

Exo Cage

BEGINNER AND INTERMEDIATE/ADVANCED WORKOUT PROGRAMS

Unlock True Functional Fitness!

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

Inside this guide, you'll find structured workouts for 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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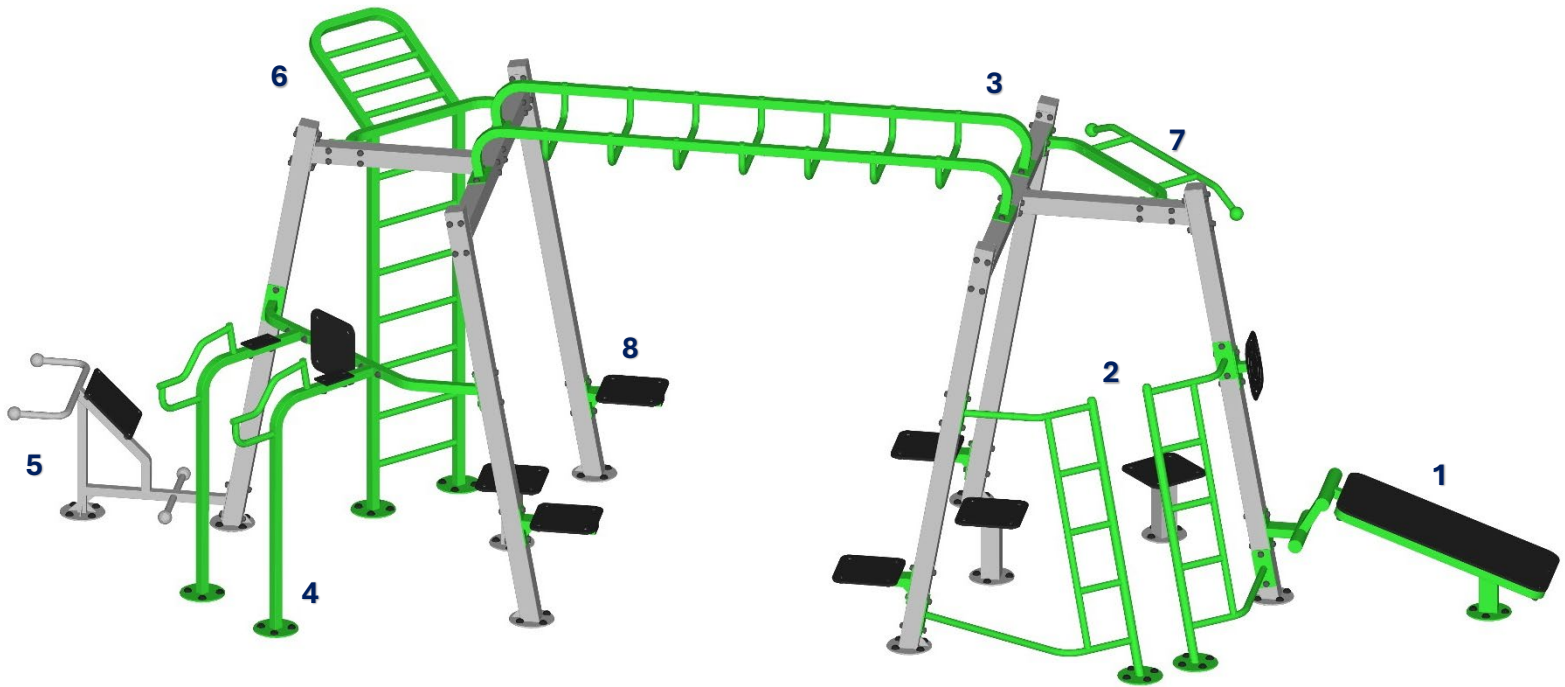
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STATIONS

- 1 Decline Sit-up Bench with Ball Target
- 2 Variable Push-up Station
- 3 Overhead Climber
- 4 Knee-lift / Dip Station
- 5 Back Extension
- 6 Swedish Ladder
- 7 Variable Pull-up Station
- 8 Step-up Platforms (12", 18", 24" and 30")

BEGINNER

Decline Sit-up Bench with Ball Target

Tips:

Start slow – Control your movement rather than rushing reps.

Engage your core – Focus on using your abs, not just momentum.

Modify as needed – Use your hands for assistance if needed. Breathe properly – Exhale as you lift, inhale as you lower.

