

HYPERTROPHY STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Progression	6-10r
B2	Front Lever Progression	6-10r
Sets: 2-4	Rest: 60-180s	
C1	Handstand Push Up Progression	6-10r
C2	One Arm Chin Up Progression	6-10r
Sets: 2-4	Rest: 60-180s	
D1	External Rotation	6-10r
D2	Bridge Progression	6-10r
Sets: 2-4	Rest: 60-90s	

STRENGTH STRUCTURE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Progression	3-6r
B2	Front Lever Progression	3-6r
Sets: 3-5	Rest: 60-180s	
C1	Handstand Push Up Progression	3-6r
C2	One Arm Chin Up Progression	3-6r
Sets: 3-5	Rest: 60-180s	
D1	External Rotation	3-6r
D2	Bridge Progression	3-6r
Sets: 2-4	Rest: 60-90s	

HYPERTROPHY EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Planche Lean	16-20s
B2	Tuck Front Lever	16-20s
Sets: 2-4	Rest: 60-90s	
C1	Pike Push Up	8-10r
C2	Frenchie Pull Up	2r (8r total)
Sets: 2-4	Rest: 60-90s	
D1	LYTPs	5r per position
D2	Elevated Bridge Hold	20-30s
Sets: 2-3	Rest: 60s	

STRENGTH EXAMPLE

WARM UP

A1	General Warm Up And Mobilisation	1-2 mins
A2	Ido Portal's Shoulder Band Mobilisation	10r per position
A3	My Wrist Routine	10r + 10s per position
A4	Ido Squat Routine	10r per position
A5	Burpees	10r
Sets: 1	Rest: Minimal	

STRENGTH

B1	Advanced Tuck Planche	8s
B2	Tuck Front Lever Rows	4r
Sets: 3-5	Rest: 120-180s	
C1	Wall Assisted handstand Push Up	3-4r
C2	Mantle Chin Ups	2r per arm
Sets: 3-5	Rest: 120-180s	
D1	Weighted Cuban Rotations	6r
D2	Bridge Push Ups	6r
Sets: 2-4	Rest: 90s	

MESOCYCLE STRUCTURE

PERIODISATION

This is the often forgotten aspect of training. Applying both progressive overload and timed deloads helps optimise progress and recovery.

Try performing 1-2 weeks of hypertrophy structure followed by 1-2 weeks strength structure. Repeat and deload when necessary. For example:

1 WEEK MICROCYCLE

Week 1	Week 2	Week 3	Week 4	Week 5
Hypertrophy	Strength	Hypertrophy	Strength	Deload
2-4 x 6-10r	3-5 x 3-6r	2-4 x 6-10r	3-5 x 3-6r	1-3 x 3-6r

2 WEEK MICROCYCLE

Week 1	Week 2	Week 3	Week 4	Week 5
Hypertrophy	Hypertrophy	Strength	Strength	Deload
2-4 x 6-10r	2-4 x 6-10r	3-5 x 3-6r	3-5 x 3-6r	1-3 x 3-6r

