

CagePods

CAGEPOD 2

BEGINNER AND INTERMEDIATE/ADVANCED WORKOUT PROGRAMS

Unlock Functional Strength with CagePod 2

Real-life movement isn't isolated, it's dynamic, engaging multiple muscle groups and planes of motion at once. **CagePod 2** is designed for this reality, offering versatile training stations that build strength, stability, and coordination. By activating both primary movers and supporting muscle groups, **CagePod 2** helps you move with greater power, efficiency, and control.

Inside this guide, you'll find structured workouts for both beginners and advanced users. Not sure where to start? Begin with the foundational workouts and progress at your own pace or mix and match exercises to create a custom training experience that fits your goals.

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STATIONS

- 1 Knee-lift / Dip Station
- 2 Back Extension
- 3 Swedish Ladder
- 4 (2) Step-up Platforms (24" & 30")

BEGINNER

Knee-lift / Dip Station

Tips:

Start with assisted movements – Use partial dips and holds before progressing to full dips.

Engage your core – This helps stabilize your body, especially for knee-lifts and dips.

Control the movement – Avoid using momentum; slow and controlled reps are more effective.

Progress gradually – Start with smaller knee-lifts and partial dips, increasing range as you build strength.

Breathe properly – Exhale as you lift or push up, inhale as you lower.

1. Knee-Lift (Core Strength & Stability)

Muscles Worked: Core, hip flexors

How to Perform:

- Stand on the foot platform and grip the handles with your forearms resting on the black pads.
- Keep your back firmly against the backboard and allow your feet to dangle.
- Engage your core and lift both legs together, bending the knees to bring them toward your chest.
- Pause at the top, then slowly lower your legs back down with control.

Reps & Sets: 3 sets of 8-12 reps

2. Dip (Upper Body Strength)

Muscles Worked: Triceps, shoulders, chest, core

How to Perform:

- Face the unit and grip the top handles.
- Lift yourself up, fully supporting your body weight with your arms.
- Slowly lower yourself by bending at the elbows.
- Press back up to the starting position.
- If needed, perform slight bends at first before progressing to deeper dips.

Reps & Sets: 3 sets of 5-10 reps

3. Assisted Negative Dip/Hold (Dip Progression for Beginners)

Muscles Worked: Triceps, shoulders, chest

How to Perform:

- Grip the dip handles and use a small jump to lift yourself into position.
- Hold yourself at the top for a few seconds, engaging your arms and core.
- Slowly lower yourself down in a controlled motion until your feet touch the ground.
- Rest and repeat.

Reps & Sets: 3 sets of 6-8 reps

4. Modified Row (Upper Back & Arm Strength)

Muscles Worked: Back, shoulders, biceps

How to Perform:

- Face away from the unit and kneel down under the dip bars.
- Grip the underside of the dip handles.
- Extend your legs straight in front of you, resting your heels on the ground.
- Start with straight arms, then pull your chest toward the dip handles.
- Squeeze your shoulder blades together at the top before lowering back down slowly.

Reps & Sets: 3 sets of 8-12 reps

BEGINNER

Back Extension

Tips:

Start with assisted variations – Use handles or perform partial extensions first.

Engage your core – This supports the lower back and prevents strain.

Move slowly & with control – Avoid jerky or fast movements.

Breathe properly – Inhale as you lower, exhale as you lift.

Avoid overextending – Keep your movement within a safe range to protect your spine.

1. Basic Back Extension

Muscles Worked: Lower back, glutes, hamstrings

How to Perform:

- Position yourself on the back extension station with your feet secured under the footpads and your hips resting on the pad.
- Cross your arms over your chest or place your hands behind your head (without pulling on your neck).
- Lower your upper body slowly, maintaining a neutral spine.
- Engage your lower back and glutes to lift your torso back up to the starting position.
- Avoid hyperextending (arching too far) at the top.

Reps & Sets: 3 sets of 8-12 reps

2. Assisted Back Extension (Hands on Handles for Support)

Muscles Worked: Lower back, glutes, core

How to Perform:

- Secure your feet and rest your thighs on the pad.
- Lightly grip the side handles for balance and support.
- Lower your torso slightly while keeping your back straight.
- Use your lower back and core to lift back up, using your hands for assistance if needed.

