rising quickly. Opening the shoulders will initiate the sit phase allowing hips to drop while toes rise creating turnover and weightlessness.

PHASE 4: SIT



PERFORMANCE CRITERIA

- Push your butt to the ground
- Keep head neutral
- Locked arms
- Upper back hollow

In this phase the athlete needs to focus on a hollow upper body. As the upper body swings slightly backward. This creates a rocking effect that will allow them to proceed to the touch phase.

PHASE 5: TOUCH



PERFORMANCE CRITERIA

- Press chest forward
- Chin forward
- Slight lever in shoulders
- Press knees to chin

At this phase the athlete may need to lever slightly. At this point the lever requires minimal strength as it is a full body compression. The straighter legs are here the easier it is to touch the bar with minimal movement in the shoulders. The most common mistake here is to bend the knees and kick to the bar which will break the rhythm of the skill.

KIPPING PULL-UP



Back Swing



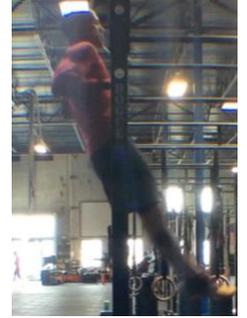
Scoop



Lever



Row



Touch

<http://youtu.be/zEVjRI3HsuE>

The basic kipping pull-up is the basis of the bar muscle-up. When teaching any kipping skill the key is to encourage the athlete to eliminate as many angles as possible. The goal is to create a circular motion at the shoulders starting with the front swing (chest forward) and then the shoulders track back through a hollow lever position. From the lever position the shoulders start to track upward. As the athlete develops more efficiency in the basic kip they change where the direction they pull the bar. The key to this skill is developing rhythm and always leaving their feet in front of the bar.

PHASE 1: FRONT SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest Forward
- Straight legs
- Entire body in front of uprights
- Heels driving down and backward
- Tight butt

The athlete should be pressing their chest forward so that their entire body swings through the uprights and arrives at tight arch position. The most common mistake here is that athletes bend their knees and shorten their body. They should be thinking about touching their heels to the ground just at the base of the uprights.

PHASE 2: SCOOP



PERFORMANCE CRITERIA

- Hollow upper body with slight pike
- Straight legs
- Chest between uprights
- Head neutral

In this phase the athlete is creating a pocket in their body almost like a spring loading up. The longer they can press back on the bar the longer their body will stay in front of the bar. This creates the pendulum swing at the shoulders backward. Most common errors here are bent knees and early pull for the lever. If they break their shoulder angle too early they will leave the skill in front of the bar instead of generate a pendulum swing.

PHASE 3: LEVER



PERFORMANCE CRITERIA

- Tight hollow position
- Head in driving while pulling down
- Toes just below horizontal
- Butt squeezed tight

Tightening of the butt in this phase is critical for achieving this tight hollow, which brings hips closer to the bar. This will phase will redirect the shoulders upward in a vertical direction.

PHASE 4: ROW

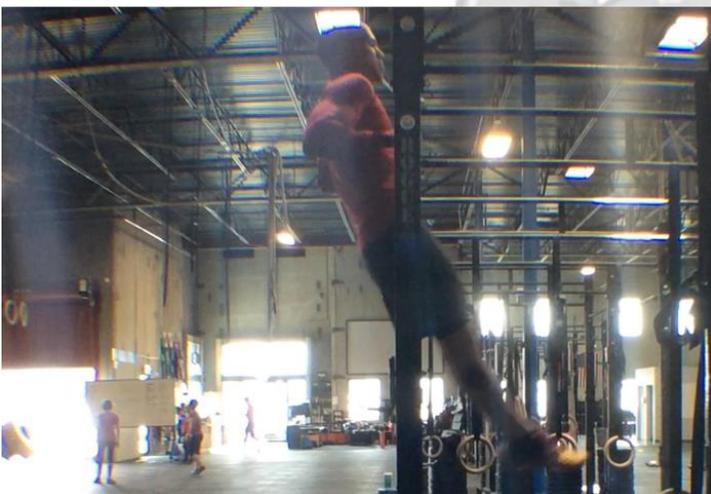


PERFORMANCE CRITERIA

- Tight arch position
- Heels kicking down
- Slight bend in the arms
- Head moves from in to neutral

The row phase should happen as late as possible. The longer the athlete waits to bend their arms the more height they will have before rowing. Elbows should be slightly away from the body so that the body can move through the arms.

PHASE 5: TOUCH



PERFORMANCE CRITERIA

- Tight hollow position
- Elbows away from body
- Head Neutral looking straight
- Elbows wide and behind the body

The most important part of the touch phase is that the athlete's feet are in front of them and the lower body is hollow which will allow them to transition back to the kip and link. The most common mistake here is kicking the heels backward and behind the bar or dropping off the bar before returning to a good tap swing. Always finish with a swing to reinforce rhythm.

BAR MUSCLE-UP



Front Swing



Scoop



Lever



Body Wave



Situp

<http://youtu.be/v4Xi7fiVGWY>

When teaching a bar muscle-up the key is to encourage the athlete to teach the athlete to eliminate as many angles as possible. The goal is to teach the athlete to create a circular motion at the shoulders starting with the front swing (chest forward) and then the shoulders track back through a hollow lever position. From the lever position the shoulders start to track up the bar as the body wave and pull begin. The later the athlete bends their arms the more circular momentum they will create which will sling shot their shoulders over the bar. Finally the sit-up should happen naturally and land high with minimal arm bend and head neutral.

PHASE 1: BACK SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest Forward
- Straight legs
- Entire body in front of uprights
- Heels driving down and backward
- Tight butt

The athlete should be pressing their chest forward so that their entire body swings through the uprights and arrives at tight arch position. The most common mistake here is that athletes bend their knees and shorten their body. They should be thinking about touching their heels to the round just at the base of the uprights.

PHASE 2: SCOOP



PERFORMANCE CRITERIA

- Hollow upper body with slight pike
- Straight legs
- Chest between uprights
- Head neutral

In this phase the athlete is creating a pocket in their body almost like a spring loading up. The longer they can press back on the bar the longer their body will stay in front of the bar. This creates the circular momentum that will carry them to the sit-up. Most common errors here are bent knees and early pull for the lever. If they break their shoulder angle too early they will direct the skill backward instead of a circular fashion and will show up when they try and sit-up.

PHASE 3: LEVER



PERFORMANCE CRITERIA

- Tight hollow position
- Head in driving while pulling down
- Toes just below horizontal
- Butt squeezed tight

The athlete's hips should point directly to the position that the shoulders will land in at the end of the final sit-up phase. The lever essentially aims the skill. Tightening of the butt in this phase is critical for achieving this tight hollow, which brings hips closer to the bar. At the same time the shoulders are starting to travel back creating the circle needed to slingshot the shoulders over the bar at the end.

PHASE 4: BODY WAVE



PERFORMANCE CRITERIA

- Tight arch position
- Heels kicking down
- Slight bend in the arms
- Head moves from in to neutral

This example is an ideal body wave, in that it is very subtle. In this phase the athlete is starting to pull down as their hips get closer to the bar and their heels are driving down and back. The most common error here is skipping this wave completely.

PHASE 5: SIT-UP



PERFORMANCE CRITERIA

- Tight hollow position
- Elbows away from body
- Head Neutral looking straight
- Minimal arm bend

If the first 4 phases are mastered the sit-up just happens. You should be looking for the shoulders traveling over the bar with minimal arm bend. Errors in this phase are almost entirely a result of an error in a previous phase.

