



PROJECT PLANCHE

BY SIMON ATA



SIMONSTER
STRENGTH

SIMONSTERSTRENGTH.COM

DISCLAIMER

Prior to commencing any exercises, it is the responsibility of the reader to consult a registered health professional regarding participation in this program.

The author does not assume responsibility for any injuries or damages arising from use of the information contained herein. Use the following material at your own risk.

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PROJECT PLANCHE



INTRODUCTION

01

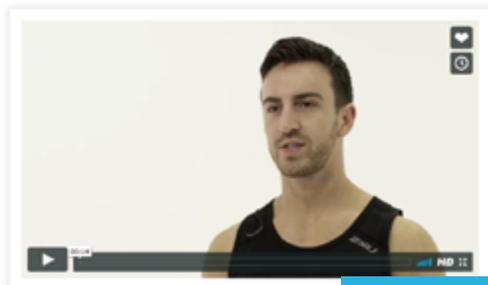
Congratulations on embarking on your journey towards achieving the planche. A sincere thank you for choosing Project Planche.

The planche is an elusive skill desired by most bodyweight enthusiasts. Not only is the planche an impressive display of strength; it is also a valuable transferable skill.

This training program is the product of over a decade of training, research and teaching experience. Project Planche provides a safe, scientific and progressive guide to achieving a strong and technically sound planche.

EQUIPMENT REQUIRED: YOURSELF.

Optional Equipment: Resistance bands, parallettes and basic free weights.



[WATCH VIDEO](#)

PROJECT PLANCHE

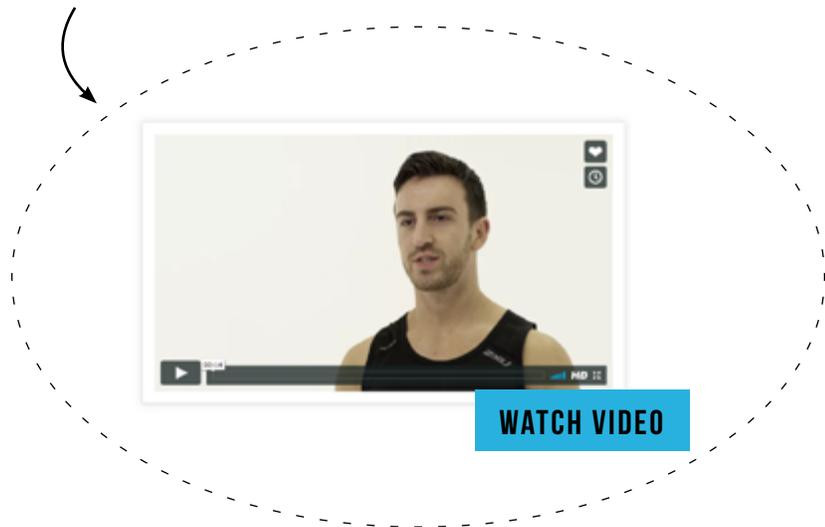
02

VIDEOS

01:54

HD

We strongly advise you to watch all the included videos. The entire video collection is available on the Simonster Strength website. Each exercise included herewith will refer directly to the relevant [video link](#).



THE PASSWORD TO ACCESS THE VIDEOS PAGE IS:

SimonsterPlanche1

WARM-UP AND CONDITIONING

Before commencing each training session, it is important to warm-up your relevant joints and muscles. This is to prepare your body for the training to follow and reduce risk of injury. The following warm-up will simultaneously condition relevant joints and surrounding tissues. For planche training, this should take no more than 10 minutes to complete.

01

ACTIVE RANGE WARM-UP

This involves actively moving relevant joints through their full range of motion. Each exercise should be performed with 10 repetitions.

Wrist circles – With your arms out to the side, make a fist and perform circles with your hands. Complete 10 repetitions and repeat in the other direction.

Elbow active range – With your arms out to the side, bend your arms at the elbows focusing on contracting your biceps. Then extend your elbows, fully focusing on contracting your triceps.

Arm circles – Move your arms through full range in a circular motion from the shoulder joint. Start with a forward direction and ensure you control the movement rather than swinging. Perform 10 repetitions and repeat in the other direction.

WARM-UP AND CONDITIONING

02

GENTLE RESISTANCE WARM-UP

This is to further prepare your neuromuscular system. Each exercise should be performed with 10 repetitions.