1. Basic Decline Sit-Up

Muscles Worked: Core, hip flexors

How to Perform:

- Sit on the bench and secure your feet under the footpads.
- Lie back slowly, keeping your core engaged.
- Place your hands across your chest or behind your head (without pulling on your neck).
- Engage your core and slowly lift your torso until you're upright.
- Lower yourself back down with control.

Reps & Sets: 3 sets of 8-12 reps

2. Assisted Decline Sit-Up (Using Hands for Support)

Muscles Worked: Core, lower back (with reduced difficulty)

How to Perform:

- Sit on the bench and secure your feet.
- Place your hands on your thighs.
- Slowly lower your torso down while keeping your hands on your thighs.
- As you rise back up, use your hands lightly for assistance.

Reps & Sets: 3 sets of 10-12 reps

3. Decline Crunch

Muscles Worked: Upper abs

How to Perform:

- Lie back on the bench with feet secured.
- Keep your hands across your chest.
- Raise your shoulders a few inches off the bench while squeezing your abs.
- Slowly lower back down.

Reps & Sets: 3 sets of 12-15 reps

4. Decline Seated Hold (Isometric Core Hold)

Muscles Worked: Core endurance, stability

How to Perform:

- Sit on the bench with your feet secured.
- Lean back slightly until your abs engage.
- Hold this position for 15-30 seconds, keeping your core tight.
- Return to upright and rest before repeating.

Reps & Sets: 3 sets of 15-30 seconds

BEGINNER

Variable Push-Up Station

Tips:

Start with incline or knee push-ups before progressing to standard variations.

Engage your core – Keep your body straight to avoid sagging hips.

Control your movement – Lower slowly and push up explosively.

Breathe properly – Inhale as you lower, exhale as you push up.

1. Incline Push-Up (Easiest Option)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Place your hands on an elevated bar or handles at chest level.
- Step your feet back until your body forms a straight line.
- Lower your chest towards the bar while keeping your elbows at a 45-degree angle.
- Push back up to the starting position.

Reps & Sets: 3 sets of 8-12 reps

2. Standard Push-Up (Moderate Difficulty)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Place your hands on the parallel bars at shoulder width.
- Extend your legs back, keeping your body in a straight line.
- Lower your chest towards the bars while keeping your core engaged.
- Push back up to full extension.

Reps & Sets: 3 sets of 6-10 reps

3. Knee Push-Up (Great for Beginners)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Kneel on the ground and place your hands on the bars slightly wider than shoulder-width.
- Keep your body in a straight line from head to knees.
- Lower your chest toward the bar, keeping your elbows at a 45-degree angle.
- Push back up to the starting position.

Reps & Sets: 3 sets of 10-15 reps

4. Wide-Grip Push-Up (Focuses on Chest & Shoulders)

Muscles Worked: Chest, shoulders, core

How to Perform:

- Place your hands wider than shoulder-width on the bars.
- Extend your legs back and maintain a straight body.
- Lower your chest towards the bars while keeping elbows slightly flared.
- Push back up to the starting position.

Reps & Sets: 3 sets of 8-12 reps

5. Close-Grip Push-Up (Targets Triceps More)

Muscles Worked: Triceps, chest, shoulders

How to Perform:

- Place your hands close together on the bars, directly under your shoulders.
- Extend your legs back while keeping your body straight.
- Lower yourself down while keeping your elbows close to your body.
- Push back up to full extension.

Reps & Sets: 3 sets of 6-10 reps

BEGINNER

Overhead Climber

Tips:

Start with hangs – Build grip and shoulder endurance before moving into climbing.

Move slowly & with control – Avoid swinging too much to reduce strain.

Engage your core – Keep your body stable while gripping the bars.

1. Dead Hang (Grip Strength & Endurance)

Muscles Worked: Forearms, shoulders, back, core

How to Perform:

- Grip the overhead bars with both hands and arms fully extended.
- Hang with your feet off the ground, keeping your core tight.
- Hold for 10-30 seconds, depending on your strength level.
- Release and rest before repeating.

Reps & Sets: 3 sets of 10-30 seconds

2. Monkey Bar Reach (Single-Hand Swings – Beginner Version)

Muscles Worked: Shoulders, back, grip, core

How to Perform:

- Start by gripping the first overhead bar with both hands.
- Shift your weight slightly and reach for the next bar with one hand.
- Alternate hands as you move across but take it slow.
- If needed, stop and reset between each reach.