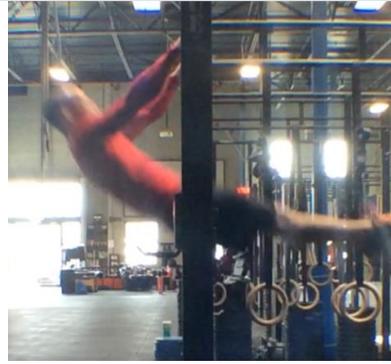
BUTTERFLY PULL-UP



Front Swing



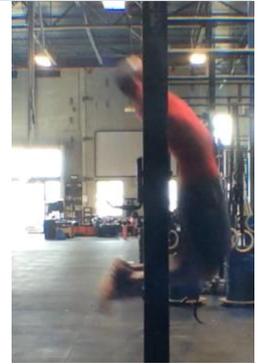
Scoop



Lever



Body Wave



Undershoot

<http://youtu.be/kP3hvfXjGrw>

When teaching the butterfly pull-up the most important thing to focus on is getting the athlete to avoid bending knees. The angle of the knee can vary greatly between attempts. As the knee bend kicks out the point at where the toes finish cause each attempt to be drastically different. Finding a rhythm and cadence is the key to chaining multiple pull-ups. Also you should reinforce tight arch and hollow positions instead of drastic shape changes including over arch or pike at the waste. Finally focus on the direction of the shoulders as they should make a complete circle throughout all phases.

PHASE 1: BACK SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest forward
- Straight legs
- Entire body in front of uprights
- Shoulders traveling forward

It often helps at the beginning to have the athlete start about 12 inches behind the bar and then jump to a hollow position when grasping the bar. The toes should lead through the bottom of the forward swing creating a little forward momentum, which will keep the athlete from just bending in half in the front swing. The desired front swing will have heels just between uprights and reaching for the floor while the shoulders are pressing forward. This action loads up the kip. The most common error in this phase is bent knees and/or bent arms.

PHASE 2: SCOOP



PERFORMANCE CRITERIA

- Core between uprights with slight bend at hip
- Head neutral
- Hollow core

In the scoop phase the athlete is kicking their toes upward to start changing the direction of the shoulders up the bar. Shoulders should be moving backward until the end of this phase. The most common errors with this phase are bent knees and head way out. This shortens the kick and actually initiates the arm bend early. Pulling early will result in a somewhat arched pull instead of hollow, which will eventually kill the circular momentum.

PHASE 3: LEVER



PERFORMANCE CRITERIA

- Tight hollow position
- Shoulders moving back and up
- Straight legs
- Straight arms
- Head in
- Hips pulling to the bar

The lever phase is very similar to the bar muscle-up lever except that the body is below horizontal. The key to this phase is to resist the urge to throw the head back and bend arms early. Typically athletes are not patient enough in this phase. The most common error is a loose butt which causes a pike at the hip instead of tight hollow which allows the hips to rise up closer to the bar.

PHASE 4: BODY WAVE



PERFORMANCE CRITERIA

- Tight arch position
- Elbows back
- Squeezing shoulder blades together
- Shoulders moving forward to the bar
- Hips and feet in front of the bar
- Head in

The body wave should have minimal arch as the athlete simply rows to the bar with their head slightly back to avoid catching their chin on the bar. Once the athlete touches their chest to the bar the athlete they start to relax and allow their shoulders to transition under the bar.

PHASE 5: UNDERSHOOT



PERFORMANCE CRITERIA

- Shoulders traveling down and forward
- Hips traveling forward
- Straight legs (not ideal in this image)
- Heels reaching out in front of the bar

The undershoot phase is essentially ducking under the bar and getting back to the start position with minimal effort. If the first 4 phases are creating enough circular momentum the shoulders will naturally drop below the bar and forward. The most common error in this phase is bent knees that you even see in this excellent example. If the knees bend they should be straight at the finish so that when they kick forward they do not add variability to the direction of where the toes kick. This will cause subsequent pull-ups to be inconsistent.

DYNAMIC RING MUSCLE-UP



Back Swing



Front Swing



Overhead Row



Body Wave



Situp

<http://youtu.be/B3FKruQDcOo>

When teaching a dynamic ring muscle-up (front uprise) the key is to get the rings to move front to back so that the body is extended as possible allowing the gravity to do most of the work. The athlete's hands should be slightly turned out so that their chest can open all the way in the back swing and palms facing directly forward in the front swinging phases. The overhead row is essentially a constant slow pressure moving the rings behind them until they meet sufficient resistance, which will naturally force the hips to start opening, and heels to drive down initiating the body wave. During the body wave the athletes hands should continue backward and around behind the athletes ears as the chest waves up over the rings. The sit-up should be very little effort if the first 4 phases create enough momentum to slingshot the athlete's head and shoulders high above the rings.

PHASE 1: BACK SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest down
- Straight legs
- Rings slightly turned out
- Rings just wider than shoulder width

The athlete should be trying to make their body as long as possible so that gravity helps create momentum on the down swing. As they pass through the bottom of the swing they should be relaxed and allow their chest go through first followed by their hips in a tight arch. Once the hips pass through vertical they should hollow.

PHASE 2: FRONT SWING



PERFORMANCE CRITERIA

- Tight arch position
- Chest down
- Straight legs
- Rings slightly turned out
- Rings just wider than shoulder width

The athlete should be trying to make their body as long as possible so that gravity helps create momentum on the down swing. As they pass through the bottom of the swing they should be relaxed and allow their chest go through first followed by their hips in a tight arch. Once the hips pass through vertical they should hollow.

PHASE 3: OVERHEAD ROW



PERFORMANCE CRITERIA

- Tight hollow position
- Palms facing forward
- Rings moving backward
-

The overhead row initiates the body wave or (Hip Pop). It should begin with straight arms and as the athlete meets enough resistance against the rings their hips will open naturally creating a natural hip rise. As their hips start to open then they will start to widen their pull to complete the body wave. The common errors in this phase seem to all be related to being impatient and attempting to sit up before the body wave happens.

PHASE 4: BODY WAVE



PERFORMANCE CRITERIA

- Tight arch position
- Palms facing forward
- Elbows behind ears
-

The body wave will be more pronounced with most athletes. This example is the ideal very tight arch as opposed to the exaggerated hip drive that you will see with beginners. The most important aspect of the body wave is that the heels go down first, hips go up second and then the rings are moved out of the way behind the ears so that the athlete's chest can open and they can move through the rings without resistance. The more efficient the athlete becomes the more subtle this wave will be.

PHASE 5: SIT-UP



PERFORMANCE CRITERIA

- Hands travel in a circle
- Shoulders travel over the rings
- Rings parallel or out at catch
- Minimal arm bend

If the first 4 phases are mastered the sit-up just happens. You should be looking for the shoulders traveling over the rings with minimal arm bend while feet are traveling down. The athlete should almost float to this position and then arrive in a support with pressure when the shoulders are higher than the rings. Errors in this phase are almost entirely a result of an error in a previous phase.

ARM CIRCLES - [HTTP://YOUTU.BE/_AGTGV4ISNC](http://youtu.be/_AGTGV4ISNC)



Instruct athletes to raise their arms out to the side and make small circles progressively until arms are crossing at the elbows in the front. Repeat in both directions. When arms are circling backward make sure their palms are facing out when arms are overhead.

INTERNAL AND EXTERNAL ROTATION - [HTTP://YOUTU.BE/R35YOFLC2C4](http://youtu.be/R35YOFLC2C4)



Instruct athletes to bend both arms at the elbow at 90-degrees and keep their upper arms parallel to the floor. Make sure that their shoulders do not roll forward. Also tell them to get their wrists involved so that each wrist reaches full flexion and extension.

