A man is shown from a low angle, performing a pull-up on two wooden gymnastic rings. He is wearing a dark t-shirt and is in a strong, athletic position. The background shows a gym ceiling with pipes and a light fixture. The text is overlaid on the image.

# The Movement Upgrade

**Supplemental work to  
boost human performance**

**“The first  
and best  
victory is  
to conquer  
self.”**

**- PLATO**

# Welcome to The Movement Upgrade

This program is an excellent bonus piece to your regular training plan. It will help you to start addressing your deficiencies by developing movement strength and positional awareness.

These exercises are just the beginning of what you can use to maximize your movement potential safely, efficiently, and effectively. You will, by design, be bulletproofing your joints so that weight can be handled safely. You'll also improve the function of your nervous system leading to joint health, longevity, and a reduction of pain and injury.

Rather than practicing failure by pulling up with no muscle-up to show for it, or kicking into a handstand and tumbling over, train smarter and develop the correct muscular balance and connective tissue strength to progress your performance while reducing your chance of injury.

Athletes that have incorporated these workouts 1-3x/week either as part of their normal training, or as a stand-alone session, have had the most success with implementation of the program. By the end of these phases you should have achieved strict muscle-ups, 30+ second handstand hold and a proper 6-7 step horse straddle sit for 60+ seconds. Remember, take your time and don't rush this program, as your muscles and connective tissue need time to develop properly.

A vertical photograph on the left side of the page shows a person performing a handstand in a gym. The person is upside down, with their hands on the floor and legs straight up. The background shows gym equipment and a blue wall. The entire image has a blue tint.

# Handstand

Developing a quality handstand will have great turn over to other exercises. The ability to achieve full wrist and thoracic spine extension, coupled with shoulder flexion while simultaneously supporting your body, has tremendous transferability to handstand push-ups, handstand walks, and olympic weightlifting.

The handstand is what is known as an isometric exercise. Isometric exercises are a great way to build strength while decreasing your chance of injury. Performing an isometric exercise requires activating all of your motor units, and at the same time producing a balanced contraction on both sides of the joint so no joint shearing, or increase in inflammation, occurs. Essentially, handstands increase strength while reducing the chance of shoulder injury!

## Phase 1

**A1.** Chest to wall handstand hold: 3-5 sets x 20-60 seconds

\*wrists 6-12" from the wall, chest/thighs in contact with the wall.

**A2.** Seated flexion: 3-5 sets x 10 reps

\*hinge forward at the hip as if you are performing a deadlift while simultaneously pulling the hands behind the head and pulling the bar apart.

**Move to Phase 2 when can perform 3 x 60 second chest to wall holds**

## Phase 2

**A1.** Chest to wall handstand hold: 3-5 sets x 20-60 seconds

\*wrists 1-3" from the wall, chest in contact with the wall, no thigh.

**A2.** Standing dislocations: 3-5 sets x 10 reps

\*begin wide and take your time, the movement should be smooth and consistent throughout the entire range of motion (ROM). Start with 5 lbs. Once you can achieve a 5 lb pass through with the arm at 90 degrees, increase the weight and start wide again.

**Move to Phase 3 when can perform 3 x 60 chest to wall handstand holds**

## Phase 3

**A1.** Handstand kick-ups: AMRAP x 60-90 seconds

alternating sides and passing through a split HS that closes to a full Handstand, held for 3 sec and then come down with the same leg.

**A2.** Prone dislocations; 3-5 sets x 10 reps

\*same as standing, maintain a hollow body position (belly button off of the floor while performing this)

**Move to HS hold attempts when can perform 5-6 reps of HS kick-ups in 90 sec**



# Muscle Up

Safely master the muscle up. These phases address the links that everyone misses in training, eventually leading to injury. These progressions work a combination of angle-specific gymnastic strength, structural balance and functional mobility. All of this is needed to effortlessly move through the hardest part of the strict muscles-up: the transition.

These movements and exercises are not your physical therapists shoulder rehab exercises: these structural balance exercises develop a more favorable motion of upper body movement patterns both in your shoulders and elbows.

# Phase 1

**A1.** False-grip pull-up: @32x2; 4-6 x 5 sets

**A2.** Ring support to Bulgarian dip(cluster): 3-5 clusters x 5

\*1 cluster = 10 sec support + 3-5 dips (rest 10 seconds between clusters)

**B1.** DB cuban rotation @4020: 8-10 x 5 | rest 10 sec

**B2.** M stretch or table -top: 10 x 5 | rest 90 sec

**Progress to Phase 2 when you can perform 5 x 5 of A1 + A2**

# Phase 2

**A1.** Leg-less rope climb: 1 x 5 | rest 90 sec

**A2.** Russian dip: 8-10 x 5 | rest 90 sec

**Progress to Phase 3 when you can perform 3 x 8 Russian dips with no momentum**

# Phase 3

**A.** Negative muscle up @10 sec: EMOM x 5 | rest 90 sec

**B.** Standing extension/skin the cat: 10 x 5

\*5 minutes for the muscle up is a good starting point. Each session, increase x 1-2 sets

**B1.** Trap 3 @3010: 8-12 x 3 | rest 10 sec

**B2.** Sleeper stretch: 10 x 3 | rest 90 sec

**Can progress to muscle ups when can perform EMOM x 12 (10 sec negative)**

A person is shown from the side, performing a horse straddle exercise on a blue mat. They are sitting on the mat with their legs spread wide, and a white PVC pipe is placed horizontally across their hips. The background is a light blue wall.