Reps & Sets: 3 sets of 10 reps

3. Partial Range Back Extension (For Beginners with Less Lower Back Strength)

Muscles Worked: Lower back, glutes, core

How to Perform:

- Secure your feet and place your hands on your thighs.
- Instead of lowering fully, only lean forward halfway.
- Return to the starting position using your lower back and glutes.
- This reduces strain while still strengthening the muscles.

Reps & Sets: 3 sets of 8-12 reps

4. Isometric Hold (Static Core & Back Endurance)

Muscles Worked: Lower back, core, glutes

How to Perform:

- Position yourself as if performing a back extension.
- Lower slightly, then hold your position at a 45-degree angle.
- Engage your lower back, glutes, and core to maintain stability.
- Hold for 10-30 seconds, then return to the starting position.

Reps & Sets: 3 sets of 10-30 seconds

5. Glute-Focused Back Extension (Engages Glutes More)

Muscles Worked: Glutes, hamstrings, lower back

How to Perform:

- Position yourself on the station with feet secured.
- Instead of fully extending your lower back, focus on squeezing your glutes as you lift.
- Maintain a neutral spine and avoid excessive arching.
- Lower back down slowly and repeat.

Reps & Sets: 3 sets of 10-12 reps

BEGINNER

Swedish Ladder

Tips:

Engage your core – This helps with stability and control.

Breathe properly – Exhale as you pull or lift, inhale as you lower.

Progress gradually – Start with holds and basic movement.

1. Assisted Hanging (Grip & Shoulder Strength)

Muscles Worked: Grip, shoulders, core

How to Perform:

- Stand facing the ladder and grip a bar at a comfortable height.
- Keep your feet on the ground or slightly bend your knees.
- Hold this position for 10-30 seconds, engaging your shoulders and core.
- Release and rest before repeating.

Reps & Sets: 3 sets of 10-30 seconds

2. Incline Row (Upper Body Strength)

Muscles Worked: Back, shoulders, arms

How to Perform:

- Stand facing the ladder and grip a bar at chest height.
- Lean back slightly, keeping your body straight.
- Pull yourself toward the bar by bending your elbows.
- Slowly lower yourself back down.

Reps & Sets: 3 sets of 8-12 reps

3. Knee Raise (Core Strength & Stability)

Muscles Worked: Core, hip flexors

How to Perform:

- Grip a bar at a comfortable height and hang with feet slightly lifted.
- Slowly raise your knees toward your chest while engaging your core.
- Lower them back down with control.
- If needed, keep one foot lightly touching the ground for support.

Reps & Sets: 3 sets of 8-12 reps

4. Assisted Step-Up (Lower Body & Balance)

Muscles Worked: Legs, glutes, core

How to Perform:

- Stand in front of the ladder and grip the sides for balance.
- Step one foot onto a rung, using your arms for support.
- Push through your leg to step up, then slowly lower back down.
- Alternate legs each time.

Reps & Sets: 3 sets of 8 reps per leg

5. Hanging Shoulder Stretch (Mobility & Flexibility)

Muscles Worked: Shoulders, arms, upper back

How to Perform:

- Grip a bar at about head height and step back slightly.
- Keep your arms extended and lean your chest forward, feeling a stretch in your shoulders.
- Hold this position for 15-30 seconds before releasing.

Reps & Sets: 3 sets of 15-30 seconds

BEGINNER

Step-up Platforms (24" & 30")

Tips:

Start with lower heights – Progress to taller platforms as strength improves.

Engage your core – Helps maintain balance and control.

Step down slowly – Avoid excessive impact on the joints.

Breathe properly – Exhale as you push up, inhale as you step down.

Use hand support if needed – Hold onto something for extra stability in the beginning.

1. Basic Step-Up (Strength & Stability)

Muscles Worked: Quads, glutes, hamstrings, core

How to Perform:

- Stand facing the platform with feet hip-width apart.
- Step up with one foot, then bring the other foot up to stand fully on the platform.
- Step down one foot at a time and return to the starting position.
- Alternate the leading foot for each rep.