FINGER STRETCHES - [HTTP://YOUTU.BE/QNWXVGR56PI](http://youtu.be/QNWXVGR56PI)



Instruct athletes to keep their wrist straight and arm straight while pulling each finger on each hand backward trying to reach a 90-degree bend. Repeat with both hands.

THUMB STRETCHES - [HTTP://YOUTU.BE/61LCY4LBRUE](http://youtu.be/61LCY4LBRUE)



Instruct athletes to keep their wrist straight open the web of the thumb pulling straight back to their chest. Then instruct them to extend the wrist to 90-degrees and pull their thumb back as if they were trying to touch it to their forearm. Repeat with both hands.

SHOULDER FLEXION AND TRANSVERSE ABDUCTION -[HTTP://YOUTU.BE/Y9XWUJYNN-O](http://youtu.be/Y9XWUJYNN-O)



Instruct athletes to start standing with arms straight up and pinned to their ears. Then ask them to lean forward creating a 90-degree bend at hips and hold for 3 seconds. Then instruct them with palms facing out lift to transverse abduction and hold for 3 seconds.

HOLLOW, NEUTRAL, ARCH - [TTP://YOUTU.BE/SESKJIU_M8](http://youtu.be/SESKJIU_M8)



Instruct athletes to start standing with arms pinned to their ears and palms facing forward. Then instruct them to hollow forward moving arms and head forward with a slight bend in the knees with butt tight. Then instruct them to stand tall with active shoulders while moving through neutral position with upper back and shoulders to an arch position in upper back and shoulders. Cue them to keep arms pinned to ears throughout.

OVERHEAD ROW TO ARCHED STAND - [HTTP://YOUTU.BE/AZLFYQBLLO4](http://youtu.be/AZLFYQBLLO4)



Instruct athletes to start with arms by side then hollow entire core and lift elbows high to the overhead row position. Cue them to flex their wrists to make a C shape with their arms. Then instruct them to stand tall while turning their palms out facing walls and widen arms allowing their upper chest and throat to press forward out over the toes.

WRIST EXTENSION SHRUGS - [HTTP://YOUTU.BE/ZVCGEUYLZKO](http://youtu.be/ZVCGEUYLZKO)



Instruct athletes to start on their knees and reach their hands to the floor creating a 90-degree bend at the shoulders with wrists extended and their fingers pointing to their knees. Then instruct them to shrug shoulders making large circles in the shoulders. At the bottom of the shrug cue athletes to touch their scapula together and at the top press them as far apart as possible creating a hollow of their upper back.

WRIST FLEXION PUSH-UPS - [HTTP://YOUTU.BE/LYJJOBMBGXO](http://youtu.be/LYJJOBMBGXO)



Instruct athletes to start on their knees and reach their hands to the floor creating a 90-degree bend at the shoulders with wrists flexed and fingers pointing to their knees. Then instruct them to execute several push-ups touching their chin to the ground at the bottom and their arms fully extended at the top.

HAMSTRING STRETCH - [HTTP://YOUTU.BE/IHY7AXULRCC](http://youtu.be/IHY7AXULRCC)



Instruct athletes to start on both knees and swing one leg forward. Then instruct them to reach their chin out past their knee and pull their torso to their quad with their front leg straight. Remind athletes that keeping that front leg straight is their primary objective.

SPIDER LUNGE - [HTTP://YOUTU.BE/EJ6ZSMUKXDE](http://youtu.be/EJ6ZSMUKXDE)



Instruct athletes to start on their knees and out one leg out in front of them and bend that knee. Then instruct them to bend that knee while pressing their elbow to the floor while straightening the back leg and rise up on their toe. Cue the to make slow movements with their hips to and away from the floor without bending their knee in the rear. Remind them that the primary objective is to keep that rear leg straight.

SPIDER LUNGE PUSH-UPS - [HTTP://YOUTU.BE/IYGKWB6B1J0](http://youtu.be/IYGKWB6B1J0)



Instruct athletes to start in the spider lunge position with both hands flat on the floor and arms straight. Then instruct them to try and touch their chin on the floor and then straighten the arms to support several times.

HAMSTRINGS AND GLUTE STRETCH - [HTTP://YOUTU.BE/UECU8JTH9-S](http://youtu.be/UECU8JTH9-S)



Instruct athletes to repeat the hamstring stretch with one hand on each side of their leg and then reach both hands over their leg. Then instruct them to touch their chin to their front knee.

QUAD AND HIP FLEXOR STRETCH- [HTTP://YOUTU.BE/9GZOB90EY8](http://youtu.be/9GZOB90EY8)



Instruct athletes to start in the spider lunge position with their right foot in front. Then instruct them to reach back with their right arm and grab their left foot pulling it up to a bent knee lunge position. Remind them that there should be a straight line between their shoulders and their rear knee, which should be touching the floor.

PLANK SHRUGS - [HTTP://YOUTU.BE/DQPKQFNA_IG](http://youtu.be/DQPKQFNA_IG)



Instruct athletes to start in a hollow plank position with butt tight and active shoulders with arms locked out shrug shoulders and lower down to a shoulder shrug. Cue them to make their shoulder blades touch. Remind them to maintain a hollow position at the bottom of the plank push-up and at the top their shoulder blades should be as far apart as possible.

CAT AND SEAL - [HTTP://YOUTU.BE/VEO-VEBQMQQ](http://youtu.be/VEO-VEBQMQQ)



Instruct athletes to start on their knees and reach out forward with both arms balancing on their finger tips. Then cue them to try and touch their armpits and chin to the ground with wrists flexed. Remind them that arms should be shoulder width apart. Then instruct them to lift their shoulders up to a plank position and press their hips to the floor with their heels and toes together with straight legs.

SIDE SEAL AND PIKED PLANK - [HTTP://YOUTU.BE/4KEBYJEZ5BO](http://youtu.be/4KEBYJEZ5BO) , [HTTP://YOUTU.BE/A_UUKYFOHWO](http://youtu.be/A_UUKYFOHWO)



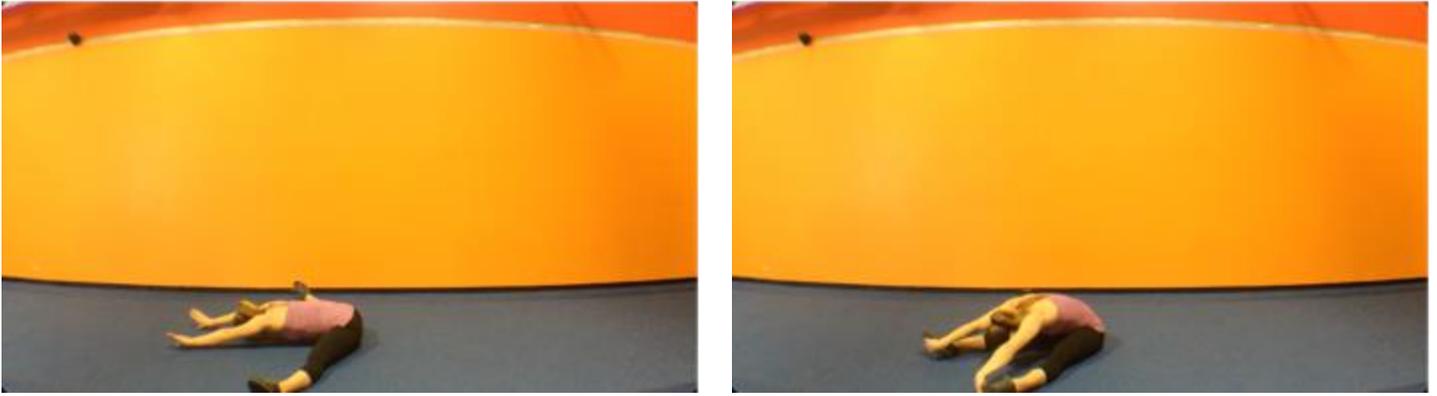
Instruct athletes to start in a plank position and then roll to one side supporting their body with one arm and balancing with the other arm. Then cue them to let their hip sag to the floor and feel the stretch in their obliques and lat. Next instruct them to move back to the plank position and lift their hips into the air and press their heels to the ground while trying to press their armpits back to their feet. Cue them to keep their legs and arms straight. Repeat the seal stretch on both sides followed by the piked plank.

