

Nedko's Next Level Planche Program



Hi there and thank you for your purchase of my Next Level Planche program!

Have Questions?

Join My Private Facebook Group – Nedko's Warriors

<https://www.facebook.com/groups/397596510894428/>

The screenshot shows the Facebook interface for the 'Nedko's Warriors' group. The top navigation bar includes the Facebook logo, the group name 'Nedko's Warriors', a search bar, and user avatars for 'Ivaylo', 'Home', and 'Create'. The left sidebar contains a menu with 'About', 'Discussion', 'Announcements', 'Members', 'Events', 'Photos', 'Moderate Group', and 'Group Quality'. Below the menu is a search bar for the group and a list of shortcuts to other groups. The main content area features a large cover photo of a man performing a pull-up on a bar. Below the photo are buttons for 'Joined', 'Notifications', 'Share', and 'More'. A post creation bar allows users to 'Write Post', 'Add Photo/Video', 'Live Video', or 'More'. Below this is a text input field and buttons for 'Photo/Video', 'Watch Party', 'Tag Friends', and 'More'. The 'Announcements' section shows a post from the founding member, Nedko Nedkov, welcoming members. The right sidebar displays 'POPULAR TOPICS IN POSTS' with various workout topics, an 'INVITE MEMBERS' section with an input field, and a 'MEMBERS' list showing 2 members. At the bottom right, there is a 'SUGGESTED MEMBERS' section.

Nedko's Warriors
Closed group

About
Discussion
Announcements
Members
Events
Photos
Moderate Group
Group Quality

Search this group

Joined ▾ Notifications Share ... More

Write Post Add Photo/Video Live Video More

Write something...

Photo/Video Watch Party Tag Friends ...

Announcements

Недко Недков
Founding Member · 7 mins

Hi, guys! Welcome to my workout group! Everyone is welcome here - from beginner to elite! Feel free to ask any question you may have about my programs or about workout in general! Thank you!

Seen by everyone

Like Comment

POPULAR TOPICS IN POSTS Manage X

Hefesto (0) Back Lever (0)
One Arm Front Lev... Maltese (0)
One Arm Pull-Up (0) Basic Workout (0)
Front Lever (0) Planche (0)

INVITE MEMBERS Embed Invite

+ Enter name or email address...

MEMBERS 2 Members

You have 1 new member this week. Write a post to welcome them. Write Post

SUGGESTED MEMBERS Hide

Friends

General Tips & Tricks

- This program is NOT suitable for beginners.
- Lower to average body fat is recommended before trying to learn this skill!
- You need to be able to hold a 5 seconds full Planche. If you cannot do it, I suggest you first start with my Planche Workout Program, which is available here: <http://www.nedkosw.com/>
- For best results, you should train the Next Level Planche 3 to 4 days per week but depending on your recovery, you may reduce the frequency. Train at your own pace!
- Each workout you should be feeling fresh and full of power. Do not force things as this may lead to injury. If you are tired, skip the workout, and come back tomorrow! The exercises in this program are intense so make sure you are trying to train at 100% capacity!
- This program is pure Planche oriented. It is recommended to learn only one skill at a time, but if you want to combine the Planche with another exercise (for example the Front Lever), choose the 4 most difficult exercises from this program and the 4 most difficult from the other and combine them in a single training protocol.
- Before each session make sure you do a **general warmup for 10 to 15 minutes**. Light jogging or rope jumping is perfect. Do circles with your neck, shoulders, elbows, wrists and hips. Do some dynamic stretches to make the blood flow into your body.
- After each session spend at least **20 minutes stretching** your pecs, lats, biceps and wrists! This is important and you should not skip it, if you want to be healthy in the long run!
- If you want to try the Planche outside of your training, try to not do it more than 2-3 times per day as it is intense and heavy. It may hinder your progress.

- You should get workout bands. For each exercise with a rubber band, you should adjust it to match your current strength level.



