

**THE
8 WEEK
MUSCLE UP GUIDE**



**THE ULTIMATE UPPER BODY
MUSCLE BUILDER**

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MUSCLE UP GUILD

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The Muscle Up – The Upper Body Strength and Mass Building King

The Muscle Up in my eyes is *The Ultimate* upper body bodyweight exercise. Many people wish they could perform it but many can't. It's a very challenging movement and one that most of the typical training population will choose to avoid because of this fact.

It's a graceful yet very powerful movement that requires both skill and strength. Basically, with the muscle up, you go from being under the bar or a set of rings to being fully pressed above the bar or rings. There are many ways to achieve this feat however it always comes back to having a solid level of strength and stability.

If you take it a bit further, you could say the muscle up is a recommended movement needed for survival. Just think about if you were to be hanging from a cliff or off the side of a building (I don't know how you would get yourself into this situation but, you never know!). In order to get yourself back up over the edge, you would have to be able to muscle yourself up and over the side.

Having the ability to do a muscle up is not only good for building more strength and muscle but also for survival.

If you've ever watched the Olympics and have seen a ring routine with some of the top gymnast's around the world, you would easily notice the amount of pure strength and solid muscle these guys obtain. They have bowling ball like shoulders and biceps, with ripped forearms and triceps. They look cut from stone and many of them have below 5-6% bodyfat easily.



They achieve this athletic-like look through the use of pure bodyweight movements and what's amazingly true about these guys is, most of these guys use only strictly bodyweight training.

One of the main movements they practice on a daily basis is the muscle up. They serve as the foundation of their routines and as they use this powerful movement more and more, they easily tack on more strength and muscle. It takes a lot of time and skill to get to this point but alas, you can achieve it too!

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Muscle ups have since become a bit more popular after the rise of Crossfit over the last few years. In Crossfit, the muscle up is one of their staple movements and considered one of the most athletic but yet difficult and unrivaled movements out there. Even more reason to be able to do them!

Now, the truth before even thinking about doing a single muscle up is that you must be able to perform both pull ups and dips with solid technique first. After all, the muscle up is in fact just a combination of the two movements with a quick transition coming in between. The transition is the most difficult part that many people are unable to succeed at. As stated before, the muscle up requires both skill and strength but, along with that it requires lots of patience. But, if one can build up enough strength in the pull up and bodyweight dip, all it will take is a bit of skill and practice and one will be able to get their first of many muscle ups that will in return, help build more lean solid muscle and strength.

This is a 8 week guide on how to get you there.

One false hood about the muscle up is the thought that you need rings in order to perform them. While this is true for ring muscle ups, one can perform bar muscle ups as well but, their skill and ability to achieve a full muscle up must be much greater. In the following chapters, I'll go through both the bar muscle up and ring muscle up. Before we get to those top level movements, first we must get good at the basics!

Muscle Up Basics – Mobility – Shoulder Dislocaters

One of the main reasons people get injured while trying to do muscle ups is because they lack not only the strength and stability in their shoulders but also *mobility*.

Shoulder Dislocaters are a great movement to include before and after your workout to help loosen the shoulders up.

You can choose to do these with a band or piece of PVC pipe. It's recommended to use a band at first to allow a little bit more leeway for your shoulders to move a bit more.

As you get more mobility built up in your shoulders, you can start to use a PVC pipe.

[Video – Band and PVC Pipe Shoulder Dislocaters](#)

You should do sets of 10-15 before you workout and if you're really lacking in mobility with your shoulders, do these after your training session as well.

Muscle Up Basics – The Band Pull Apart

This is supplemental muscle up movement that is a must!

These are pretty basic and should be done in both your warm up and cool down of your training session.

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I would highly recommend being able to hit 50-100 in one set with a black mini monster band. I get my bands from Performax Bands.

[VIDEO – Pull Aparts](#) (see within warm up)

Muscle Up Basics – The Recline Row

In order to get yourself to beast level on muscle ups, you must first build yourself up with all of the different pulling variations first.

It's good to get strong in all vectors, not just one. There's a lot of people that fail when training different movements because they focus all of their attention on one variation or angle of movement.

For instance, if you want to get better at pull ups, do some recline rows. You'll still be working your pulling muscles but, just at a slightly different angle. This in turn will help build overall strength that will serve as a very important part to being able to complete a muscle up.

We don't want any weak areas so the more variations you get strong at, the better!

Here's how to perform your Recline Rows:

With a Jungle Gym XT, rope, Rings, or similar perform the following progressions.