PIKE COMPRESSION - [HTTP://YOUTU.BE/P9P8MRZ5QUE](http://youtu.be/P9P8MRZ5QUE)



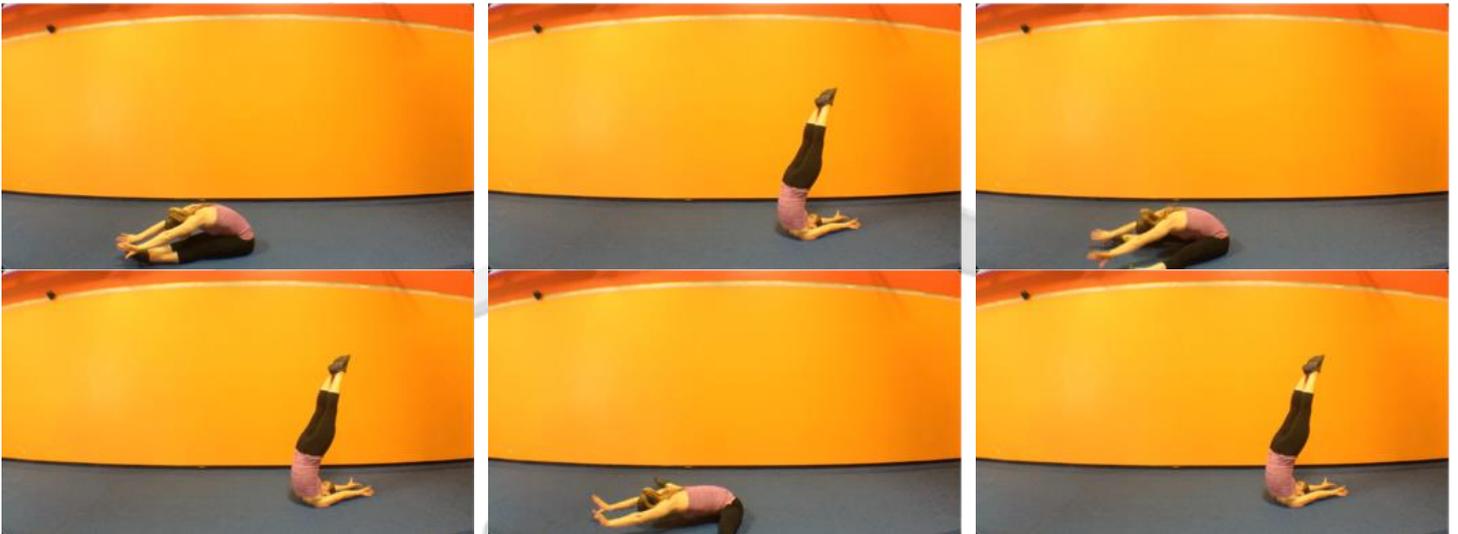
Instruct athletes to start seated with feet together and a 90-degree bend at the hip and raise both arms to neutral position pinning their arms to their ears. Then cue them to bend forward at the hip and try to touch their chin past their knees with your arms pinned to their ears. Remind them that knees should be straight.

PANCAKE AND STALDER COMPRESSION - [HTTP://YOUTU.BE/P9P8MRZ5QUE](http://youtu.be/P9P8MRZ5QUE)



Instruct athletes to start seated with feet spread as wide as possible with a 90-degree bend at the hip and raise both arms to neutral position pinning their arms to their ears. Then cue them to bend forward at the hip and try to touch their chin on the floor. Remind them that their legs should be completely straight. Repeat in a stalker position (legs spread between a pike and a straddle position).

PSP COMPRESSION - [HTTP://YOUTU.BE/CUK7KR5PGVU](http://youtu.be/CUK7KR5PGVU)



Instruct athletes to start seated with their legs together and straight. Then instruct them to reach forward to pike compression and then roll backward with arms pinned to ears to a candlestick position. Then instruct them to roll forward spreading their feet to a stalker compression. Cue them to keep their arms pinned to their ears the entire time. Repeat with a straddle or pancake stretch.

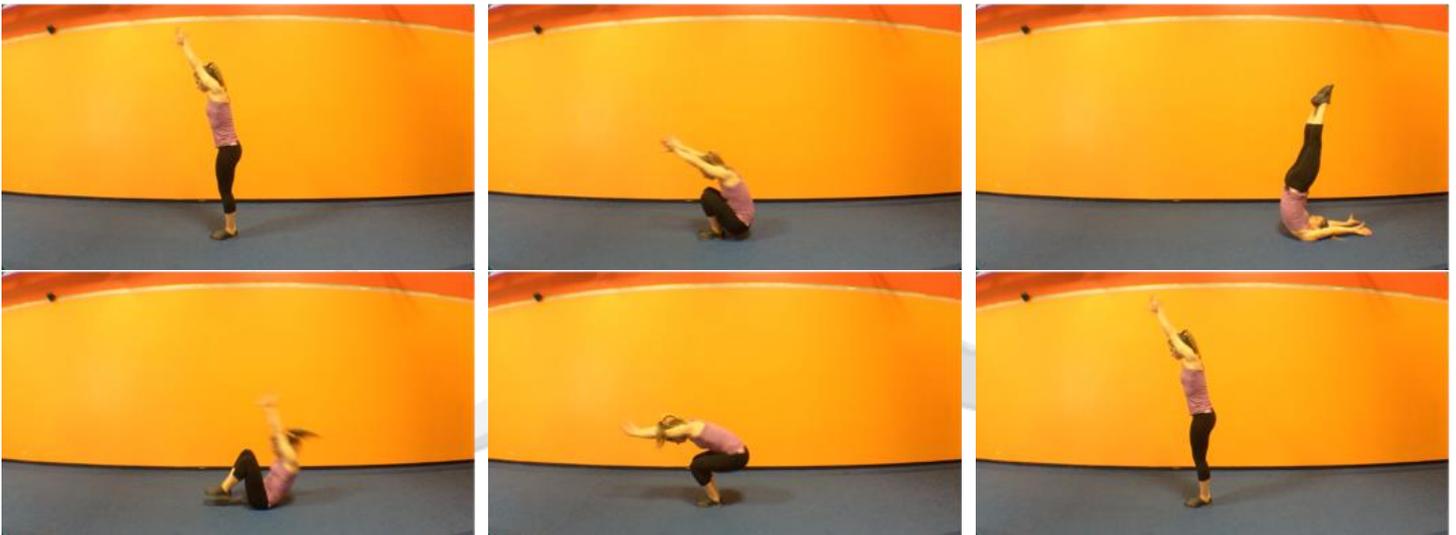
PSP WITH INVERTED COMPRESSION - [HTTP://YOUTU.BE/O99VW1MSGKI](http://youtu.be/O99VW1MSGKI)





Instruct athletes to start seated with their legs together and straight. Then instruct them to bend forward at the hip to a forward to pike compression and roll backward to a candlestick position. Then instruct them to execute an inverted pike compression and then go back to the candlestick and roll up to a stalker compression. Repeat series of movements including inverted stalker and pancake progressions finishing with a pancake stretch.