Reps & Sets: 3 sets of 4-6 reaches per arm

3. Two-Handed Bar Transfer (For Confidence & Coordination)

Muscles Worked: Shoulders, arms, core

How to Perform:

1. Grip the first overhead bar with both hands.
2. Move one hand to the next bar while keeping the other hand on the previous one.
3. Once steady, move the second hand to join the first.
4. Continue moving forward one bar at a time.

Reps & Sets: 3 sets of 5-8 bar transfers

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

Variable Pull-Up Station

Tips:

Start with assisted variations – Use a band or platform before progressing to full pull-ups.

Engage your core – Keep your body stable and avoid swinging.

Use slow, controlled movements – Focus on strength-building, not momentum.

Breathe properly – Exhale as you pull up, inhale as you lower.

Progress gradually – Work on grip strength and negatives before full pull-ups.

1. Assisted Hang (Grip & Shoulder Endurance)

Muscles Worked: Grip, shoulders, upper back, core

How to Perform:

- Grip the pull-up bar with both hands, shoulder-width apart.
- Keep your feet on the ground or on a platform for support.
- Engage your shoulders and core, keeping tension in your body.
- Hold for 10-30 seconds, then release and rest.

Reps & Sets: 3 sets of 10-30 seconds

2. Negative Pull-Up (Strength Progression)

Muscles Worked: Back, biceps, shoulders

How to Perform:

- Use a platform or jump up to start in the top position of a pull-up.
- Slowly lower yourself down in 3-5 seconds until arms are fully extended.
- Reset and repeat.

Reps & Sets: 3 sets of 4-6 reps

3. Assisted Pull-Up (Using Resistance Band or Foot Support)

Muscles Worked: Back, biceps, core

How to Perform:

1. Loop a resistance band around the bar and place your foot or knee in it for support.
2. Grip the bar with hands shoulder-width apart (palms facing away).
3. Pull yourself up until your chin reaches the bar.
4. Slowly lower yourself down with control.

Reps & Sets: 3 sets of 6-10 reps

4. Jumping Pull-Up (Explosive Strength & Progression)

Muscles Worked: Back, biceps, shoulders

How to Perform:

1. Stand under the pull-up bar and grip it with both hands.
2. Use your legs to jump up and assist in pulling your chin above the bar.
3. Lower yourself down slowly.
4. Reset and repeat.

Reps & Sets: 3 sets of 6-8 reps

5. Australian Pull-Up (Inclined Row for Beginners)

Muscles Worked: Back, arms, core

How to Perform:

1. Grip a lower bar and lean back at an angle, keeping your body straight.
2. Pull your chest toward the bar while squeezing your shoulder blades together.
3. Slowly lower yourself back down.

Reps & Sets: 3 sets of 8-12 reps

BEGINNER

Step-up Platforms (12", 18", 24" and 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: 12" or 18" 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: 12" or 18"

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: 12"

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: 12" or 18"

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: 18" or 24"

INTERMEDIATE

Decline Sit-up Bench with Ball Target

Tips:

Use resistance – Add weights or a medicine ball for progression.

Engage your core – Avoid using momentum; focus on controlled movement.

Breathe properly – Exhale as you sit up, inhale as you lower down.

Slow down the lowering phase – Helps engage muscles more effectively.

1. Weighted Decline Sit-Up

Muscles Worked: Core, hip flexors, lower back

How to Perform:

- Hold a weight plate or dumbbell against your chest.
- Secure your feet under the footpads and lie back.
- Engage your core and lift your torso until upright.
- Slowly lower back down with control.

Reps & Sets: 3 sets of 8-12 reps

2. Russian Twists (Decline Position)

Muscles Worked: Obliques, core, hip flexors

How to Perform:

- Sit up slightly on the decline bench, keeping your core engaged.
- Rotate your torso to one side, then the other.
- Keep your movements controlled and avoid excessive twisting.

Reps & Sets: 3 sets of 10-12 reps per side

3. Decline Sit-Up with Leg Raise

Muscles Worked: Upper & lower abs, hip flexors

How to Perform:

- Lie on the decline bench and secure your feet.
- Perform a full sit-up.
- Once at the top, lift your legs off the bench slightly, holding for a second.
- Lower your legs, then lower your torso back down.