# Horse Straddle

Most athletes don't need additional lower body mobility than the strength required to perform a proper straddle stance hold. When you develop a strong straddle position you get the biggest bang for your buck in terms of transferable mobility to all other lower body movements. The horse straddle stance addresses almost all of your most underdeveloped lower body limitations, specifically adductor mobility. It also simultaneously works on opening hips, ankles, and spinal position once you can achieve the straddle with the PVC pipe in the hips.

## **Phase 1**

**A1.** Butterfly: 3 x 10 reps | rest 90 sec

**A2.** Frog: 3 x 5 | rest 90 sec

**Progress to Phase 2 after performing for 4-6 weeks**

## **Phase 2**

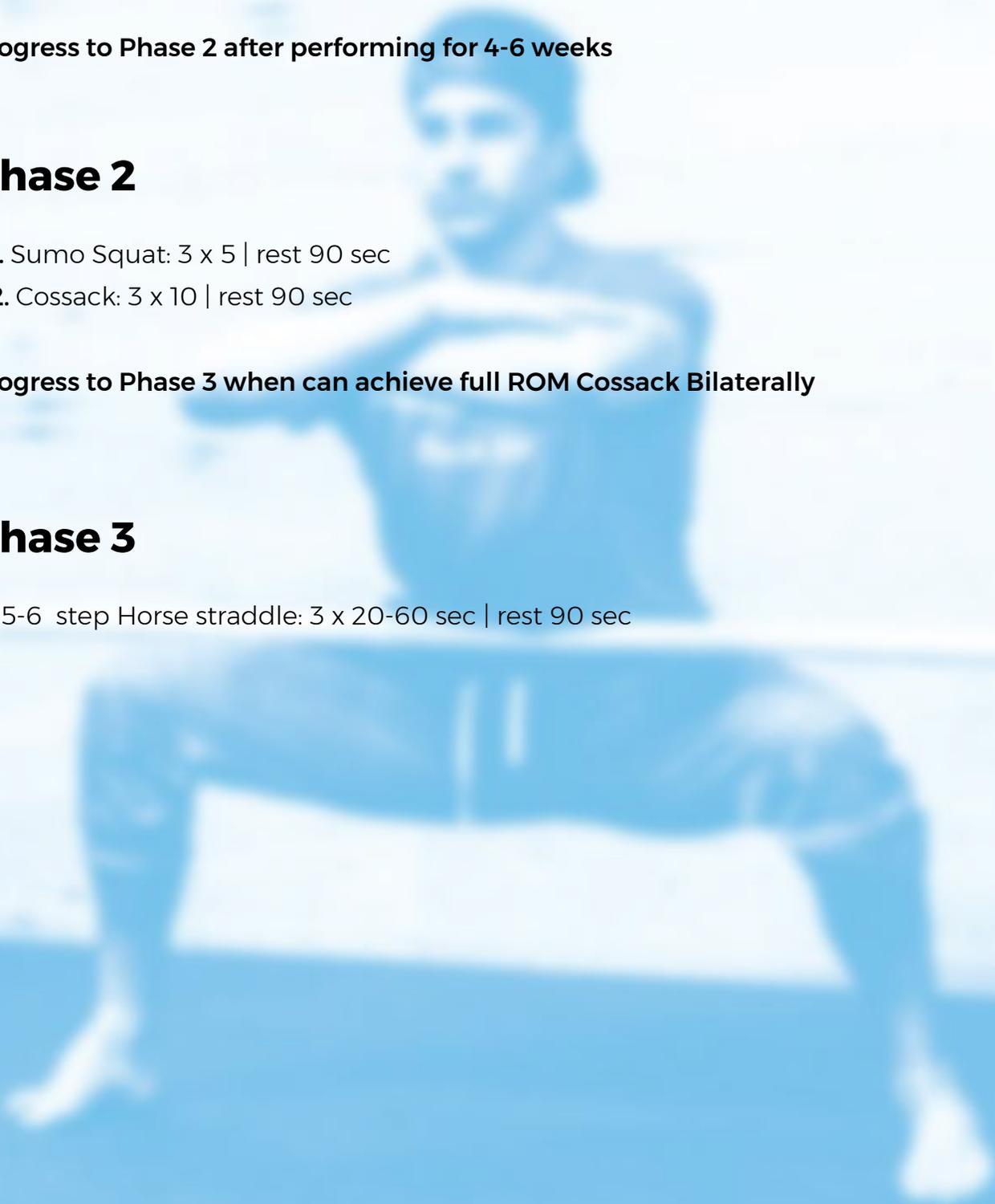
**A1.** Sumo Squat: 3 x 5 | rest 90 sec

**A2.** Cossack: 3 x 10 | rest 90 sec

**Progress to Phase 3 when can achieve full ROM Cossack Bilaterally**

## **Phase 3**

**A.** 5-6 step Horse straddle: 3 x 20-60 sec | rest 90 sec





## Hi. I'm Dr Wes.

I hope you enjoyed this program! I received my Doctor of Chiropractic in 2014 from the University of Western States in Portland, Oregon. I have been CrossFitting for over 10 years.

My background as an athlete includes competing in the CrossFit Regionals as an individual athlete as well as being a top finisher in the CrossFit Open.

I currently split my time between training and treating athletes, coaching at Reebok CrossFit Back Bay, and treating patients in the clinics at CrossFit Back Bay and Brick Boston CrossFit. Please follow me on my social media platforms for more training and treatment advice.