CANDLESTICK TO STAND - [HTTP://YOUTU.BE/XXAUVQNESFY](http://youtu.be/xxauvqnesfy)



Instruct athletes to start standing with arms pint to ears and bend their knees lowering their butt to the floor. Then instruct them to roll backward to a candlestick. From the candlestick cue them to drive their hips open and their heels down creating a slight arch in their lower body to initiate the roll up falling like a banana. Then cue them to tuck their knees in at the very last moment while curling their upper torso to create acceleration to a standing position.

WALL MOBILITY - [HTTP://BIT.LY/I99WALLMOBILITY](http://bit.ly/i99wallmobility)

INTERNAL ROTATION - [HTTP://YOUTU.BE/FKR3WOEELZ8](http://youtu.be/fkr3woeelz8)



Instruct athletes to stand against a wall with their shoulder trapped against the wall. Then assist them in positioning so that their elbow and shoulder create 90-degree angles. Then cue them to apply pressure to their wrist so that the palm of their hand moves toward the wall. Then instruct them to actively resist their assisting hand by pushing their wrist upward for 5 seconds. Repeat the internal rotation stretch several times with assistance and active resistance.

EXTERNAL ROTATION - [HTTP://YOUTU.BE/AJRMPBLRB5I](http://youtu.be/AJRMPBLRB5I)



Instruct athletes to stand with their back facing a wall with their feet about 10 inches from that wall. Then instruct them to lean back into the wall while tucking their hips under and bending their knees slightly. Then assist them to create 90-degree angles at the shoulder and elbow with their arms out to the side. Assist them in keeping their ribs pulled in and keeping a hollow in the upper torso while touching their wrists to the wall. This should be held for 1 minute.

SHOULDER FLEXION - [HTTP://YOUTU.BE/ZKVTGPO0NPA](http://youtu.be/ZKVTGPO0NPA)



Instruct athletes to stand about 6 inches from the wall with their back against the wall pressing their entire back to the wall. Cue them to tuck their hips under. Then instruct them to raise their arms with palms facing and try and touch their wrist to the wall. Assist athletes by alternating applying pressure on their lower ribs and elbows.

WRIST EXTENSION - [HTTP://YOUTU.BE/2ZZ9JMZX-_8](http://youtu.be/2ZZ9JMZX-_8)



Instruct athletes to face the wall and extend their wrists while reaching to the wall creating a 90-degree bend at the wrist and shoulder. Cue them that their fingers should be pointing toward the floor and their wrists should be flat enough to balance a glass.

WALL BRIDGE - [HTTP://YOUTU.BE/2V1WKTP7WIW](http://youtu.be/2V1WKTP7WIW)



Instruct athletes to stand about 1 to 2 feet from the wall with their legs slightly separated and arms pinned to their ears. Assist the athlete in reaching back for the wall to create a bridge against the wall. Cue them to try and touch their throat and chest to the ceiling and hands flat on the wall.

HANDSTANDS

LEVEL 1 PROGRESSIONS - [HTTP://BIT.LY/I99L1HANDSTANDS](http://bit.ly/i99l1handstands)

LUNGE - [HTTP://YOUTU.BE/BWG1B-9JG7K](http://youtu.be/BWG1B-9JG7K)



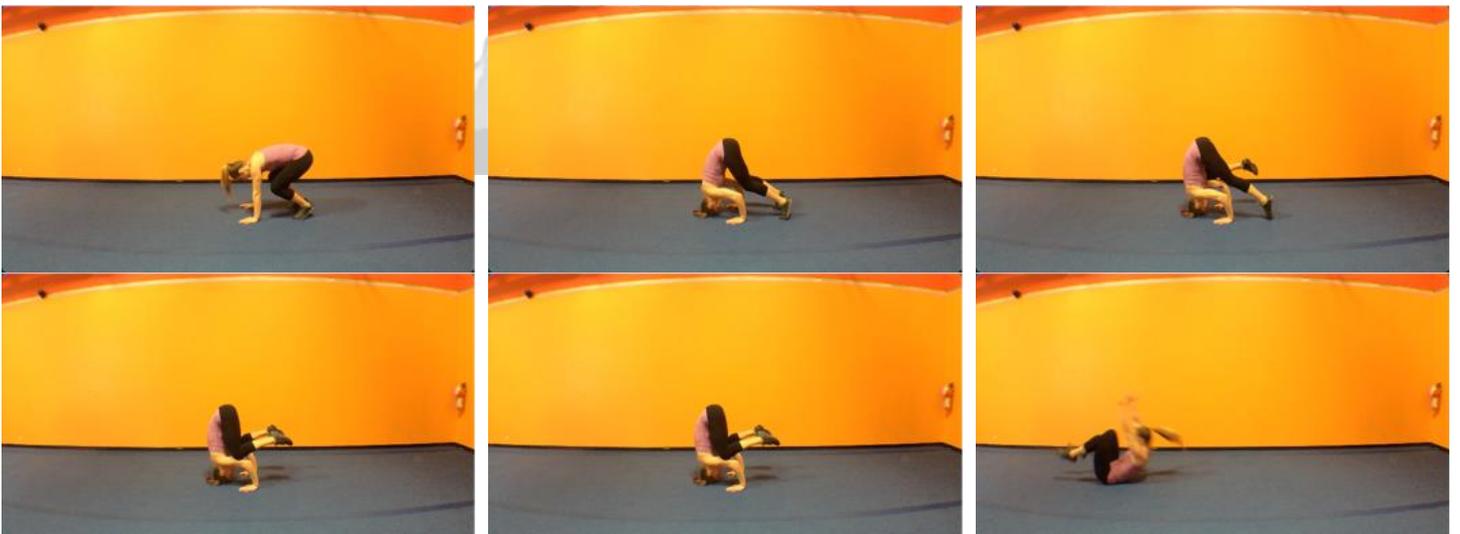
Instruct the athletes to make a straight lunge with a 90-degree bend in the front leg. Cue them to pin their arms to their ears while transferring weight to the front leg. Cue them to stretch tall and create a straight line from their wrist to their heel in the back.

HOLLOW INTO WALL - [HTTP://YOUTU.BE/ZKDLTMY3AZS](http://youtu.be/ZKDLTMY3AZS)



Instruct athletes to stand facing the wall then lunge forward placing both hands on the wall. Next instruct them to walk their feet away from the wall while walking their hands down the wall. Cue athletes to press against the wall and floor with heels together and butt tight. Then assist the athlete by applying pressure against their back and shoulders so that they can feel the strength of their hollow.

TRIPOD TO FORWARD ROLL - [HTTP://YOUTU.BE/QRONCQD2DB0](http://youtu.be/QRONCQD2DB0)



For the purpose of this manual the athlete is away from the wall, however this should be taught with the athlete's anterior chain facing the wall. Instruct athletes to start in a squat position with both hands in front of their body on the ground. Cue them to lower their head out in front of their hands by bending at the arms making a triangle from their head and two hands. Then instruct them to lift one leg so that their knee rests on their elbow and then repeat with the other side. Then cue them to tuck their chin to their chest and roll forward to a tucked stand.

TRIPOD TO HEADSTAND - [HTTP://YOUTU.BE/9UQRPVTBJQM](http://youtu.be/9UQRPVTBJQM)



For the purpose of this manual the athlete is away from the wall, however this should be taught with the athlete's anterior chain facing the wall. Instruct athletes to start in a tucked tripod position and then slowly lift their knees off of their elbows until they are able to hold a hollow body headstand position with head in front of hands.