Wrist push-ups (front and back):

On your hands and knees, put minimal weight on your hands and push up onto your fingertips. Do the same with the back of your hands. Once completed, repeat as above, however now push up onto your knuckles. Over time, as this becomes comfortable, gradually increase weight-bearing through your hands.

**Shoulder protraction push-ups:**

Start on your hands and knees. Push your chest as far from the floor as you can, hold for three seconds, then relax and squeeze your shoulder blades together at the bottom. If this feels too easy, you can do this on your hands and feet in a push-up position. Ensure your elbows stay straight throughout the whole movement.

WARM-UP AND CONDITIONING

02

**Warm-up push-ups:**

Next, perform a set of normal push-ups to prepare your shoulders. Rather than letting them flare out during the movement, keep your elbows by your side. Perform these on your feet (full push-ups) or your knees to reduce difficulty.

You should NOT become fatigued during the warm-up. If 10 full push-ups exhaust you, perform them on your knees. If you cannot do 10 push-ups on your knees without becoming fatigued, simply stop before the point of fatigue. For example, if 8 knee push-ups is the maximum you can do, stop at 6.

[WATCH VIDEO](#)

WARM-UP AND CONDITIONING

04

FUNDAMENTAL EXERCISES

THESE EXERCISES SHOULD TAKE PRIORITY AND ARE THE BASIS OF YOUR TRAINING. THEY SHOULD BE PERFORMED AT THE START OF EACH TRAINING SESSION TO MAXIMIZE YOUR PROGRESS.

TRAINING DOSAGE

Fundamental exercises should be performed for 3-4 sets, stopping at technical failure (the point where you are no longer able perform the exercise with good form, due to fatigue).

2-3 minutes rest should be taken between sets.

Perform fundamental exercises 2-3 times per week allowing at least 48 hours between training sessions to optimize recovery.

Programs can of course deviate from the above dosages. However, for those unfamiliar with exercise prescription principles, it is recommended you use the listed dosages.

FUNDAMENTAL EXERCISES:

ISOMETRIC PLANCHE HOLD PROGRESSIONS



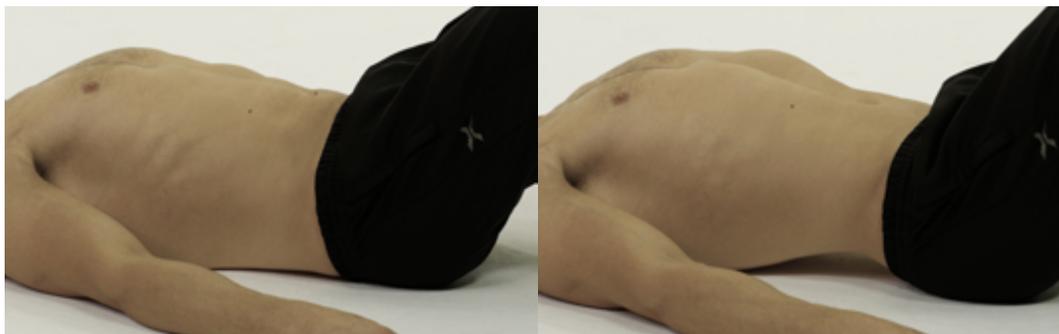
[WATCH VIDEO](#)

FUNDAMENTAL EXERCISES (1/2) - ISOMETRIC PLANCHE HOLDS

Isometric refers to muscle contractions where muscle length remains constant. In this context it refers to holding a planche related position without movement. Progressions of planche holds are broken down into 5 levels. For training purposes, select a level you can hold for 10-15 seconds WITH GOOD TECHNIQUE.

FRONT SUPPORT AND LEARNING TO LEAN / LEVEL 1

This position provides a foundation for training planche holds. Front support is the name given to the position at the top of a push-up. The posture of your body should be a straight line from your toes to your shoulders. Your pelvis should be tilted posteriorly to ensure a straight lumbar spine (see photos). You can practice this by lying on your back and trying to flatten your lower back. If you can't hold the front support on your feet, start on your knees and progress, as you get stronger.



Posterior pelvic tilt resulting in flat lumbar spine

Neutral lumbar spine

[WATCH VIDEO](#)

LEVEL 1 - FRONT SUPPORT AND LEARNING TO LEAN

FRONT SUPPORT AND LEARNING TO LEAN

LEVEL 1



Regardless of your level, training with good technique is paramount. Quality over quantity! With the front support always focus on keeping your shoulders protracted (see description below) and your body in a straight line.