Reps & Sets: 3 sets of 8-12 reps per leg

Best Height: 24" for beginners

2. Step-Up with Knee Drive (Core & Balance Challenge)

Muscles Worked: Quads, glutes, core

How to Perform:

- Step up onto the platform with one foot.
- As you lift your body, bring the opposite knee up toward your chest.
- Lower back down with control and switch legs.

Reps & Sets: 3 sets of 6-10 reps per leg

Best Height: 24" for beginners

3. Side Step-Up (Lateral Strength & Stability)

Muscles Worked: Inner & outer thighs, glutes, core

How to Perform:

- Stand sideways next to the platform.
- Step up with the foot closest to the platform, then bring the other foot up.
- Step down one foot at a time and repeat.

Reps & Sets: 3 sets of 8-12 reps per leg

Best Height: 24" for beginners

4. Step-Downs (Control & Balance)

Muscles Worked: Quads, hamstrings, core

How to Perform:

- Stand on the platform with both feet.
- Slowly step down with one foot, keeping control.
- Lower until the foot touches the ground, then return to the platform.
- Alternate legs.

Reps & Sets: 3 sets of 8-12 reps per leg

Best Height: 24" for beginners

5. Box Squat (Controlled Depth Squat)

Muscles Worked: Quads, glutes, core

How to Perform:

- Stand in front of a platform and sit down slowly onto it.
- Keep your core engaged and chest lifted.
- Push through your heels to stand back up.

Reps & Sets: 3 sets of 10 reps

Best Height: 24" for beginners

INTERMEDIATE

Knee-lift / Dip Station

Tips:

Control your movements – Avoid swinging or using momentum for better strength gains.

Engage your core – Helps maintain stability and reduces strain on your lower back.

Slow down the lowering phase – Eccentric control builds more muscle endurance.

Progress gradually – Start with knee tucks before advancing to full leg raises.

Use different grip widths – Experiment with dip variations to target different muscle groups.

1. Hanging Straight-Leg Raise

Muscles Worked: Core, hip flexors

How to Perform:

- Grip the dip station handles and rest your back against the pad.
- Instead of bending your knees, **keep your legs straight** and slowly raise them until parallel to the ground.
- Hold briefly, then lower with control to avoid swinging.

Reps & Sets: 3 sets of 8-12 reps

2. Hanging Knee Tucks with a Hold

Muscles Worked: Core, hip flexors, stability muscles

How to Perform:

- Grip the handles and lift your knees toward your chest.
- Hold the top position for **2-3 seconds** before lowering back down.
- Focus on keeping your movement controlled and engaging your abs.

Reps & Sets: 3 sets of 10-12 reps

3. Assisted Dips with Controlled Descent (*Eccentric Focus for Strength Building*)

Muscles Worked: Triceps, chest, shoulders

How to Perform:

- Use a **resistance band** or step up to assist yourself at the top of the dip position.
- Lower yourself **slowly (3-5 seconds)** to increase strength.
- Once at the bottom, step back up and repeat.

Reps & Sets: 3 sets of 6-8 reps

4. Knee-Lift with Twists (Oblique Focus)

Muscles Worked: Core, obliques, hip flexors

How to Perform:

- Grip the handles and rest your back against the pad.
- Lift your knees toward your chest and twist them toward one side.
- Lower with control and repeat on the opposite side.
- Keep your torso stable to avoid swinging.

Reps & Sets: 3 sets of 8-10 reps per side

5. Parallel Bar Hold (Isometric Strength Training)

Muscles Worked: Core, shoulders, arms

How to Perform:

- Grip the dip bars and hold yourself at the top of a dip position.
- Keep your arms extended and engage your core.
- Hold for **20-30 seconds**, then lower and rest.

Reps & Sets: 3 sets of 20-30 seconds

INTERMEDIATE

Back Extension

Tips:

Maintain a neutral spine – Avoid excessive arching or rounding of the back.

Engage your core – This supports the lower back and improves stability.

Use slow, controlled movements – Reduces strain and enhances muscle activation.

Progress gradually – Start with bodyweight before adding weights or single-leg variations.

Breathe properly – Exhale as you lift, inhale as you lower.

1. Single-Leg Back Extension (Balance & Strength Challenge)

Muscles Worked: Lower back, glutes, hamstrings, core

How to Perform:

- Secure your feet in the back extension station.
- Cross your arms over your chest or hold onto the sides.
- Lift one foot off the footpad and extend it straight.
- Lower your torso down and then return to the starting position.
- Switch legs after completing the reps.

