

8 WEEK STRENGTH LADDER

HOW TO READ

W1 on Monday would be read as completing 3 cycles of 1 rep, 2 reps, 1 rep, resting momentarily between each set of reps. Use the exercise chart below and select the movement for your STRENGTH movement depending on your goals. For this cycle to work you must commit to sticking with that choice (pull or push) and performing that work 3x-6x/week for 8 weeks.

WORK SETS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W1	3(1,2,1)	3(1,2,1)	4(1,2,1)	4(1,2,1)	2(1,2,3,2,1)	2(1,2,3,2,1)
W2	3(1,2,1)	4(1,2,1)	4(1,2,1)	2(1,2,3,2,1)	2(1,2,3,2,1)	5(1,2,1)
W3	4(1,2,1)	4(1,2,1)	2(1,2,3,2,1)	2(1,2,3,2,1)	5(1,2,1)	5(1,2,1)
W4	4(1,2,1)	2(1,2,3,2,1)	2(1,2,3,2,1)	5(1,2,1)	5(1,2,1)	6(1,2,1)
W5	2(1,2,3,2,1)	2(1,2,3,2,1)	5(1,2,1)	5(1,2,1)	6(1,2,1)	6(1,2,1)
W6	2(1,2,3,2,1)	5(1,2,1)	5(1,2,1)	6(1,2,1)	6(1,2,1)	1(1,2,3,4,5,4,3,2,1)
W7	5(1,2,1)	5(1,2,1)	6(1,2,1)	6(1,2,1)	1(1,2,3,4,5,4,3,2,1)	1(1,2,3,4,5,4,3,2,1)
W8	5(1,2,1)	6(1,2,1)	6(1,2,1)	1(1,2,3,4,5,4,3,2,1)	1(1,2,3,4,5,4,3,2,1)	3(1,2,3,2,1)

VOLUME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W1	12	12	16	16	18	18
W2	12	16	16	18	18	20
W3	16	16	18	18	20	20
W4	16	18	18	20	20	24
W5	18	18	20	20	24	24
W6	18	20	20	24	24	25
W7	20	20	24	24	25	25
W8	20	24	24	25	25	27

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The following chart should assist you in choosing the appropriate exercises and scaling options in your strength ladder, as well as your regular training. If your goal is your first pullup or more pullup conditioning, choose STRENGTH PULLING. If your goal is in more in line with dips and handstand pushups (HSPU) then choose STRENGTH PUSHING.

EXERCISE

Level	NOVICE	INTERMEDIATE	ADVANCED	PERFORMANCE
Ability	Those who want to eventually develop unassisted pullups and dips in workouts. Can improve in strength/ stability and mobility/ flexibility.	Can do 1-5 unassisted pullups or dips, but want the ability to do more. Want to develop higher-level skills like muscle-ups and HSPU.	Unassisted pullups and dips can be done throughout an entire workout. Can do a number of muscle-ups and HSPUs, but cannot complete an entire workout with them.	Can complete workouts with c2b pullups, ring dips, muscle-ups, HSPUs, and more. Can develop higher levels of capacity.
Strength Pull	<u>hinge row</u>	<u>strict pullup</u>	<u>muscle-up / bar mu</u>	<u>tempo / strict muscle-up</u>
Strength Push	<u>bar negative dip</u>	<u>strict bar dip</u>	<u>HSPU</u>	<u>strict deficit HSPU</u>
Stamina Pull	<u>jumping pullup</u>	<u>kiping c2b pullup</u>	<u>c2b pullups</u>	<u>kiping muscle-ups</u>
Stamina Push	<u>bench dip</u>	<u>kiping bar dip</u>	<u>kiping HSPU</u>	<u>kiping ring dips</u>

* Click any of the exercises to see a demonstration on YouTube