Once you are comfortable with a front support, walk your feet forward until your shoulders move in front of your hands. This is key to achieving a planche. Maintain a straight line through your body without piking (don't bend at the hips). As your strength improves, the degree of forward lean should also increase. To ensure that you are progressing with your front support leans, you can measure the distance from your hands to your feet. This distance should decrease over time, as you get stronger. An easy way to monitor this is to position your hands in the same spot each training session and mark the position of your feet.

FRONT SUPPORT AND LEARNING TO LEAN

LEVEL 1



KEY TIPS

(relevant for all progressions)

HAND POSITION

In a basic planche, hands should be positioned shoulder width apart. Start with your hands on the floor in a push-up position with your fingers facing forward and turn your hands outwards until your thumbs are facing forward. This is the preferred position as you won't impinge (jam up) your wrists as you would with your fingers facing forward. In addition, your thumbs can assist you to balance and prevent you from falling forward. Planche exercises can also be practiced on parallettes. For those who experience wrist pain, this is a great way to reduce stress through the wrist.

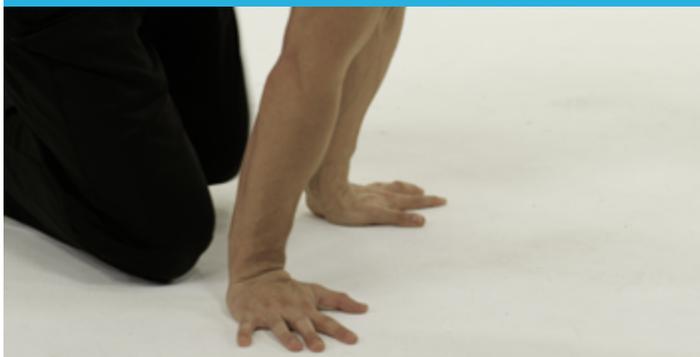
ARM POSITION

Your arms should be straight with both elbow creases facing forward.



SCAPULA (SHOULDER BLADE) POSITION

Your scapulae should be protracted. This means your shoulders should be in a rounded posture with the focus on moving your chest away from the floor.



FRONT SUPPORT AND LEARNING TO LEAN

LEVEL 1



KEY TIPS

(relevant for all progressions)

HEAD POSITION

For training purposes the head should be in a neutral position as it is when you are standing up looking straight ahead. This will mean in the front support position you will look at the floor slightly forward of your head. In a planche you will be looking at the floor directly below your eyes. Head position can be altered at will for aesthetic purposes.

LEANING FORWARD

The planche involves a considerable amount of forward-leaning, meaning your shoulders are positioned in front of your hands. The harder the progression, the further you will have to lean to maintain balance. To hold any position, your centre of mass must be above your base of support. In a full planche position, your hands must be somewhere between below your belly button and hip bones.

WHEN TO PROGRESS?

When you can hold a position comfortably for 15 seconds, you are ready to progress to the next level.

[WATCH VIDEO](#)

KEY TIPS

TUCK PLANCHE

LEVEL 2



TUCK PLANCHE / LEVEL 2

Kneel down with your hands either side of your knees and try to lift your legs off the floor. Remember to apply the key tips listed above; thumbs facing forwards, arms straight, scapulae protracted and lean the shoulders in front of the hands. Lifting your legs higher is not necessarily better – aim to keep your hips and shoulders level. A good way to ensure your shoulders and hips are level, is to film your tuck planche holds and then watch the video to check if you are doing this correctly.

BRIDGING THE GAP FROM FRONT SUPPORT LEAN TO TUCK PLANCHE

Progressing from front support lean to tuck planche can be challenging. Not only does the tuck planche require greater arm strength, but also compressive strength of the abdominals and hip flexors to maintain the legs off the floor. A greater degree of balance is also required as the base of support is now smaller.

TRAINING THE COMPRESSIVE STRENGTH: ELEVATED TUCK PLANCHE

If you cannot get your legs off the floor, raise your hands with level objects, such as a couple of phone books or paralletes to assist you. As you improve in this position, gradually lower the height of the objects under your hands until you can hold your legs in the air with your hands on the floor. Choose the lowest hand position that allows you to keep your legs elevated off the floor for training purposes.