45-DEGREE HANDSTAND AGAINST WALL - [HTTP://YOUTU.BE/LXLZ-KSMOGQ](http://youtu.be/LXLZ-KSMOGQ)



Instruct athletes to start with their back facing the wall and reach down to the floor with both hands. Then raise one leg to the wall followed by the other making an inverted hollow position. Instruct them to walk their feet in until they reach a 45-degree handstand hold with tight hollow and active shoulders.

WEIGHT TRANSFER 45-DEGREES - [HTTP://YOUTU.BE/ZO2KQDRAJ9M](http://youtu.be/ZO2KQDRAJ9M)



Instruct athletes to start in a 45-degree handstand against the wall lean their weight to one arm while tightening their obliques on the opposing side. Cue them to rock back and forth from hand to hand lifting the hand higher and higher as confidence increases.

LEVEL 2 PROGRESSIONS - [HTTP://BIT.LY/199L2HANDSTANDS](http://bit.ly/199L2HANDSTANDS)

WALK TO WALL HANDSTAND - [HTTP://YOUTU.BE/8I8TXKPOWFS](http://youtu.be/8I8TXKPOWFS)



Instruct athletes to start in a 45-degree handstand against the wall and walk their hands closer to the wall until they reach a handstand position with active shoulders and head neutral. Once she can hold the handstand for 30 seconds lined up instruct her to lift her toes away from the wall and balance without the wall for 5 to 10 seconds at a time.

HANDSTAND FORWARD ROLL - [HTTP://YOUTU.BE/RLQEEAICQJY](http://youtu.be/RLQEEAICQJY)



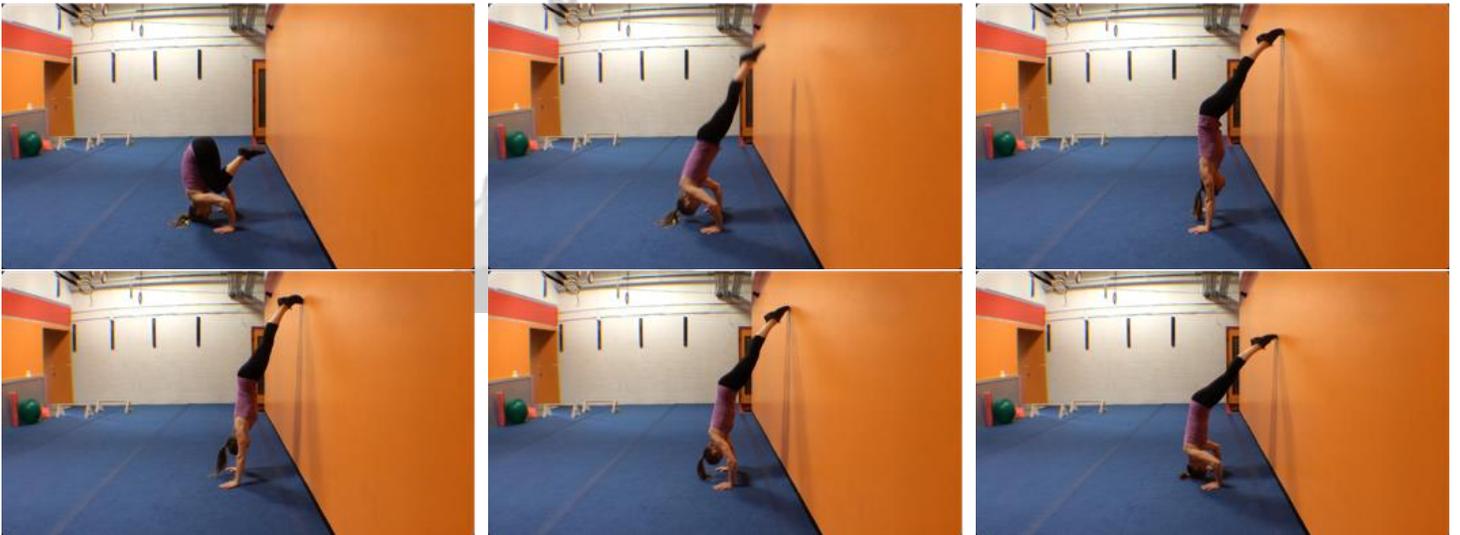
Instruct athletes to start in a handstand against the wall and then bend their arms dragging their feet down the wall. Cue them to slowly transfer weight to the back of their head and roll through a candlestick position to a tucked stand up.

TRIPOD PUSH-UPS - [HTTP://YOUTU.BE/MVVITOASH54](http://youtu.be/MVVITOASH54)



For the purpose of this manual the athlete is away from the wall, however this should be taught with the athlete's anterior chain facing the wall. Instruct athletes to start in a tucked tripod position and lift their knees off of their elbows about an inch and stop quickly. Then instruct them to press their head off the ground and lower back to the tucked tripod. Remind them to master this movement one inch at a time slowly building up to a 2 to 3 inch push-up.

HANDSTAND PUSH-UP 45-DEGREES LOWER TO HEADSTAND - [HTTP://YOUTU.BE/B8LVUQIAXHW](http://youtu.be/B8LVUQIAXHW)



Instruct athletes to start in a tucked tripod with their chest facing the wall and then explosively thrust their knees off of their elbows while pressing against the floor towards the wall finishing in a 45-degree handstand position. Provide assistance by spotting the athlete on the shoulder and guiding their feet to the wall by holding their knee. Instruct athletes to start in a handstand position with their chest facing the wall and then lower to a headstand by bending their arms and reaching their head out in front of their hands.

KICK HANDSTAND - [HTTP://YOUTU.BE/YD7GJUPQTEG](http://youtu.be/YD7GJUPQTEG)



Instruct the athletes to make a straight lunge with a 90-degree bend in the front leg. Cue them to pin their arms to their ears while transferring weight to the front leg and extending that leg to transfer weight to both hands while kicking the rear leg to the handstand position with their back against the wall.

RINGS

LEVEL 1 PROGRESSIONS - [HTTP://BIT.LY/I99L1RINGS](http://bit.ly/i99l1rings)

SUPPORT LADDER - [HTTP://YOUTU.BE/GDQE3JINZJA](http://youtu.be/GDQE3JINZJA)



Instruct athletes to start standing and support their weight on the rings and gently lift their feet off the ground and hold at the bottom of the dip position. Then cue them to keep their chin up and body straight. Then instruct them to repeat the hold in the middle of the dip and finally in a full support with the rings turned out.

OVERHEAD ROW - [HTTP://YOUTU.BE/BSHNWJGBHQM](http://youtu.be/BSHNWJGBHQM)



Instruct athletes to start on a low set of rings hanging with their arms pinned to their ears and a 90-degree bend at the hips. Then instruct them to press the rings behind them to a hollow hold. Cue them to keep their palms facing straight ahead. Then instruct them to open their hips and press the rings back until they reach a tight arch position.

WALL BODY WAVE - [HTTP://YOUTU.BE/HLKK2RA2I_0](http://youtu.be/HLKK2RA2I_0)



Instruct athletes to start with their lower back against the wall with their shins vertical. Then instruct them to push their knees over their toes while tucking their hips under and pulling their lower back away from the wall. Then cue them to look up and forcefully open their hips so they are in front of their toes.