Reps & Sets: 3 sets of 6-8 reps per leg

2. Back Extension with Twist (Oblique Engagement)

Muscles Worked: Lower back, obliques, core

How to Perform:

- Secure your feet and rest your hips on the pad.
- Lower your torso while maintaining a straight spine.
- As you lift back up, twist your torso toward one side.
- Lower back down and repeat, alternating sides.

Reps & Sets: 3 sets of 8-10 reps per side

3. Isometric Back Hold (Static Core Endurance)

Muscles Worked: Lower back, glutes, hamstrings, core

How to Perform:

- Secure your feet and lower your torso slightly.
- Hold a **45-degree angle** without fully lowering down.
- Engage your lower back and glutes, keeping your spine neutral.
- Hold for **20-30 seconds**, then return to upright.

Reps & Sets: 3 sets of 20-30 seconds

4. Reverse Hyperextension (Glute & Lower Back Focus)

Muscles Worked: Glutes, hamstrings, lower back

How to Perform:

- Lie face down on the back extension station with hips resting on the pad.
- Hold onto the sides for support.
- Extend your legs straight and **lift them up** as high as possible.
- Hold briefly at the top, then lower with control.

Reps & Sets: 3 sets of 10-12 reps

INTERMEDIATE

Swedish Ladder

Tips:

Use slow, controlled movements – Focus on form over speed to build strength.

Engage your core – Helps with balance and reduces strain on the lower back.

Experiment with different grips – Use overhand, underhand, or mixed grips for variety.

Gradually increase difficulty – Start with static holds before progressing to dynamic movements.

1. Hanging Knee Raises (Core & Hip Flexor Strength)

Muscles Worked: Core, hip flexors, grip strength

How to Perform:

- Grip an overhead rung with both hands and hang with feet off the ground.
- Engage your core and lift your knees toward your chest.
- Hold briefly at the top, then lower with control.
- Avoid swinging and use a slow, controlled motion.

Reps & Sets: 3 sets of 10-12 reps

2. Incline Pull-Up (Back & Arm Strength)

Muscles Worked: Upper back, biceps, core

How to Perform:

- Grip a lower rung with an overhand grip.
- Extend your legs forward and keep your body straight.
- Pull yourself toward the ladder until your chest reaches the rung.
- Slowly lower back down.

Reps & Sets: 3 sets of 8-12 reps

3. Hanging L-Sit (Core & Grip Endurance)

Muscles Worked: Core, grip, shoulders

How to Perform:

- Grip an overhead rung and hang with arms fully extended.
- Lift your legs straight in front of you, forming an **L-shape**.
- Hold the position for **10-30 seconds**, keeping your core engaged.
- Slowly lower your legs back down.

Reps & Sets: 3 sets of 10-30 seconds

4. Step-Up to High Knee Drive (Balance & Strength)

Muscles Worked: Quads, glutes, core

How to Perform:

- Stand next to the ladder and place one foot on a lower rung.
- Push through your leg to step up, lifting the opposite knee toward your chest.
- Lower back down slowly and repeat on the other leg.

Reps & Sets: 3 sets of 8 reps per leg

5. Hanging Oblique Twists (Core & Shoulder Stability)

Muscles Worked: Core, obliques, shoulders

How to Perform:

- Hang from an overhead rung with arms fully extended.
- Rotate your hips and legs to one side.
- Return to center and twist to the opposite side.
- Keep the movement controlled to avoid swinging.

Reps & Sets: 3 sets of 8-10 reps per side

INTERMEDIATE

Step-up Platforms (24" & 30")

Tips:

Engage your core – Helps maintain stability and balance during movements.

Control the descent – Step down slowly to avoid impact on the joints.

Experiment with platform heights – Challenge yourself by progressing to taller platforms.

Focus on explosive power – Add jumps or faster movements to build strength and agility.

1. Lateral Step-Ups (Targets Inner & Outer Thighs)

Muscles Worked: Quads, glutes, inner thighs, core

How to Perform:

1. Stand sideways to the platform.
2. Step up with the foot closest to the platform.
3. Push through your leg to step up, bringing the opposite knee up for balance.
4. Lower down with control and repeat.