TUCK PLANCHE

LEVEL 2



TRAINING THE BALANCE: FROG STAND

To familiarize yourself with the balance required to perform a tuck planche, train frog stands in addition to the elevated tuck planches. To perform this, do a full squat, with your elbows on the inside of your knees and hands resting on the floor directly in front of your feet. Now gradually lean forward taking the weight through your hands. The weight of your legs will rest on your elbows through your knees. Gradually increase the degree of lean until your feet come off the floor. As the elbows support the weight of the knees, significantly less strength is needed for the exercise compared with a tuck planche. Note, this is the only exercise in the isometric planche hold progressions section where the elbows are bent.



STRENGTHENING THE SHOULDERS: FRONT SUPPORT LEANS

A front support can be more challenging on the shoulders than a tuck planche if you lean far enough. Practice front support leans in addition to elevated tuck planches and frog stands until you can maintain a tuck planche for 10 seconds on the floor.

[WATCH VIDEO](#)

LEVEL 2 - TUCK PLANCHE

ADVANCED TUCK PLANCHE

LEVEL 3



ADVANCED TUCK PLANCHE / LEVEL 3

Once you can comfortably hold a tuck planche, try to straighten your lower back and open the bend at your hips, while keeping your shoulders and hips level. A tuck planche is considered advanced when the angle between your thighs and torso is at 90 degrees. You do not need to extend your hips further than this.

BRIDGING THE GAP FROM TUCK TO ADVANCED TUCK PLANCHE:

ADVANCED TUCK LIFTS

Going from tuck to advanced tuck is one of the hardest progressions toward planche. To bridge the gap between these two you can perform an exercise called 'advanced tuck lifts'. This involves repetitions of moving from tuck to advanced tuck, then slowly returning, allowing the use of momentum to get to the advanced position. You will notice you have to lean forward slightly when moving from tuck to the advanced tuck position. You should try to make the eccentric (negative) phase as slow as possible while returning to a tuck planche. Build on doing this for 3 sets of 8 repetitions. You don't have to hold the advanced tuck initially, just reach the position and try to control the lowering phase to build the necessary muscles. As you get stronger you should try to hold the advanced tuck for 2 seconds before lowering.

[WATCH VIDEO](#)

LEVEL 3 - ADVANCED TUCK PLANCHE

STRADDLE PLANCHE

LEVEL 4



STRADDLE PLANCHE / LEVEL 4

Once the advanced tucked planche has been mastered, you are ready for straddle planche. To progress from an advanced tuck, straighten your hips and knees and move your legs apart. The further apart your legs are, the easier it will be to hold.

BRIDGING THE GAP FROM ADVANCED TUCK TO STRADDLE PLANCHE

DONKEY KICKS

If you struggle to straighten your body, it could be due to lack of strength in the lower back or gluteal muscles as opposed to lack of strength in the shoulders. A great way to develop strength in these muscles is the donkey kick exercise. Start with your chest resting on a high bench, hips bent at 90 degrees with your lower limbs over the edge. Extend your hips so your body is in a straight line, hold for 2 seconds then slowly lower back down. This can be done in tuck, straddle or full positions, with increasing difficulty to simulate planche positions. Perform this for 3 sets of 8-12 repetitions, at a difficulty where you fatigue in this repetition range.



STRADDLE PLANCHE

LEVEL 4



TUCK PLANCHE SINGLE LEG EXTENSIONS

To bridge the gap between advanced tuck and straddle planche, you can perform an exercise called 'tuck planche single leg extensions'. This involves holding a tuck planche and straightening one leg before pulling it back in. You should alternate legs with each repetition. As with advanced tuck lifts, make the eccentric (negative) phase as slow as possible while returning to a tuck planche. Build to doing this for 3 sets of 8 repetitions. You don't have to hold the leg extension initially. Simply reach the position and then attempt to control the negative phase. As you get stronger hold the leg extension for 2 seconds before lowering.

[WATCH VIDEO](#)

LEVEL 4 - STRADDLE PLANCHE

FULL PLANCHE

LEVEL 5



FULL PLANCHE / LEVEL 5

Once you can comfortably hold a straddle planche, try to gradually bring your legs together to achieve a full planche. You can practice holds with your legs in positions between straddle and full planche to bridge the gap between the two. Ensure a posterior pelvic tilt to minimize the curve in your lower back. The body should be positioned in a straight line from the toes to the shoulders.

To achieve a maltese (wide arm planche), the same progressions can be followed using a wider hand placement. For the tuck variations, the hands will need to be elevated using wide hand positions as the body will be positioned relatively lower.