RING BODY WAVE - [HTTP://YOUTU.BE/KJPBOPEQRR8](http://youtu.be/KJPBOPEQRR8)



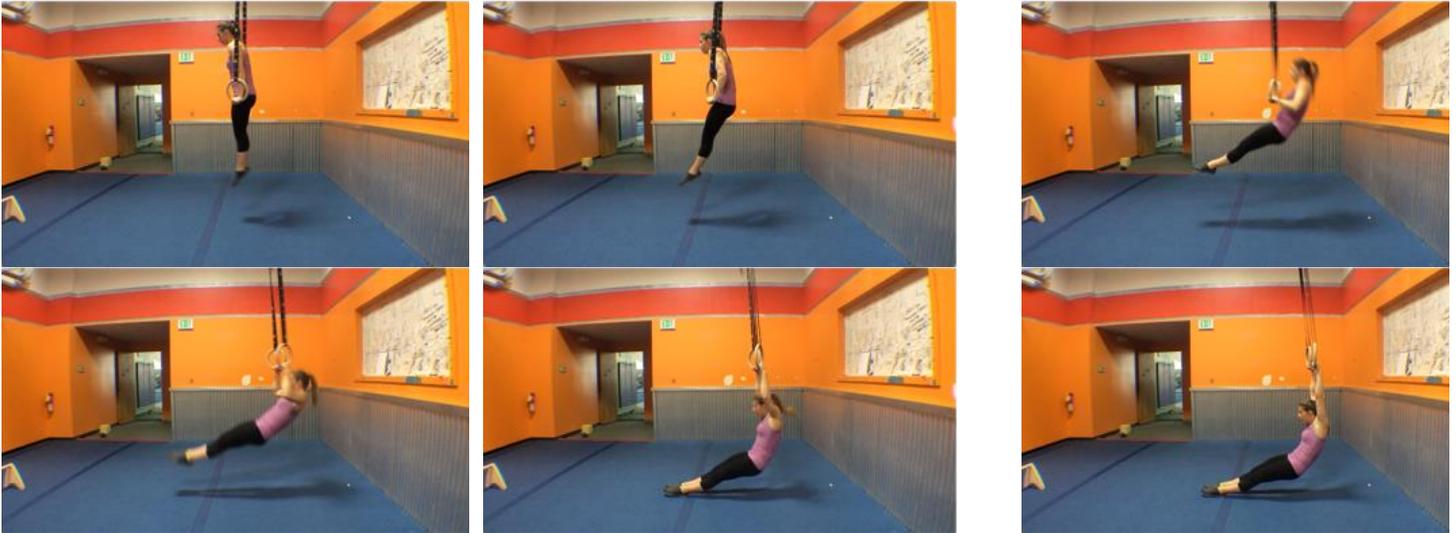
BASIC RING SWINGS - [HTTP://YOUTU.BE/MOIPWLGX_WC](http://youtu.be/MOIPWLGX_WC)



Instruct athletes to start hanging from the rings with their palms facing straight ahead and their shoulders and body relaxed. Then cue them to turn their rings so that their palms are facing out to the side or away from their body while tightening their lower back into an arch. Then instruct them to allow their body to just fall while turning their palms forward and creating a hollow in their mid torso. Cue the athlete to feel relaxed and avoid pulling down on the rings by breaking their shoulder angle. Cue them to keep their ears inside their arms when their feet are in front. Look for common mistakes such as turning the rings and elbows in or bending the knees in the back swing. Assist athletes by spotting and shaping the optimal tight arch and hollow positions while eliminating bent knees and/or broken shoulder angles. Cue athletes to initiate everything from the turn of the rings and allow their body weight and gravity to do most of the work. Also cue them to breath and stay relaxed throughout as they should not be tired after performing 8 to 10 swings.

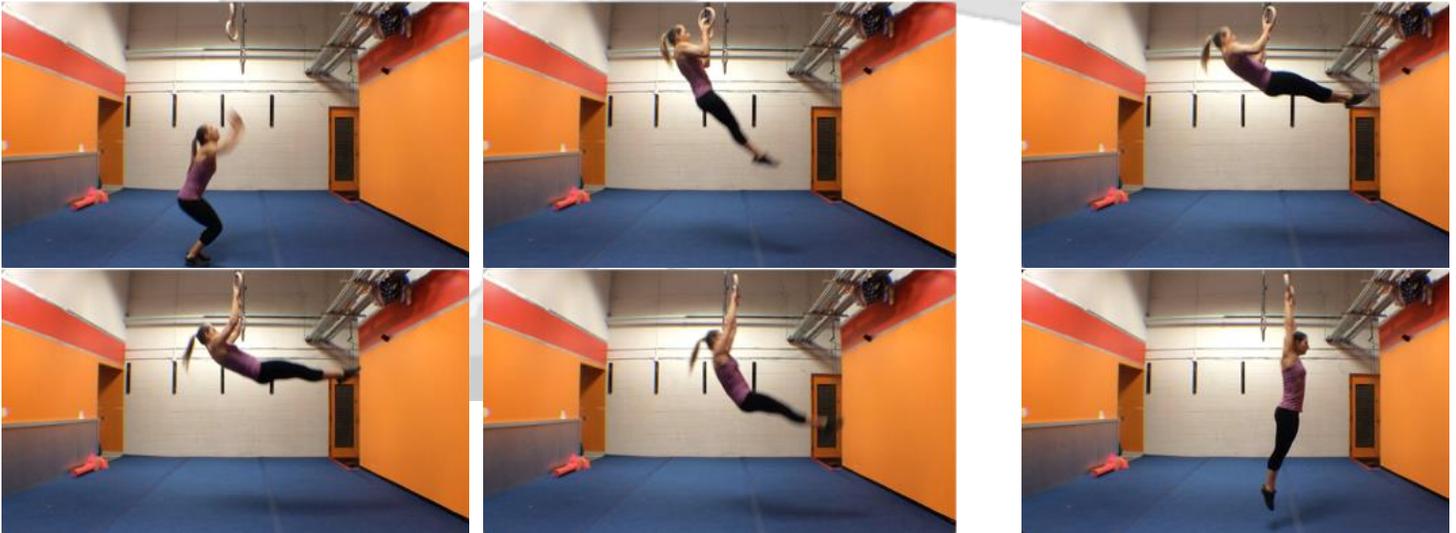
LEVEL 2 PROGRESSIONS - [HTTP://BIT.LY/I99L2RINGS](http://bit.ly/i99l2rings)

LOWER THROUGH LEVER - [HTTP://YOUTU.BE/HH0K3RFICS8](http://youtu.be/HH0K3RFICS8)



Instruct athletes to start in a hollow support position and lean forward slightly while bending their arms. Then cue them to lean back with a 90-degree bend in the elbow while pulling the rings to their hips. Then instruct them to hold the tight hollow or lever position as they push their toes out in front of them and rest their heels on the ground and finish in a hollow hand with pressure back on the rings.

JUMP TO RINGS THROUGH LEVER - [HTTP://YOUTU.BE/E94AXXMTIKG](http://youtu.be/E94AXXMTIKG)



Instruct athletes to jump to the rings and pull their chin up to the rings in a hollow position. Then cue them to pull their hips up to the rings and then push toes out in front of them while pushing the rings behind them. Instruct them to finish in a hand with a slight back swing.