Reps & Sets: 3 sets of 8-12 reps

4. Medicine Ball Toss Sit-Up

Muscles Worked: Core, upper body

How to Perform:

- Hold a medicine ball at your chest.
- Perform a sit-up and at the top, toss the ball to a partner or against a wall.
- Catch the ball slowly lower back down.

Reps & Sets: 3 sets of 8-10 reps

5. Decline Bicycle Crunches

Muscles Worked: Obliques, core, hip flexors

How to Perform:

- Lie on the decline bench with hands behind your head.
- Lift your torso and bring your right elbow toward your left knee.
- Switch sides in a pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

Reps & Sets: 3 sets of 10-12 reps per side

INTERMEDIATE

Variable Push-Up Station

Tips:

Engage your core – Keep your body straight to avoid sagging hips.

Control your movement – Lower slowly and push up explosively.

Breathe properly – Inhale as you lower, exhale as you push up.

1. Elevated Feet Push-Up

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Place your feet on an elevated surface (such as a lower bar of the push-up station).
- Keep your hands on the push-up handles, slightly wider than shoulder-width.
- Lower your chest toward the bars while keeping your core tight.
- Push back up to the starting position.

Reps & Sets: 3 sets of 10-12 reps

2. Archer Push-Up (Increases Unilateral Strength)

Muscles Worked: Chest, triceps, shoulders, core

How to Perform:

- Place your hands wider than shoulder-width on the push-up bars.
- Lower yourself toward one side, extending the opposite arm.
- Push back up to the center, then repeat on the other side.
- Keep your core engaged throughout the movement.

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

3. Explosive Push-Up (Clap or Fast Rebound)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Start in a standard push-up position.
- Lower yourself, then explosively push up so your hands leave the bars.
- Land softly and immediately transition into the next rep.
- If comfortable, attempt a clap mid-air.

Reps & Sets: 3 sets of 6-10 reps

4. Diamond Push-Up (Triceps-Focused)

Muscles Worked: Triceps, chest, shoulders

How to Perform:

- Place your hands close together in a diamond shape on the push-up bars.
- Lower your chest toward your hands, keeping your elbows close to your body.
- Push back up to the starting position.

Reps & Sets: 3 sets of 8-12 reps

5. Spiderman Push-Up (Core Engagement & Mobility)

Muscles Worked: Chest, triceps, shoulders, core, hip flexors

How to Perform:

- Begin in a standard push-up position.
- As you lower your chest, bring one knee toward the corresponding elbow.
- Return to the starting position and switch sides.
- Keep the movement controlled to maintain balance.

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

INTERMEDIATE

Overhead Climber

Tips:

Use slow, controlled movements – Focus on grip endurance and muscle activation.

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

Increase difficulty gradually – Add pauses or extra holds between movements.

Improve grip strength – Use different grip variations (overhand, mixed grip) for added challenge.

1. Monkey Bar Swing (Controlled Movement)

Muscles Worked: Grip, shoulders, back, core

How to Perform:

- Start by gripping the first bar with both hands.
- Swing one hand forward to grab the next bar, keeping momentum controlled.
- Follow with the opposite hand, alternating bars in a steady rhythm.
- Engage your core to prevent excessive swinging.

Reps & Sets: 3 sets of crossing the bars forward and back once

2. Hand-Over-Hand Hang Traverse (Slower for Strength & Control)

Muscles Worked: Forearms, shoulders, lats, core

How to Perform:

- Grip the first bar with both hands.
- Move one hand forward and hold onto the next bar.
- Instead of swinging, focus on controlled shifting and maintaining a strong hold.
- Continue until you reach the last bar, then drop or return.

Reps & Sets: 3 sets of 8-10 bar transitions

3. L-Sit Hang (Core & Grip Strength)

Muscles Worked: Core, shoulders, grip

How to Perform:

- Grip an overhead bar with both hands.
- Engage your core and lift your legs into an L-shape, keeping them straight.
- Hold for 10-30 seconds, then lower back down.

Reps & Sets: 3 sets of 10-30 seconds

4. Dead Hang with Shoulder Shrugs (Scapular Activation)

Muscles Worked: Grip, shoulders, traps

How to Perform:

- Grip the bar and hang with arms fully extended.
- Without bending your elbows, engage your shoulders to shrug upward slightly.
- Hold for a second, then relax your shoulders back down.
- Repeat in a slow, controlled motion.