Reps & Sets: 3 sets of 8-10 reps per leg

Best Height: 24" or 30"

2. Bulgarian Split Squats (Rear Foot Elevated Lunge)

Muscles Worked: Quads, glutes, hamstrings, core

How to Perform:

1. Stand in front of the platform and place one foot behind you on it.
2. Lower yourself into a lunge position, keeping your torso upright.
3. Push back up through the front leg.
4. Repeat for all reps, then switch legs.

Reps & Sets: 3 sets of 8-10 reps per leg

Best Height: 24" or 30"

3. Explosive Step-Up Jumps (Power & Coordination)

Muscles Worked: Quads, glutes, calves, core

How to Perform:

1. Stand in front of the platform and place one foot on it.
2. Push off **explosively**, jumping up and switching feet mid-air.
3. Land softly with the opposite foot on the platform.

Reps & Sets: 3 sets of 6-8 reps per leg

Best Height: 24" or 30"

4. Decline Push-Ups (Feet Elevated on Platform)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

1. Place your feet on the platform and hands on the ground in a push-up position.
2. Lower your chest toward the ground while keeping your core tight.
3. Push back up to the starting position.

Reps & Sets: 3 sets of 8-12 reps

Best Height: 24" or 30"

ADVANCED

Knee-lift / Dip Station

Tips:

Use slow, controlled movements – Avoid swinging to maximize muscle activation.

Engage your core – Stabilizes your body during dips and leg raises.

Increase resistance gradually – Use weights or slow eccentric movements for extra difficulty.

Experiment with grip variations – Close-grip dips for triceps focus, wider grip for chest activation.

Work on explosive power – Try plyometric dips and leg raise variations for increased athleticism.

1. Toes to Bar (Explosive Core Control & Flexibility)

Muscles Worked: Full core, grip, shoulders

How to Perform:

- Grip the handles and hang with arms fully extended.
- Engage your core and lift your legs until your toes touch the bar above you.
- Lower back down with control to avoid excessive swinging.

Reps & Sets: 3 sets of 6-10 reps

2. Hanging Windshield Wipers (Oblique & Core Rotation)

Muscles Worked: Obliques, core, grip

How to Perform:

Start in a hanging straight-leg raise position.

Rotate your legs side-to-side like windshield wipers.

Keep movements controlled and minimize swinging.

Reps & Sets: 3 sets of 8-10 reps per side

3. Weighted Dips (Increased Strength & Muscle Building)

Muscles Worked: Triceps, chest, shoulders

How to Perform:

- Attach a weight belt with plates or hold a dumbbell between your feet.
- Lower yourself until your elbows are at 90 degrees.
- Push up explosively to the starting position.

Reps & Sets: 3 sets of 6-10 reps

4. Explosive Dips (Clap Dips) (Power & Speed Training)

Muscles Worked: Triceps, chest, shoulders

How to Perform:

- Lower into a dip.
- Explode upwards so your hands leave the bars.
- Clap mid-air and land softly into the next dip.

Reps & Sets: 3 sets of 6-8 reps

5. Korean Dips (Advanced Shoulder & Triceps Activation)

Muscles Worked: Triceps, shoulders, chest, core

How to Perform:

- Position your body behind the dip bars instead of inside.
- Grip the bars with palms facing backward.
- Lower yourself leaning back to engage the shoulders.
- Push back up explosively.

Reps & Sets: 3 sets of 6-8 reps

6. L-Sit Hold on Parallel Bars (Core & Shoulder Stability Challenge)

Muscles Worked: Core, shoulders, arms

How to Perform:

- Grip the dip handles and push yourself into the top dip position.
- Extend both legs straight forward into an L-shape.
- Hold for 10-30 seconds, then rest.

Reps & Sets: 3 sets of 10-30 seconds

ADVANCED

Back Extension

Tips:

Use slow, controlled reps – Maximize muscle engagement and avoid using momentum.

Engage your glutes and core – Helps protect the lower back from strain.

Experiment with weighted variations – Add plates, dumbbells, or resistance bands for progression.

Increase endurance with holds – Isometric exercises improve stability and strength.

