



WP GYM CLUB
WARRIOR
PROGRAMMING

Goatkiller



SAMPLE WEEK 'RX'

SESSION 01 'STRENGTH PUSH'

STRICT HANDSTAND PUSH-UPS

6-8 reps, with a 3 second eccentric x 5 sets. 1 minute rest between.

If 6-8 reps is too easy for regular strict HSPU at this tempo, use plates for a deficit.

ACCESORY 'PUSH SUPERSET'

5 Sets of:

A - 5 x Arnold Z press, with a 3 count eccentric.

<https://youtu.be/VUWfxTdZQxY>

Use as full a rang of motion as possible for all reps

B- 30 Second Wall Facing Handstand Hold

Push the floor away, squeeze the abs and bum hard. Get Stacked!

90 seconds rest after the superset.

MIDLINE

4 rounds for quality:

10 FLR shoulder taps with 2 count pause at the shoulder.

Tight, no wiggle! <https://youtu.be/l24bJj-481Y>

10 V-ups, with a 2 count lower.

Feet and shoulders stay off the floor at extension, in a hollow body.

10 hollow body ring push ups.

10 Reverse hypers with a 2 count eccentric.

<https://youtu.be/-vmyuGpPXBQ>

(Think about the leg drive you need to transfer to kipping HSPU.)

SESSION 02 'VOLUME PULL'

STRICT HOLLOW BODY PULL-UPS

7.5 mins:

Ascending ladder. 1, 2, 3, 4, 5, 6... etc. Reps.

How this works:

Perform one pull up, rest 1 breath. Perform 2 pull-ups, rest for 2 breaths. Perform 3 pull ups, rest for 3 breaths. Continue in this manner adding one rep until you feel like you will hit failure on your next set.

DONT hit failure. Instead, work back down the ladder.

If you complete the ladder in 7.5 minutes, rest 10 seconds and start again. This is volume accumulation.

ACCESORY 'PULL SUPERSET'

4 Sets of:

A - 12-15 ring rows.

B - MAX effort Scap Pull Holds

In a hollow body hanging from the bar, perform a straight arm pull-up, pulling arms into the sockets activating the lats. Hold this as long as you can.

90 seconds rest before back into the ring rows.

CORE

3 rounds for quality:

45 seconds deadbug/hollow hold.

Choose the hardest variation you can hold with good quality for a full minute. This means lower back flushed to the floor, shoulder blades off the ground. (Easiest: Deadbug - Deadbug with one arm overhead - Deadbug with two arms over head - deadbug with opposite arm and leg extended - hollow : hardest). Put a band attached to the rig under your lumbar to maintain integrity.

45 second arch hold.

45 second side plank each side.

SESSION 03 'SYNTAX'

RIG SHAPES / ESSENTIALS

3 rounds:

15 hollow rocks.

15 arch rocks.

3 rounds:

Broken beat swing:

5 reps of hollow to arch on the rig, but pause for a 3 count in each position.

5 Hollow rock to hip extension..

8 V-ups.

3 rounds:

9 compression kips. https://youtu.be/tVXPTh_NPmc

Drop down, then:

6 kipping pull-up with a pause with the chin over the bar in hollow body, and distinct push away.

3 chest to bar - focus on tight, tidy movement.

Rest as needed.

Baseline Test:

1 M.E. Unbroken Set chest to bar.

Rest 3 mins.

1 M.E. Unbroken set of TTB.

CORE 'CIRCUIT'

4 rounds for quality:

8 hanging knee raise, with 3 count pause above parallel and 3 count eccentric.

10/10 Russian twist.

10/10 seconds single leg L-hang.

10/10 single arm Russian KB swing.

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SAMPLE WEEK 'ROAD TO'

SESSION 01 'STRENGTH PUSH'

PIKE PUSH-UPS

6-8 reps, with a 3 second eccentric x 5 sets. 1 minute rest between.

Elevated feet make this harder. Choose the most difficult variation you can do with your hips stacked over shoulders, over wrists.

ACCESORY 'PUSH SUPERSET'

5 Sets of:

A - 5 x Arnold Z press, with a 3 count eccentric.

<https://youtu.be/VUWfxTdZQxY>

Use as full a rang of motion as possible for all reps

B- 20 Second Wall Facing Handstand Hold

Push the floor away, squeeze the abs and bum hard. Get Stacked!

90 seconds rest after the superset.

MIDLINE

3 rounds for quality:

10 FLR shoulder taps with 2 count pause at the shoulder.

Tight, no wiggle! <https://youtu.be/l24bJj-481Y>

10 tuck-ups. Feet and shoulders stay off the floor at extension.

10 hollow body push ups. (Scale by elevating hands).

10 Reverse hypers. <https://youtu.be/-vmyuGpPXbQ> (Think about the leg drive you need to transfer to kipping HSPU.)

SESSION 02 'VOLUME PULL'

STRICT HOLLOW BODY PULL-UPS

7.5 mins:

Ascending ladder. 1, 2, 3, 4, 5, 6... etc. Reps.

How this works:

Perform one pull up, rest 1 breath. Perform 2 pull-ups, rest for 2 breaths. Perform 3 pull ups, rest for 3 breaths. Continue in this manner adding one rep until you feel like you will hit failure on your next set.

DONT hit failure. Instead, work back down the ladder.

If you complete the ladder in 7.5 minutes, rest 10 seconds and start again. This is volume accumulation.

ACCESORY 'PULL SUPERSET'

4 Sets of:

A - 12-15 ring rows.

B - MAX effort Scap Pull Holds

In a hollow body hanging from the bar, perform a straight arm pull-up, pulling arms into the sockets activating the lats. Hold this as long as you can.

90 seconds rest before back into the ring rows.

CORE

3 rounds for quality:

45 seconds deadbug/hollow hold.

Choose the hardest variation you can hold with good quality for a full minute. This means lower back flushed to the floor, shoulder blades off the ground. (Easiest: Deadbug - Deadbug with one arm overhead - Deadbug with two arms over head - deadbug with opposite arm and leg extended - hollow : hardest). Put a band attached to the rig under your lumbar to maintain integrity.

45 second arch hold.

45 second side plank each side.

SESSION 03 'SYNTAX'

ROAD TO KIPPING HSPU

3 sets:

5 reps: tripod with knees on elbows to tripod with back flat. See @ 1:50 <https://youtu.be/qiTovNDfhlc>.

Rest 45 seconds.

3 sets:

4 reps Tripod to frog stand transition. See @ 2:20 in above video.

3 sets:

30 second frog stand. <https://youtu.be/fAg1ZlngaMo>

60 second rest.

5 sets:

Starting on the floor and working higher up the wall across the 5 sets.

4 tripod kips. 30 second rest.

See at 3:40 in the first video.

CORE 'CIRCUIT'

5 rounds for quality:

5 hanging knee raise, with 3 count pause above parallel and 3 count eccentric.

8/8 Russian twist.

10/10 single arm Russian KB swing.