Reps & Sets: 3 sets of 10-12 reps

5. Lateral Bar Traverse (Side-to-Side Movement for Coordination)

Muscles Worked: Shoulders, grip, core

How to Perform:

- Grip the first bar and move one hand sideways to the next bar.
- Follow with the other hand, shifting your body laterally across the structure.
- Continue until you reach the end, then reverse direction.

Reps & Sets: 3 sets of full-length traverses

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

Variable Pull-Up Station

Tips:

Use controlled movement – Avoid swinging or using momentum for better strength gains.

Engage your core – Helps maintain stability and prevents excessive movement.

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

Experiment with different grips – Wide grip for back emphasis, close grip for biceps focus.

1. Negative Pull-Ups (Strength Progression)

Muscles Worked: Back, biceps, shoulders

How to Perform:

- Start at the top of a pull-up by using a step or jumping up.
- Slowly lower yourself down in 3-5 seconds until arms are fully extended.
- Reset and repeat.

Reps & Sets: 3 sets of 6-8 reps

2. Assisted Pull-Ups (Using a Resistance Band or Foot Support)

Muscles Worked: Back, biceps, core

How to Perform:

- Loop a **resistance band** around the bar and place one foot in it for support.
- Grip the bar with hands shoulder-width apart, palms facing away.
- Pull yourself up until your chin reaches the bar.
- Lower back down with control.

Reps & Sets: 3 sets of 8-12 reps

3. Wide-Grip Pull-Up (Back Emphasis)

Muscles Worked: Upper back, shoulders, biceps

How to Perform:

- Grip the pull-up bar wider than shoulder-width.
- Pull yourself up, leading with your chest.
- Lower down slowly and repeat.

Reps & Sets: 3 sets of 6-10 reps

4. Close-Grip Chin-Up (Biceps Focus)

Muscles Worked: Biceps, back, shoulders

How to Perform:

- Grip the bar shoulder-width apart, palms facing toward you.
- Pull yourself up, focusing on bicep activation.
- Lower down slowly and repeat.

Reps & Sets: 3 sets of 8-12 reps

5. Hanging Knee Raises (Core & Grip Strength)

Muscles Worked: Core, hip flexors, grip

How to Perform:

1. Hang from the bar with arms extended.
2. Engage your core and lift your knees toward your chest.
3. Lower with control and repeat.

Reps & Sets: 3 sets of 10-12 reps

INTERMEDIATE

Step-up Platforms (12", 18", 24" and 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: 12" or 18"

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: 18" or 24"

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: 12" or 18"

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: 18" or 24"

ADVANCED

Decline Sit-up Bench with Ball Target

Tips:

Use explosive power – Generate force through your core for dynamic movements.

Control the lowering phase – Avoid collapsing; use eccentric control.

Engage your entire core – Keep abs tight throughout each movement.

Increase difficulty by adjusting tempo – Slow down reps or add pauses for extra challenge.

1. Decline Sit-Up with Isometric Hold (Core Endurance Challenge)

Muscles Worked: Core, lower back, hip flexors

How to Perform:

- Lie on the decline bench with hands behind your head or crossed over your chest.
- Perform a sit-up, stopping 3/4 of the way up and holding for 5-10 seconds.
- Lower down slowly and repeat.

Reps & Sets: 3 sets of 8-10 reps

2. Decline Bicycle Crunches (Obliques & Core Stability)

Muscles Worked: Core, obliques, hip flexors

How to Perform:

- Lie on the decline bench and secure your feet.
- Lift your torso slightly and bring your right elbow toward your left knee.
- Switch sides in a bicycle pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

Reps & Sets: 3 sets of 10-12 reps per side

3. Decline Sit-Up to Ball Slam (Core & Explosiveness)

Muscles Worked: Core, shoulders, triceps

How to Perform:

- Hold a slam ball (non-bouncing) at your chest.
- Perform a sit-up, and at the top, slam the ball as hard as possible toward the ground.
- Retrieve the ball, lower back down, and repeat.