Incorporate twisting movements – Targets obliques and enhances functional movement.

1. Weighted Back Extensions (Strength & Endurance Challenge)

Muscles Worked: Lower back, glutes, hamstrings

How to Perform:

- Secure your feet and position your hips comfortably on the pad.
- Hold a weight plate or dumbbell close to your chest or behind your head.
- Lower your torso until your body is almost parallel to the floor.
- Engage your lower back and glutes to raise your torso back up.

Reps & Sets: 3 sets of 10-12 reps

2. Banded Resistance Back Extensions (Time Under Tension Focus)

Muscles Worked: Lower back, glutes, hamstrings

How to Perform:

- Attach a resistance band to the back extension station.
- Loop the band around your shoulders or behind your neck.
- Perform back extensions against the resistance, slowing the eccentric (lowering) phase.

Reps & Sets: 3 sets of 12-15 reps

3. Single-Leg Back Extension (Unilateral Core & Glute Activation)

Muscles Worked: Lower back, glutes, hamstrings, core

How to Perform:

- Secure your feet but keep one leg lifted off the platform.
- Perform back extensions using only one leg for support.
- Keep your core tight and your movement controlled.
- Switch sides after completing the set.

Reps & Sets: 3 sets of 6-8 reps per leg

4. Back Extension with Twists (Oblique Engagement)

Muscles Worked: Lower back, obliques, core

How to Perform:

- Perform a standard back extension.
- As you lift, rotate your torso to one side at the top.
- Lower down and repeat, alternating sides.
- Keep the movement controlled and engage your obliques.

Reps & Sets: 3 sets of 8-10 reps per side

5. Dynamic Back Extensions (Pause & Explode)

Muscles Worked: Lower back, glutes, hamstrings

How to Perform:

Lower yourself slowly for 3-5 seconds.

Pause at the bottom, then explode up quickly.

Keep core engaged and avoid hyperextending at the top.

Reps & Sets: 3 sets of 10 reps

6. Glute-Focused Reverse Hyperextensions (Advanced Glute & Hamstring Activation)

Muscles Worked: Glutes, hamstrings, lower back

How to Perform:

- Position yourself face down on the back extension station.
- Hold onto the support bars and extend both legs behind you.
- Lift your legs until they are parallel to the ground, engaging your glutes.
- Slowly lower them back down without touching the ground.

Reps & Sets: 3 sets of 10-12 reps

7. Isometric Back Hold (Extended Core & Lower Back Stability)

Muscles Worked: Lower back, glutes, core

How to Perform:

- Lower into the bottom position of a back extension.
- Hold for 20-30 seconds, keeping core engaged.
- Return to upright position and repeat.

Reps & Sets: 3 sets of 20-30 seconds

ADVANCED

Swedish Ladder

Tips:

Use explosive power – Incorporate plyometric moves to build strength and speed.

Engage your core – Keeps your body stable and prevents excessive swinging.

Slow down the eccentric phase – Lower yourself slowly to increase time under tension.

Increase endurance with isometric holds – L-Sits and hanging holds improve strength.

Work on grip variety – Try different grips (overhand, underhand, mixed) for more challenge.

1. One-Arm Hanging Hold (Grip Endurance & Shoulder Stability)

Muscles Worked: Grip, shoulders, core

How to Perform:

- Grip a rung with one hand and let your body hang.
- Keep your core engaged to avoid excessive swinging.
- Hold for 10-20 seconds, then switch arms.

Reps & Sets: 3 sets per arm

2. Archer Pull-Ups (Increased Strength & Unilateral Control)

Muscles Worked: Lats, biceps, grip

How to Perform:

- Grip a wider rung on the ladder.
- Pull yourself toward one side, extending the opposite arm.
- Lower with control and alternate sides.

Reps & Sets: 3 sets of 6-8 reps per side

3. Explosive Plyometric Pull-Ups (Power & Fast-Twitch Activation)

Muscles Worked: Lats, biceps, shoulders

How to Perform:

- Grip the rungs and pull yourself up explosively.
- Release the bar briefly mid-air before grabbing the next rung.
- Lower down slowly and repeat.