[WATCH VIDEO](#)

LEVEL 5 - FULL PLANCHE

FUNDAMENTAL EXERCISES:

TRAINING FOR PLANCHE PUSH-UPS



TRAINING FOR PLANCHE PUSH-UPS

Practicing the above exercises will help you achieve a planche with straight arms, but won't allow you to achieve planche push-ups. You need to train specifically for these. Practice push-ups at each planche level once you can comfortably hold the position for 10-15 seconds.

The progressions are exactly the same, however you are going to do push-ups in each position. Ensure your arm position is correct by keeping your elbows by your side throughout the movement – **DO NOT FLARE OUT LIKE THE IMAGE BELOW!**



Flared elbows



Elbows by sides

FUNDAMENTAL EXERCISES:

TRAINING FOR PLANCHE PUSH-UPS

The further forward you are in the front support lean variation, the more difficult the push-ups become (front support lean push-ups are referred to as pseudo planche push-ups). **Once you can COMFORTABLY do 10 push-ups in a particular position, you are ready to progress to the next level.**



Training intensity for push-ups should result in technical failure occurring between 8 and 12 repetitions. Very experienced athletes can train at higher intensities becoming fatigued at roughly 6 repetitions.

As the hips and knees are flexed in the tuck and advanced tuck positions the range of movement will be limited for push-ups. To perform these exercises through full range of movement, elevate your hands on objects such as parallettes.



FUNDAMENTAL EXERCISES:

TRAINING FOR PLANCHE PUSH-UPS

If you find you are lacking strength at a certain portion of the planche push-up, you can train isometric holds in this position with your arms bent. For example, if you find you are struggling at the bottom of a planche push-up, you can train this position for 3-4 sets of 10-15 second holds in addition to your straight-arm work. Performing the push-up exercises slowly also helps to strengthen any positional weaknesses you may have in the push-up. An example of this is taking 4 seconds to perform the negative phase of the push-up, pausing at the bottom for 2 seconds, and taking 2 seconds to push back up.



SPEED OF MOVEMENT

Tempos refer to the speed in which an exercise is performed, and are often represented as four numbers, for example, "3:1:X:1". The first number represents the eccentric (negative) phase of the exercise, the second number is the pause between eccentric and concentric, the third represents the concentric (positive) phase, and the final number is the pause at the end of the repetition. Each number is in seconds and an "X" means performing that phase as fast as possible. Performing exercises too quickly with resulting compromise of technique is a common mistake. Performing an exercise too slowly will compromise how many repetitions you are able to perform. It is recommended beginners train with a slower speed of movement, for example 3:1:1:1. Experienced athletes are encouraged to maximize the velocity of the concentric phase, especially those looking to develop explosive power, for example 2:0:X:1.

WATCH VIDEO

SPEED OF MOVEMENT

WATCH VIDEO

FUNDAMENTAL EXERCISES (2/2) - TRAINING FOR PLANCHE PUSH-UPS (ALL LEVELS INCLUDED)

05

SUPPLEMENTARY EXERCISES

THE SUPPLEMENTARY EXERCISES ARE NOT ESSENTIAL FOR ACHIEVING A PLANCHE BUT CAN BE USED TO FACILITATE AND ACCELERATE YOUR PROGRESS.

Supplementary exercises should be repeated 1–2 times per week. Adjust the difficulty (i.e., the weight lifted or resistance of the band) to reach technical failure within the specified repetition range. Perform these on the same days that you do the fundamental exercises to allow your muscles time to recover between sessions.

Not all supplementary exercises should be included at one time. Include 1–2 of these per session, and substitute every 4–6 weeks. For an example, see the enclosed program. Use the same supplementary exercises weekly over a 4–6 week period. Changing exercises more frequently will slow your progress.

[WATCH VIDEO](#)[SUPPLEMENTARY EXERCISES](#)

SUPPLEMENTARY EXERCISES:

BAND TRAINING

Using resistance bands is a great way to enhance your planche training. Wrap a band from a horizontal bar (e.g., a pull-up bar) and hook the loop onto your hip bones. Once the band is in position, slowly lower yourself into a front support lean, ensuring that the line of pull from the top of the band to your hips is vertical, then progress through the levels above. The better your planche is, the less resistance the band should have. There should be enough tension in the band to reduce the weight of your hips, but not so much that you cannot get to a planche position. This will help to familiarize yourself with positions you cannot yet hold. You can also practice assisted planche push-ups in each planche position.