Reps & Sets: 3 sets of 8-10 reps

Ball Weight: 10-15 lbs

4. Decline Bicycle Crunches (Obliques & Core Stability)

Muscles Worked: Core, obliques, hip flexors

How to Perform:

- Lie on the decline bench and secure your feet.
- Lift your torso slightly and bring your right elbow toward your left knee.
- Switch sides in a bicycle pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

Reps & Sets: 3 sets of 10-12 reps per side

ADVANCED

Variable Push-Up Station

Tips:

Use explosive power – Generate force with plyometric push-ups.

Engage your core – Keeps your body stable, especially for unilateral exercises.

Slow down eccentric movements – Lower yourself slowly to increase muscle activation.

Experiment with different hand placements – Adjust grip width to target different muscle groups.

Increase elevation – Raise feet for more chest activation or perform push-ups on a decline.

1. Archer Push-Up (Unilateral Strength & Control)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Position your hands **wider than shoulder-width** on the push-up bars.
- Lower your chest toward **one side**, extending the opposite arm straight.
- Push back up and switch sides.
- Keep your movements **slow and controlled** for maximum strength gains.

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

2. Explosive Plyometric Push-Up (Clap or Airborne)

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Start in a standard push-up position on the handles.
- Lower your chest, then push up **explosively** so your hands leave the bars.
- For extra challenge, try clapping in mid-air before landing.
- Land softly and transition into the next rep.

Reps & Sets: 3 sets of 6-10 reps

3. One-Arm Elevated Push-Up (Unilateral Strength & Stability)

Muscles Worked: Chest, triceps, core, shoulders

How to Perform:

- Place one hand on a higher bar while the other is on a lower bar or platform.
- Lower yourself down while maintaining balance and control.
- Push back up and complete reps before switching sides.

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

4. Spiderman Push-Up (Core & Mobility Challenge)

Muscles Worked: Chest, shoulders, triceps, core, hip flexors

How to Perform:

- As you lower yourself into a push-up, bring one knee toward the **same-side elbow**.
- Keep your movement controlled and maintain proper form.
- Push back up and alternate legs.

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

5. Decline Archer Push-Up (Increased Difficulty)

Muscles Worked: Chest, shoulders, core

How to Perform:

- Place your feet on an **elevated surface** (such as a step or higher bar).
- Perform an **archer push-up**, shifting weight to one side while keeping the opposite arm extended.
- Push back up and alternate sides.

Reps & Sets: 3 sets of 6 reps per side

6. Typewriter Push-Up (Time Under Tension for Strength Gains)

Muscles Worked: Chest, shoulders, core

How to Perform:

- Lower yourself down into a deep **wide push-up** position.
- Shift your body **side-to-side** while keeping your chest close to the handles.
- Push back up to the starting position.

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

7. Ring or Suspension Push-Up (Stability & Core Challenge) *(If Attachments Available)*

Muscles Worked: Chest, shoulders, triceps, core

How to Perform:

- Attach rings or suspension straps to the station if available.
- Perform **push-ups on unstable handles**, keeping your core engaged.
- Lower yourself slowly and push back up with control.

Reps & Sets: 3 Sets of 8-10 reps

ADVANCED

Overhead Climber

Tips:

Minimize excessive swinging – Focus on controlled movement for better efficiency.

Engage your core – Prevents unnecessary twisting and improves coordination.

Increase difficulty gradually – Add weight or increase bar gaps as you progress.

Use explosive power – Work on dynamic movements like skipping bars to build strength.

Improve grip endurance – Train dead hangs and slow traverses to strengthen forearm muscles.

1. Monkey Bar Swing (Continuous Movement for Endurance)

Muscles Worked: Grip, shoulders, back, core

How to Perform:

- Grip the first bar with both hands.
- Swing one hand forward to grab the next bar, keeping momentum controlled.
- Follow with the other hand, alternating bars smoothly.
- Continue across the bars in one direction without stopping.

Reps & Sets: 3 sets of full-length traverses

2. Lateral Monkey Bar Traverse (Side-to-Side Movement)

Muscles Worked: Lats, shoulders, grip, core

How to Perform:

Grip a bar with both hands and position your body sideways to the climber.

Move laterally, shifting one hand at a time to the next bar while keeping your body stable.

Continue until you reach the end, then reverse direction.

