

# PLANCHE IN APP WORKOUT PLANS + GUIDE



MADBARZ

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# THE BASICS OF PLANCHE

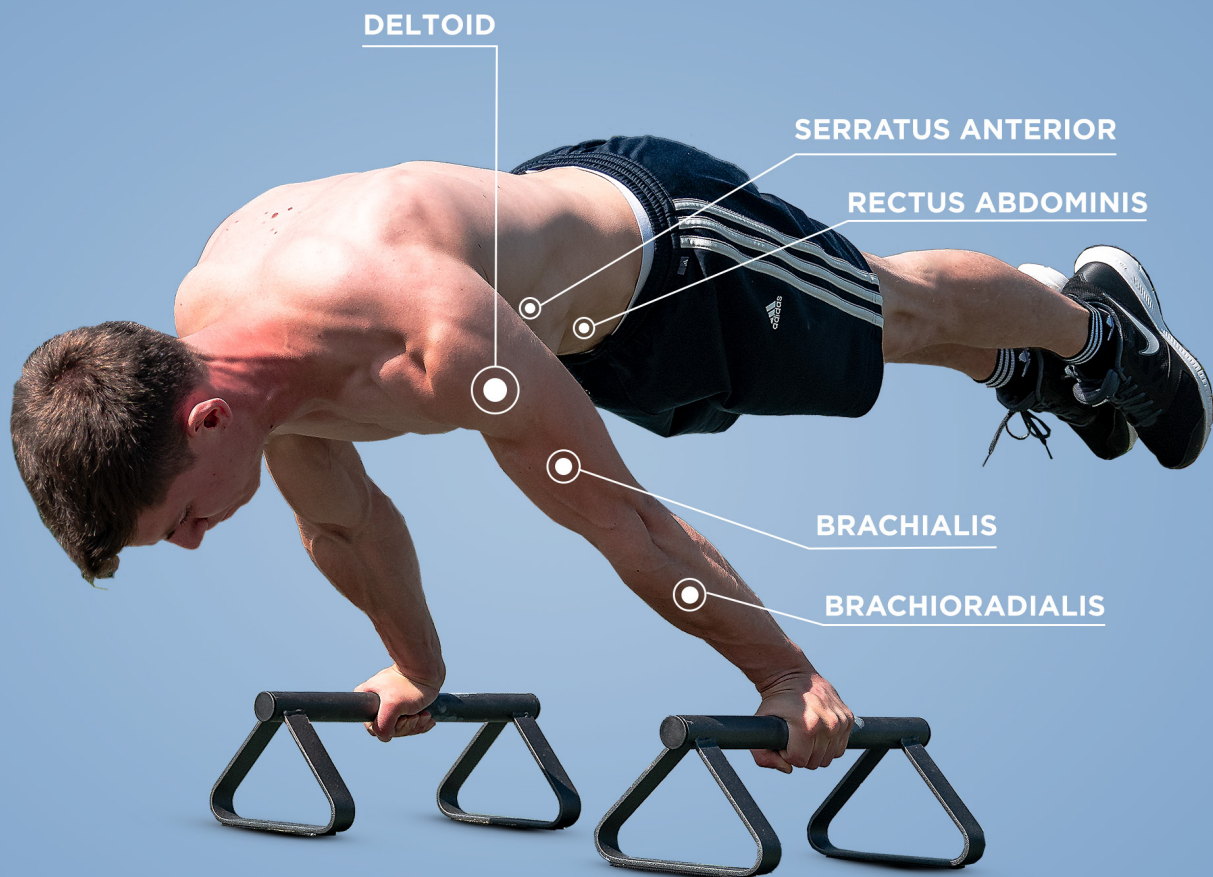
A planche is an element often featured in competitive gymnastics, but it's also a popular exercise for recreational athletes in bodyweight and calisthenics movements. It is **one of the most challenging** elements in calisthenics. In the planche, you are trying to assume and hold a straight-body position, parallel to the floor, while balancing your whole weight on **your arms only**.

It is an **isometric position**, which means there is no movement in the joints, you are contracting your muscles in a static body position.

In the planche, only the hands stay in contact with the ground, while the completely extended torso and the legs create a **long lever**, parallel to the floor.







The dominant muscles that are contracting and holding you in the planche position are the **shoulder, chest, abdomen and arm muscles**. However, the back, leg and glute muscles also do their part.

## KEY NOTES

1

Keep the arms extended (elbows locked)

2

Keep the upper back rounded (hollow back position)

# Strength Test

To be able to begin the planche plans in the Madbarz app, you have to satisfy the minimum strength requirements. Test if you satisfy the **minimum strength level** using our strength test.