As this exercise is an assisted planche, it can be used as a supplementary exercise or a substitution for the fundamental holds and push-ups.



HOLDS DOSAGE

3-4

sets

10-15 SECONDS

hold

2-3 MINUTES

rest between sets

PUSH-UP DOSAGE

3-4

sets

8-12

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

BAND TRAINING

SUPPLEMENTARY EXERCISES:

INCLINE DUMBBELL ANTERIOR RAISE

Sitting on an incline bench with a dumbbell in each hand and arms by your sides, raise your arms straight in front of you until they are at a right angle to your body. Slowly lower your arms until they are in line with your body. Start with a light dumbbell (~2kg) and progress from there.



DOSAGE

3-4

sets

8-12

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

INCLINE DUMBBELL ANTERIOR RAISE

SUPPLEMENTARY EXERCISES:

PLANCHE BENCH PRESS

This exercise helps to strengthen the muscles necessary to perform a planche push-up.

Lying on a bench, hold a barbell shoulder width apart. Keep your elbows by your sides and bring the bar down to touch your belly button, then straighten your arms to bring the bar back over your shoulders.



DOSAGE

3-4

sets

8-12

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

PLANCHE BENCH PRESS

SUPPLEMENTARY EXERCISES:

CAST PLANCHE PUSH-UPS

This exercise is to assist you with planche push-ups. Leaning over an object, such as a bench, with your hips bent at 90 degrees and your hands by your waist, kick your legs out by extending your hips and use this momentum to push up into a straddle planche. Lower slowly and repeat. When you are able, hold the top position for 1-2 seconds before lowering. This exercise can be made more difficult by keeping your legs together throughout the entire movement.



DOSAGE

3-5

sets

5-8

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

CAST PLANCHE PUSH-UPS

SUPPLEMENTARY EXERCISES:

L-SIT TO PLANCHE

Using parallettes or handrails, start in an L-sit position and lift to a tuck planche trying to hold each position for 2 seconds. As you get stronger, you can progress by going to a straddle or full planche.



DOSAGE

3-5

sets

5-8

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

L-SIT TO PLANCHE

SUPPLEMENTARY EXERCISES:

HANDSTAND TO PLANCHE EXERCISES

Practicing the above exercises will help you to gain strength in the planche position, but not strengthen the range of movement between handstand and planche. However the following three exercises will assist you to develop this strength:

HANDSTAND TO PLANCHE EXERCISES / PARTNER THROW

For this exercise, you will need a solid handstand. Your partner will hold you in the straddle planche position and then throw your legs up as you move into a handstand. Aim to stop in the handstand with control, then slowly lower back into a straddle planche with your feet resting on your partner's hand. The goal is to lower yourself down as slowly as possible.



DOSAGE

3-4

sets

8-12

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

HANDSTAND TO PLANCHE 1 - PARTNER THROW

SUPPLEMENTARY EXERCISES:

HANDSTAND TO PLANCHE EXERCISES

HANDSTAND TO PLANCHE EXERCISES / PARTNER SPOT

Find a partner with a good understanding of the planche to ensure you are using proper technique throughout the movement.

The spotter will place one hand in front of your shoulder (allowing you to lean forward securely without falling) and one hand under your thighs. The spotter assists you to move through planche to handstand and back down.



DOSAGE

3-4

sets

5-8

repetitions

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

HANDSTAND TO PLANCHE 2 - PARTNER SPOT

SUPPLEMENTARY EXERCISES:

HANDSTAND TO PLANCHE EXERCISES

HANDSTAND TO PLANCHE EXERCISES / WALL PLANCHE SLIDE

Wear shoes or socks for this exercise; the less friction you have on the wall, the harder this exercise becomes. Start by performing a straddled front support with your feet against the wall in order to find your correct hand position. Initially, your hands should be just closer to the wall than this for the handstand. The closer to the wall your hands are the more difficult this exercise becomes. Starting in a straddle handstand with your front facing the wall, slide your feet down until you reach a planche. You can further increase the difficulty by keeping your feet together. See the video for details. Be mindful that you may leave scuff marks on the wall.