Reps & Sets: 3 sets of full-length traverses

3. One-Handed Reach (Unilateral Strength & Control)

Muscles Worked: Grip, shoulders, core

How to Perform:

- Start by gripping the first bar with both hands.
- Swing forward and reach only one hand to the next bar, leaving the other momentarily free.
- Quickly grab with the second hand and continue.
- Focus on control and minimizing swinging.

Reps & Sets: 3 sets of 6-8 bar transitions per hand

4. L-Sit Traverse (Core & Grip Challenge)

Muscles Worked: Core, grip, shoulders, lats

How to Perform:

- Grip the bars and hang with straight arms.
- Lift your legs into an L-shape, keeping them parallel to the ground.
- Maintain this position as you move across the bars.
- Avoid swinging and keep core engaged.

Reps & Sets: 3 sets of 4-6 bars per traverse

5. Dead Hang to Explosive Pull-Up (Grip & Power Challenge)

Muscles Worked: Grip, lats, shoulders, arms

How to Perform:

- Hang from the first bar with arms fully extended.
- Explosively pull yourself up, aiming to grab the third or fourth bar instead of the next one.
- Reset and repeat.
- This builds explosive upper body strength.

Reps & Sets: 3 sets of 5 reps

6. Dynamic Hand Release (Grip Strength & Timing)

Muscles Worked: Grip, shoulders, core

How to Perform:

- Start in a dead hang position.
- Quickly release both hands and grab the next bar simultaneously.
- Maintain core control to avoid excessive swinging.

Reps & Sets: 3 sets of 5-8 bar transitions

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 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

Variable Pull-Up Station

Tips:

Use explosive power – Plyometric pull-ups build fast-twitch muscle fibers.

Engage your core – Keeps your body stable, especially for dynamic movements.

Experiment with different grips – Wide, close, underhand, and mixed grips challenge muscles differently.

Slow down the eccentric phase – Lower yourself slowly to increase strength.

Increase resistance gradually – Use weights or isometric holds for more difficulty.

1. One-Arm Assisted Pull-Up (Unilateral Strength Progression)

Muscles Worked: Lats, biceps, grip, core

How to Perform:

- Grip the pull-up bar with one hand while using the other hand on a lower bar for support.
- Pull yourself up using primarily the working arm.
- Lower slowly and repeat before switching arms.

Reps & Sets: 3 sets of 4-6 reps per arm

2. Weighted Pull-Ups (Max Strength & Power)

Muscles Worked: Lats, biceps, shoulders

How to Perform:

- Attach a weight plate to a belt or hold a dumbbell between your legs.
- Perform standard pull-ups, lowering slowly for better control.

Reps & Sets: 3 sets of 5-8 reps

3. Archer Pull-Ups (Unilateral Control & Strength)

Muscles Worked: Lats, shoulders, biceps

How to Perform:

- Grip the pull-up bar wider than shoulder-width.
- Pull yourself toward one hand, extending the opposite arm straight.
- Lower down and alternate sides.

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

4. Clapping Pull-Ups (Explosive Power & Fast-Twitch Activation)

Muscles Worked: Lats, biceps, shoulders

How to Perform:

- Pull yourself up explosively and release the bar.
- Clap mid-air before re-gripping the bar.
- Land softly and lower yourself with control.

Reps & Sets: 3 sets of 5-8 reps

5. Bar-To-Bar Jump Pull-Ups (Grip Strength & Explosive Movement)

Muscles Worked: Grip, shoulders, core

How to Perform:

- Start on a lower pull-up bar.
- Perform an explosive pull-up and jump to a higher bar.
- Lower back down and repeat.

Reps & Sets: 3 sets of 6-8 reps

6. L-Sit Pull-Ups (Core & Upper Body Strength Challenge)

Muscles Worked: Core, lats, grip

How to Perform:

Hang from the pull-up bar and extend your legs straight forward.

Hold this position while performing pull-ups.

Keep the movement controlled to avoid swinging.

Reps & Sets: 3 sets of 6-10 reps

7. Windshield Wipers (Core & Oblique Strength)

Muscles Worked: Core, obliques, grip

How to Perform:

- Hang from the bar and pull your legs straight up.
- Rotate your legs side to side like a windshield wiper.
- Keep core engaged and movements controlled.

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

ADVANCED

Step-up Platforms (12", 18", 24" and 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: 18" or 24"

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: 18" or 24"

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: 18" or 24"

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: 24" or 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: 24" or 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: 18" or 24"

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: 18" or 24"