



GOLD MEDAL BODIES

**PARALLETTE
PREP PROGRAM**

INTRODUCTION

Ready to get started with your shiny new P-bars? This program is a super-short introduction to the essential basic skills you'll want to master first to ensure rapid development with more difficult movements.

This means practicing our basic pushing, pressing, and holding exercises we've gone over in the videos so far. We recommend going back to those videos to review the technique before diving into your practice. Remember that solid technique is the thing that makes these complicated skills possible, so focus on doing each movement as cleanly and correctly as possible - even if it stings the ol' ego a bit a first.

That's OK. GMB strength is about *go* and maybe just a little bit of *show* for good measure, but **skill** is always our primary concern. Building proper skills will make you stronger in a way that's both beautiful and effective.

Anyway... enough of all that - you're here for the workout, and we're here to deliver. Check the next page for the details on this parallette prep program.

Enjoy!

THE PROGRAM

This is a 2 week program that focuses on three day spurts. The purpose is strength, but in a constructive way that doesn't cause injury. This is accomplished through use of low reps, performed in a slow and controlled manner. Proper recovery is absolutely necessary, so the 'rest' days should be dedicated to getting enough sleep and eating lots of healthy protein and fat.

PREPARATION

As you probably know by now, the Gold Medal Bodies curriculum is based on Circular Strength Training (CST) methods. This isn't the place to discuss all that entails, but it *does* mean that we want to include a properly structured program - even in this preparation stage.

Before diving right into the workout, get your body warm and loose. We recommend preparing your joints with Intu-Flow. At minimum, run through the [shoulder, arm, and hip sections of Intu-Flow you'll find on YouTube](#).

If you need a more active warm-up, feel free to do a few rounds of FlowFit, jump some rope, etc. Just don't overdo it, because you want to focus your energy on the exercises ahead.

EXERCISE

Now we come to the meat of the CST "sandwich" (prep, work, comp).

You're going to perform 3 to 5 sets of 3 to 5 repetitions of the exercise Ryan demonstrated in the video. For reference, it goes like this:

- ◆ Push Up (walking feet forward) to L-Sit
- ◆ L-Sit (walking feet back) to Inverted Press with feet on floor
- ◆ (Walk feet back to plank) repeat

Rest for a full minute between sets. On your first day, you should do the minimum amount of work (3 sets of 3 reps) and focus on nailing perfect form.

On subsequent training days, add more reps or sets only to the degree that you are able to maintain your technique. As your strength increases, gradually begin to aim for longer holds in the L-sit and doing the Inverted Press without your feet touching the floor.

Getting to this level will demonstrate some very real strength, so be sure to head back to <http://parallettes.net> and let us know how you're progressing.

COMPENSATION

To reduce muscles soreness and release the accumulated tension of your workout session, we recommend giving your body a nice stretch - especially around your arms and shoulders.

Of course, we suggest using a flow from our [Prasara Primer](#) (you can [get a free sample Prasara Yoga flow here](#)), but any number of stretching or yoga routines could serve our purpose if you don't have the Primer.

Remember that compensation doesn't end with stretching, and take our recommendation for rest seriously. This is a muscle building protocol, so you will need more recovery than you think to build those big *guns*...

RECORDING

Keeping a training log, though often a giant pain in the ass, is a very good habit to develop because it allows you to discover what's working for you and quantify your progress.

On the following pages, you'll find charts for two weeks of this program. **We strongly urge you to print these out** and use them to record your sets and reps for each workout. Also include hold times and (if you're familiar with CST's Intuitive Training) RPt, RPE, and RPD somewhere in the margins.

The Parallettes One manual (just like the Rings One manual) comes with full daily charts with space to record every important variable of your workouts.

TRAINING CHARTS

You can print these charts to record your training on this program.

Week 1		
Day 1	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 2	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 3	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 4 Rest	<ul style="list-style-type: none"> •Warm-Up •Maybe a little Prasara? •Cool-Down 	
Day 5 Test	On Day 5, do the same routine - this time with maximum effort. Compare your final numbers to Day 1.	3 to 5 sets: 3 to 5 reps: 60s rest
Day 6	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 7	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest

TRAINING CHARTS (CONTINUED)

Week 2		
Day 8 Rest	<ul style="list-style-type: none"> •Warm-Up •Maybe a little Prasara? •Cool-Down 	
Day 9	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 10	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 11	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 12 Rest	<ul style="list-style-type: none"> •Warm-Up •Maybe a little Prasara? •Cool-Down 	
Day 13	<ul style="list-style-type: none"> •Warm-Up •Push-Up to L-Sit to Inverted Press •Cool-Down 	3 to 5 sets: 3 to 5 reps: 60s rest
Day 14 Test	Just like on Day 5, this is a test day - go hard. Compare your final numbers to Days 1 and 5. See how much stronger you are?	3 to 5 sets: 3 to 5 reps: 60s rest
Days 15+	At this point, we recommend resting and moving on to a different training cycle (preferably your first cycle of P1).	

PARALLETES ONE OUTLINE

While you're here, we'll give you just a little taste of how Parallettes One is arranged. It should look pretty familiar to those of you who are working right now with Rings One. There are two levels of four training phases each.

TRAINING PHASES

Both levels of Parallettes One include four phases, arranged as follows:

Phase	Focus	Reps	Holds	Rest	Sets
1 4 Weeks	Strength Building - practice basic movements	8 - 12	3 - 5s	60s	3 - 5
2 4 Weeks	Skill Acquisition - build combinations Phase 1 movements	5 - 13	3 - 5s	60 - 120s	3 - 5
3 2 Weeks	Flow Acquisition - group Phase 2 combinations into a routine	Hybrid program of flow components and additional strength work			
4 2 Weeks	Flow - practice the flow in its entirety	Full flow	>5s	120s	Up to 6

We begin with basic skills to build the necessary strength for serious ring training. As that strength becomes available, you'll gradually begin to chain the movements together in longer and more sophisticated routines, culminating in a 'flow' routine that contains everything you've practiced up to that point.

DAILY SCHEDULE

For **Phases 1 and 2**, the workout days will alternate between training and recovery every other day, but you will always have the weekend as two days off in a row. For example:

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Active Recovery
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Active Recovery

And so on. **Phase 3** has three different workouts, so that'll look like:

Both Weeks						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Day 3 Workout	Active Recovery	Active Recovery

In **Phase 4**, you'll work on the same basic schedule, but each day will have you practicing the complete flow.

On the active recovery days you will simply perform the warmup sequence and cool-down flow one time, along with whatever recreational activities you enjoy. We also suggest performing a longer yoga session on Saturdays. A flow from the Prasara Primer would be nice...

And there you have it: six full months of P-bar training. More than enough to develop some impressive strength and skill.

OUTRODUCTION

This parallettes preparation program is just a quick teaser version of the training in P1. Of course, the full course is much more involved and sophisticated, but the strength you can build with just one or two cycles of this short prep routine will help you get the most out of P1 once it's available.

We are having a great time sharing with you the ways we like to train, and hope you continue to walk with us in this wonderful journey. We want you to finish each training session eager for the next. We want you to train hard and smart, but also have a lot of fun along the way! Most of all we want you to enjoy the real practical strength to help you in all that you do.

Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, and Andy

Parallette Prep Program

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