DOSAGE

3-5

sets

5

repetitions, trying to hold the planche at the bottom for 5 seconds

2-3 MINUTES

rest between sets

[WATCH VIDEO](#)

HANDSTAND TO PLANCHE 3 - WALL PLANCHE SLIDE

06

MUSCLE SORENESS

Delayed onset muscle soreness 1-2 days after strength training is a normal phenomenon. This is particularly true for unaccustomed activity, such as beginning a new program. The degree of muscle soreness does not represent how effective a workout was, nor is it required for strength gains. If you are sore at the beginning of your next workout, reduce the difficulty or volume of each exercise. As your body adapts, muscle soreness will lessen.

07

ACTIVE REST

Due to the volume of training in the contained program, the rest days are important to allow for recovery. Make sure you are NOT performing strenuous activity with the muscle groups used for planche (primarily shoulders and arms) on your rest days. This does not mean you should be sedentary. Training with opposing or unused muscle groups such as legs is permitted. Gentle whole body physical activities such as walking, swimming or stretching on the rest days are also beneficial.

08

OPTIMIZING PROGRESS

Achieving a planche takes patience and dedication. Prior to commencing the program, take several objective baseline measurements and re-measure at intervals to monitor progress. For example: measure the maximal isometric hold time for a certain submaximal planche position, the most difficult planche progression to sustain an isometric hold for 3 seconds and the most difficult planche progression to perform 3 planche push-ups with strict form. Set short-term achievable goals to work towards. For example, increasing the time of your maximal isometric hold by 5 seconds. This will help you stay motivated as you achieve and set new goals along the way. Reviewing videos of you performing the exercises is also important to ensure correct technique and monitor your progress.

09

PROGRESSIVE OVERLOAD

Strength training works by the body adapting to imposed demands. To optimize strength gains, increased stimulus or stress must be placed upon the body as it gets stronger; this is known as progressive overload. Increasing the number of repetitions, hold time or difficulty of an exercise are all methods of progressive overload and a conscious effort should be made to progress your training every week.

PROGRESSIVE OVERLOAD

An example of progressive overload using isometric holds follows:

WEEK 1 / 3 SETS OF 22 SECONDS

WEEK 2 / 3 SETS OF 24 SECONDS

WEEK 3 / 3 SETS OF 26 SECONDS

WEEK 4 / 4 SETS OF 26 SECONDS

If repeating the same program following a deload week (this will be explained later), a way to progressively overload the above exercise in the next phase is:

WEEK 6 / 3 SETS OF 15 SECONDS ON MORE DIFFICULT LEVEL

WEEK 7 / 3 SETS OF 17 SECONDS ON MORE DIFFICULT LEVEL

Note that as the difficulty of the exercise was increased, the duration decreased. This still represents progressive overload, assuming that the person was unable to complete 3 sets of 15 seconds at this difficulty previously.

When you can complete the higher end of the prescribed repetition range or hold time for an exercise, increase the difficulty of the exercise rather than continuing further with endurance. Training for high repetitions will not optimize your maximal strength gains which are required for planche.

FORCING PROGRESS

If, when increasing the number of repetitions you find that you are unable to perform the last set in entirety with strict form, break the final set into multiple smaller sets to maintain form. This is known as rest-pause training and is important in later phases of the training program to force progress. For example, if you have plateaued on 3x10 repetitions for planche push-ups at a certain level and can just manage the last set, it is unrealistic that you will be able to force progress by moving straight to 3x12 repetitions. You will likely fail earlier on the final set. You can force progress when attempting to overload to 3x12 by performing:

1X 12 REPETITIONS / PAUSE 2-3 MINUTES

1X 12 REPETITIONS / PAUSE 2-3 MINUTES

1X 8 REPETITIONS / PAUSE BRIEFLY

1X 4 REPETITIONS

This way you have increased the total volume of work performed, encouraging progress.

WORKOUT ROUTINE

Select the difficulty for each exercise that you can perform for the specified number of repetitions before technical failure. For isometric hold exercises, repetitions refer to number of seconds. Rest periods are defined in minutes.

Each phase represents five weeks. The first four weeks of each phase should be performed as listed, with the fifth week of each phase being a planned recovery week (deload week). During this week, perform half the number of repetitions for each set for the exercises listed. Due to the high intensity of planche training, fatigue can accumulate putting the body at risk of overtraining. The reason for a deload week is to allow the body to recover to maximize training progress.

“IF IT AIN’T BROKE, DON’T FIX IT”

If the current phase is continuing to yield progress, there is no need to move onto the next phase. In this scenario, it is acceptable to perform the phase and deload week then repeat the current phase for another cycle before moving on.