Workout Levels

- Choose a level you will be comfortable to do for one workout so that it will feel heavy, but doable. Do not skip levels or rush the process!
- Each level has targets you should reach before you move on to the next one!
- Each workout you should attempt these target sets and reps.
- Don't worry, if you cannot do all the sets or all the reps. You will build your strength over time, just do as many as you are able to do. You will improve after one-two weeks!
- Be consistent and results will follow!
- After you reach the last level, you may want to move to more advanced Planche variations, like the Maltese for example. I have programs for those, so make sure you check them out here:
<http://www.nedkosw.com/>
- **IMPORTANT:** after you reach your targets and they become easy, do them for 2 more weeks to strengthen your connective tissue. After that you should move to the more advanced exercises. Do not rush the process, because it may lead to an injury!

Next Level Planche Level 1 – Preparation

This level aims to strengthen the muscles involved in your straddle Planche and improve the overall hold time of the exercise.

Targets:

- 4-5 Sets x Straddle Planche – Aim for 5 Sec.
- 4-5 Sets x Advanced Tuck Planche – Aim for 10 Sec.
- 4-5 Sets x Straddle Planche With Elastic Band – Aim for 5 Sec.
- 4 Sets x Advanced Tuck Planche With Elastic Band – Aim for 10 Sec.
- 4 Sets x Advanced Tuck Planche Push Ups With Elastic Band – 6 Reps
- 4 Sets x Advanced Tuck To Straddle Planche With Elastic Band – 5 Reps
- 3-4 Sets x Dumbbell Straight Arm Raises With 6-12KG – 6 Reps
- 3-4 Sets x Lean Hold – Aim for 20 Sec.
- 3-4 Sets x Lean Hold Push Ups – 10 Reps

Next Lever Planche Level 2 – Beyond Mastery

This level aims to strengthen the muscles involved in your Full Planche and improve the overall hold time of the exercise.

Targets:

- 4-5 Sets x Full Planche – Aim for 6 Sec.
- 4-5 Sets x Straddle Planche – Aim for 6 Sec.
- 4-5 Sets x Full Planche With Elastic Band – Aim for 10 Sec.
- 4 Sets x Straddle Planche With Elastic Band – Aim for 10 Sec.
- 4 Sets x Straddle Planche Push Ups With Elastic Band – 6 Reps
- 4 Sets x Advanced Tuck To Full Planche With Elastic Band – 5 Reps
- 3-4 Sets x Dumbbell Straight Arm Raises With 6-12KG – 6 Reps
- 3-4 Sets x Lean Hold – Aim for 20 Sec.
- 3-4 Sets x Lean Hold Push Ups – 10 Reps

Next Level Planche Level 3 - Extremist

This level aims to prepare your Planche for more advanced pushing exercises.

Targets:

- 4-5 Sets x Full Planche – Aim for 10 Sec
- 4-5 Sets x Straddle Planche – Aim for 10 Sec.
- 4-5 Sets x Full Planche With Elastic Band – Aim for 15 Sec.
- 4 Sets x Full Planche Push Ups With Elastic Band – 3 Reps
- 4 Sets x Straddle Planche With Elastic Band – Aim for 15 Sec.
- 4 Sets x Advanced Tuck To Full Planche – 5 Reps
- 3-4 Sets x Dumbbell Straight Arm Raises With 6-12KG – 6 Reps
- 3 Sets x Lean Hold – Aim for 25 Sec.
- 3 Sets x Handstand Push Ups On a Wall – 5-10 Reps

Next Lever Planche Level 4 – Alien

Here come the Planche push-ups!

Targets:

- 4 Sets x Full Planche Push-Ups – 3 Reps
- 4 Sets x Full Planche – Max Hold
- 4 Sets x Straddle Planche – Max Hold
- 3-4 Sets Full Planche Push-Ups With Elastic Band – 4 Reps
- 3-4 Sets Full Planche With Elastic Band – Aim for 15 Sec.
- 3-4 Sets Straddle Planche With Elastic Band – Aim for 15 Sec.
- 3-4 Sets x Dumbbell Straight Arm Raises With 6-12KG – 6 Reps
- 3 Sets x Lean Hold – Aim for 30 Sec.
- 3 Sets x Handstand Push Ups On a Wall – 6-12 Reps

Want To Improve Your Calisthenics Game?



All My Programs Are Available On

<http://www.nedkosw.com/>