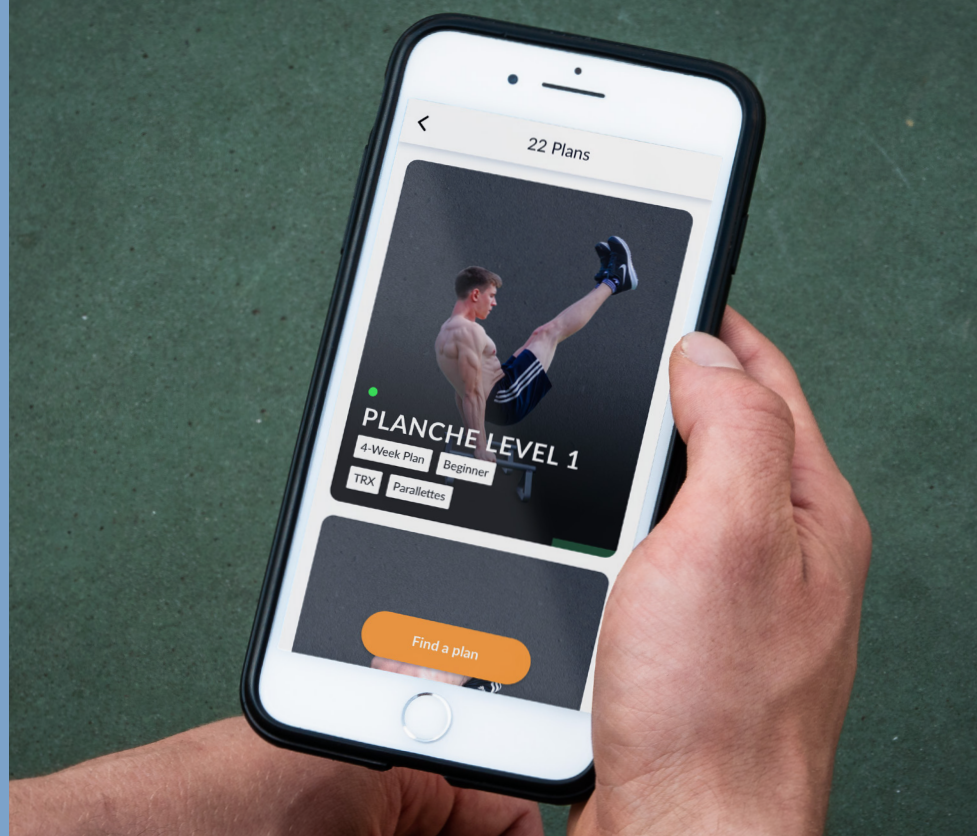
**Before starting the planche progression levels,  
you need to be able to do 3 rounds of:**

<b>Plank Hold</b>	<b>Push Ups</b>	<b>Superman Hold</b>	<b>Handstand Wall Assisted</b>
60 sec	25x	60 sec	30 sec

Do one exercise for the given amount of time and repetitions, take **1-2 min rest between exercises** and **2-3 minutes in between rounds**.

It is **very important to remember** that this is the minimum strength required to start the planche training, so if this is something that you are not able to do yet, then you need to **work on your basic strength** before continuing to the planche progression levels.

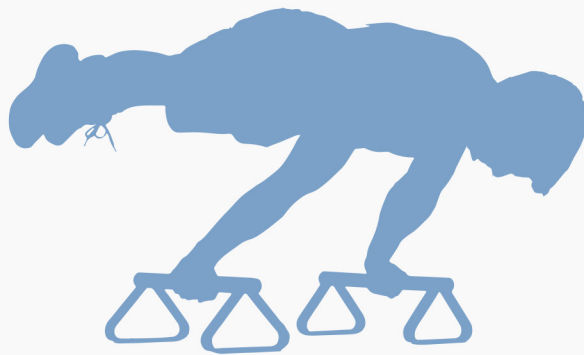
## HOW TO GET THE PLANS IN THE APP:



1. [Download the Madbarz App](#)
2. Start the app, and enter the information required for the registration progress.
3. Once registered, click the profile icon in the bottom right corner.
4. After your profile opens, in the top right corner you'll see the settings icon. Click on it, and scroll to the "Activate Plan" button.
5. Click on it, type in the code listed below, and the plans (Level 1- Planche Plan, Level 2 - Planche Plan, Level 3 - Planche Plan), will open.

**CODE**

**XXXXX**



**Want to see more?**

Get the Planche Guide!