WORKOUT ROUTINE

PHASE 1

SESSION	EXERCISE	SETS	REPS	MINS REST
SESSION 1	PLANCHE PUSH-UPS	3 TO 4	10 TO 12	2:00 TO 3:00
SESSION 1	ISOMETRIC PLANCHE HOLD	3 TO 4	20 TO 30	2:00 TO 3:00
SESSION 1	INCLINE DUMBBELL ANTERIOR RAISE	3 TO 4	12 TO 15	2:00 TO 3:00
SESSION 2	PLANCHE HOLD WITH BAND	3 TO 4	20 TO 30	2:00 TO 3:00
SESSION 2	PLANCHE PUSH-UPS	3 TO 4	10 TO 12	2:00 TO 3:00
SESSION 2	PLANCHE BENCH PRESS	3 TO 4	10 TO 12	2:00 TO 3:00
SESSION 3	ISOMETRIC PLANCHE HOLD	3 TO 4	20 TO 30	2:00 TO 3:00
SESSION 3	PLANCHE PUSH-UPS WITH BAND	3 TO 4	10 TO 12	2:00 TO 3:00
SESSION 3	FRONT SUPPORT LEAN HOLDS	1 TO 2	20 TO 30	2:00 TO 3:00
SESSION 3	PLANCHE BENCH PRESS	3 TO 4	10 TO 12	2:00 TO 3:00

WORKOUT ROUTINE

PHASE 2

SESSION	EXERCISE	SETS	REPS	MINS REST
SESSION 1	PLANCHE PUSH-UPS	3 TO 4	8 TO 10	2:00 TO 3:00
SESSION 1	ISOMETRIC PLANCHE HOLD	3 TO 4	15 TO 20	2:00 TO 3:00
SESSION 1	INCLINE DUMBBELL ANTERIOR RAISE	3 TO 4	12 TO 15	2:00 TO 3:00
SESSION 2	PLANCHE HOLD WITH BAND	3 TO 4	15 TO 20	2:00 TO 3:00
SESSION 2	PLANCHE PUSH-UPS	3 TO 4	8 TO 10	2:00 TO 3:00
SESSION 2	PLANCHE BENCH PRESS	3 TO 4	10 TO 12	2:00 TO 3:00
SESSION 3	ISOMETRIC PLANCHE HOLD	3 TO 4	15 TO 20	2:00 TO 3:00
SESSION 3	PLANCHE PUSH-UPS WITH BAND	3 TO 4	8 TO 10	2:00 TO 3:00
SESSION 3	FRONT SUPPORT LEAN HOLDS	1 TO 2	20 TO 30	1:00 TO 2:00
SESSION 3	PLANCHE BENCH PRESS	3 TO 4	10 TO 12	2:00 TO 3:00

WORKOUT ROUTINE

PHASE 3

SESSION	EXERCISE	SETS	REPS	MINS REST
SESSION 1	PLANCHE PUSH-UPS	4 TO 6	6 TO 8	2:00 TO 3:00
SESSION 1	ISOMETRIC PLANCHE HOLD	4 TO 6	10 TO 15	2:00 TO 3:00
SESSION 1	WALL PLANCHE SLIDE	3 TO 4	5	2:00 TO 3:00
SESSION 2	PLANCHE HOLD WITH BAND	4 TO 6	12 TO 15	2:00 TO 3:00
SESSION 2	PLANCHE PUSH-UPS	4 TO 6	6 TO 8	2:00 TO 3:00
SESSION 2	PLANCHE BENCH PRESS	5	5	2:00 TO 3:00
SESSION 3	ISOMETRIC PLANCHE HOLD	2	10 TO 15	2:00 TO 3:00
SESSION 3	L-SIT TO PLANCHE	3	5	2:00 TO 3:00
SESSION 3	CAST PLANCHE PUSH-UPS	2 TO 3	6 TO 8	2:00 TO 3:00
SESSION 3	PLANCHE HOLD WITH BAND	1 TO 2	20 TO 30	1:00 TO 2:00
SESSION 3	PLANCHE BENCH PRESS	3 TO 4	10 TO 12	2:00 TO 3:00

**WE WOULD LOVE
TO SEE
YOUR PROGRESS!**

THANKS TO ALL WHO CONTRIBUTED TO PROJECT PLANCHE!



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PROJECT PLANCHE**



WORKSHOPS



**ONLINE
COACHING**

For feedback and queries related to this eBook, please contact:

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