Reps & Sets: 3 sets of 5-8 reps

4. L-Sit Hanging Hold (Core Strength & Stability)

Muscles Worked: Core, grip, shoulders

How to Perform:

- Hang from a rung and lift your legs into an L-shape.
- Keep your legs straight and hold for 15-30 seconds.

Reps & Sets: 3 sets of 15-30 seconds

5. Hanging Windshield Wipers (Oblique & Core Rotation)

Muscles Worked: Core, obliques, grip

How to Perform:

- Hang from a rung and lift your legs straight up.
- Rotate them side to side while keeping control.
- Avoid swinging—use core strength to stabilize.

Reps & Sets: 3 sets of 8-10 reps per side

6. Lateral Bar Traverse (Side-to-Side Movement) (Coordination & Grip Endurance)

Muscles Worked: Grip, shoulders, lats, core

How to Perform:

- Grip a rung and move sideways along the ladder.
- Keep your body controlled and minimize swinging.
- Traverse to one end and return.

Reps & Sets: 3 sets per full traverse

7. Hanging Knee Tucks with Hold (Core Strength & Endurance)

Muscles Worked: Core, grip, hip flexors

How to Perform:

- Hang from the ladder and lift your knees toward your chest.
- Hold the position for 3-5 seconds before lowering.

Reps & Sets: 3 sets of 8-10 reps

ADVANCED

Step-up Platforms (24" & 30")

Tips:

Use explosive power – Maximize jump height and push through your legs.

Engage your core – Helps with balance, especially for single-leg movements.

Increase resistance gradually – Add dumbbells or a weighted vest for progression.

1. Weighted Step-Ups (Increased Lower Body Strength & Stability)

Muscles Worked: Quads, glutes, hamstrings, core

How to Perform:

- Hold a dumbbell or kettlebell in each hand.
- Step onto the platform with one foot, ensuring full foot contact.
- Push through the elevated leg to stand fully on the platform.
- Step down with control and repeat on the other leg.

Reps & Sets: 3 sets of 8-12 reps per leg

Best Height: 30"

2. Bulgarian Split Squats (Rear Foot Elevated Lunge)

Muscles Worked: Quads, glutes, hamstrings, core

How to Perform:

- Stand in front of the platform and place one foot behind you on it.
- Lower yourself into a deep lunge position, keeping your torso upright.
- Push back up through the front leg without locking the knee.
- Complete all reps before switching legs.

Reps & Sets: 3 sets of 8-10 reps per leg

Best Height: 30"

3. Single-Leg Box Squat (Unilateral Strength & Balance)

Muscles Worked: Quads, glutes, core

How to Perform:

- Stand in front of the platform with one foot lifted.
- Slowly lower yourself to sit on the platform using only one leg.
- Push through your foot to stand back up.
- Keep your opposite foot off the ground throughout.

Reps & Sets: 3 sets of 6-8 reps per leg

Best Height: 30"

4. Depth Jumps (Eccentric Strength & Power Development)

Muscles Worked: Quads, glutes, calves

How to Perform:

- Start standing on the platform.
- Step off and land softly in a squat position.
- Absorb the impact and immediately explode upward into a jump.

Reps & Sets: 3 sets of 6 reps

Best Height: 30"

5. Box Jump with Step-Down (Explosiveness & Coordination)

Muscles Worked: Quads, glutes, hamstrings, calves

How to Perform:

- Stand facing the platform and jump onto it, landing softly in a squat.
- Stand fully before stepping down one foot at a time.
- Avoid jumping down to prevent unnecessary impact on joints.

Reps & Sets: 3 sets of 6-8 reps

Best Height: 30"

6. Lateral Box Jumps (Coordination & Power Development)

Muscles Worked: Quads, glutes, calves, core

How to Perform:

- Stand to the side of the platform.
- Jump laterally onto the platform, landing softly in a squat.
- Step down carefully and repeat.

Reps & Sets: 3 sets of 8 reps per side

Best Height: 30"

7. Box Step-Up to High Knee Hold (Balance & Control Focus)

Muscles Worked: Core, quads, glutes

How to Perform:

- Step up onto the platform with one leg.
- Drive your opposite knee toward your chest and hold for 2-3 seconds.
- Step down and repeat on the other leg.

Reps & Sets: 3 sets of 8-10 reps per leg

Best Height: 30"