BARS

LEVEL 1 PROGRESSIONS - [HTTP://BIT.LY/I99L1BARS](http://bit.ly/i99l1bars)

ARCH SWING - [HTTP://YOUTU.BE/TTCMIYQCDNY](http://youtu.be/ttcmiyqcdny)



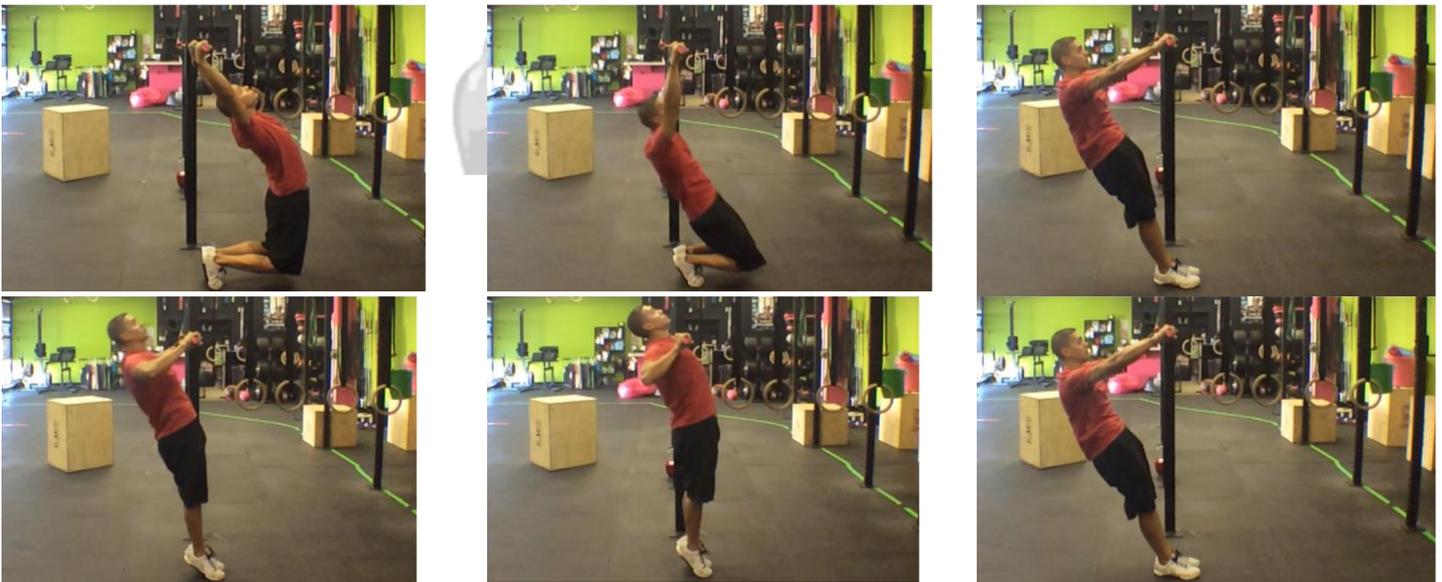
Instruct athletes to stand about a foot behind the bar and jump to grasp the bar in a hollow position. Then cue them to press their chest forward and hold a tight arch with straight legs reaching a point in front of the bar where their body is in a tight arch. Then instruct them to hold that arch as they swing back through the uprights and then hollow on the back side of the bar and drop back down to a stand.

HOLLOW ARCH SWINGS - [HTTP://YOUTU.BE/65MFKJTRGLY](http://youtu.be/65mfkjtrgly)



Instruct the athlete to perform a hollow and arch with emphasis on a very long relaxed tight body. Cue the athlete to perform multiple swings in order to find the front to back rhythm without creating angles at the hip or knees.

LOW BAR KIPPING DRILL - [HTTP://YOUTU.BE/USA1FPNFZEW](http://youtu.be/usa1fpnfzew)



Using a low bar just higher than the athlete's chest instruct the athlete to start in a bent knee back swing position and then try and make a large pendulum swing backward to a hollow position with arms straight the entire time. Then cue the athlete to row into the bar touching the bar to their chest and then return to the hollow position and finally return to the starting position. This low bar drill will allow the athlete to exaggerate the kipping technique using the ground for support.

ARCH SWING TO LEVER - [HTTP://YOUTU.BE/ZSC6QV8LUMM](http://youtu.be/zsc6qv8lumm)



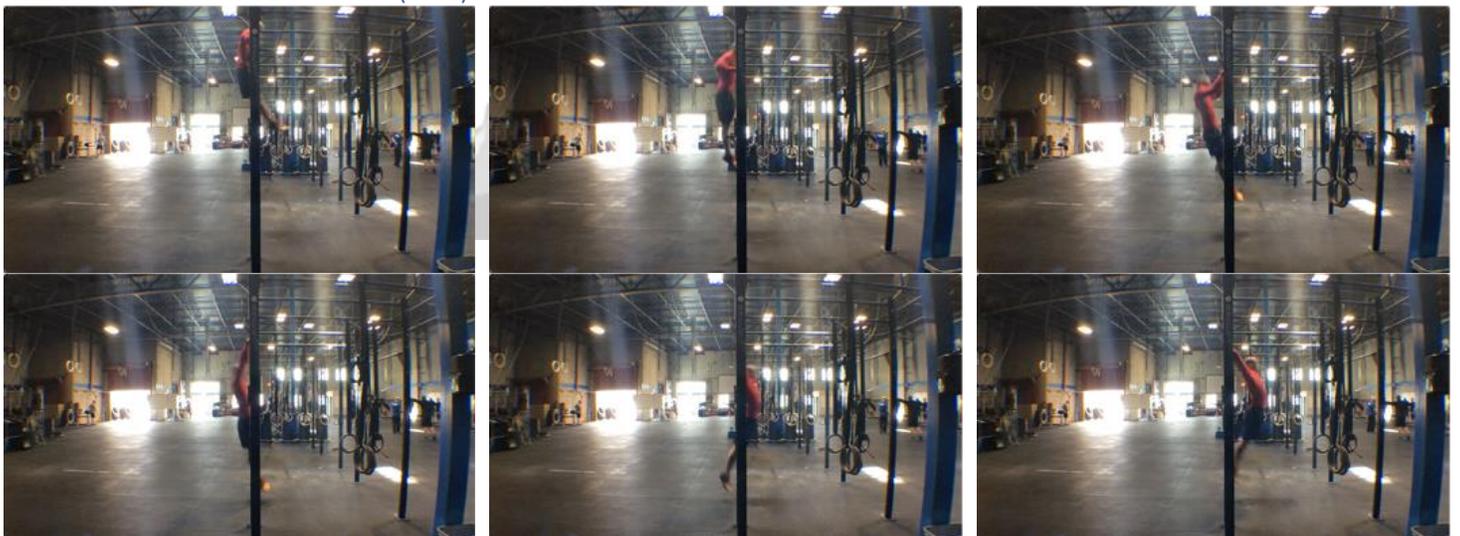
Instruct athletes to hollow just before their heels go through the uprights and pull down on the bar at the same time creating a lever position under the bar. Assist athletes by helping them hold the final lever and/or assist them to perform a pull-up(row) once they can reach a horizontal lever without breaking at the hips.

BAR MUSCLE-UP SUPPORT DRILL - [HTTP://YOUTU.BE/ZCISA_OG3SA](http://youtu.be/zcisa_og3sa)



Instruct the athlete to grasp the bar in hollow position then press their hips to the bar while creating a slight body wave position. Then ask the athlete to jump to the bar and finish in a hollow position with their toes in front of the bar. This drill can be combined with the low bar kipping drill allowing the athlete to exaggerate all of the positions and feel the entire bar muscle-up.

UNDERSHOOT WITH BENT ARMS (BAIL) - [HTTP://YOUTU.BE/NTVFWBGXHGG](http://youtu.be/ntvfwbgxhgg)



Instruct athletes to start in a hollow support hold then bend their arms lowering through a dip position while maintain a hollow position. Cue them to push their shoulders back 6 to 10 inches while lifting their feet in front of the bar and lowering down to a hollow hang. Instruct them to press their chest forward and transition their body in front of the bar in a tight arch.