Recline Row



Recline Row – Feet Elevated



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Once you build yourself up to the point where you're doing sets of 15-20 with feet elevated rows, it's time to work with more weight via weight vest, chains, or even bands.

You'll see in the program below that I add in lower rep sets with heavier weight. These will help build more overall strength vs. conditioning. This is a must in order to master the muscle up.

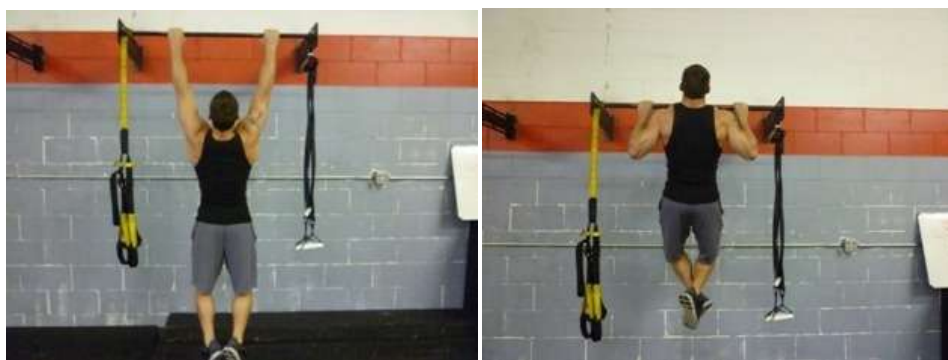
Muscle Up Basics - The Pull Up

The pull up, like the row will help build solid levels of strength. With pull ups, there are tons of different variations and the one's I'll show below will help serve to build you more "muscle up specific" strength. If you have a set of rings, doing pull ups on those more often with benefit you more but regular bar variations will do just fine as well. The key is repetitions and quality.

Normal Grip



Chin Grip Pull Ups



False Grip Pull Ups ==> [Link to Video](#)



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For many people, pull ups are a HUGE weakness so if they are, properly progress with recline rows first. Just like with the recline rows, once you get yourself to the point of doing 15 or more pull ups in one set, it's time to increase it with more weight and resistance via weighted vests, chains, and bands.

The keys are the same as with recline rows – do lots of different variations to work many angles at once while switching up the reps and resistance as well. You'll see in the program below how I vary the progressions up a lot. Our main focus to help build towards the muscle up is being able to bang out multiple weighted reps while using the false grip pull up on both the rings and bar.

Muscle Up Basics – The Push Up

You may be thinking, “Why the push up?” Well, this will serve as our base for all the pressing we'll be doing within the muscle up.

You must have a set of very strong and stable shoulders. Mastering the push up with help build both strength and stability in the shoulder while also building up much needed strength in the triceps. In the movements below, progress in the push up to add more stability, range of motion, and strength in the chest, shoulders, and triceps.

For all push up variations, we'll be using an EROM which will help aid in increasing mobility of our shoulders and overall strength.

***Quick note - If you're not able to get sets of 25 or more solid push ups, the muscle up isn't quite for you yet so get working at it!

EROM (extra range of motion) Push Up on plates / dumbbells



Close Grip Push Ups On Med Ball



Muscle Up Basics – Dips

Once you have mastered the push up and all the different variations from above, you'll be ready for the dip.

This is another weakness of many people due to low levels of strength and mobility. There are lots of people that suffer from bad or extremely weak shoulders and if you're one of them, the muscle up may not be your cup of tea.

Not to be a Debbie Downer here but, personally it's better to be healthy than to destroy your shoulders trying to build up to being able to do a muscle up. I've personally seen a lot of guys and gals mess their shoulders up by doing too many dips when their shoulders couldn't handle it. Just an important thing to keep in mind as we progress forward from here on out...

Now, not everyone will be able to go right into doing dips. You should have built yourself up with push ups first before you attempt to hit dips up. Another important thing to think about is when it comes to dips, it will be much easier to learn with BAR dips rather than rings dips as bar dips are much more stable and will help you build up dip strength faster.



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Dip Progressions

Bench Dips



Feet Assisted Bar Dips



Regular Bar Dip



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Ring Dips – Feet Assisted In Front



PICTURE – Ring Dips – Feet Assisted In Back



Regular Ring Dips



After you have built up good amounts of strength in both your regular RING and BAR dips plus your ring and bar pull ups, it's time to attempt your first muscle up...

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When it comes to muscle ups, it's much easier to learn with a set of rings. The rings will allow more movement to occur and will be easier for you to adjust your body to get above the bar.

Muscle Up Progressions

It would be wise to follow these progressions instead of going directly into a muscle up to avoid possible injury.

Before we get into doing actual muscle ups, we'll want to go over the false grip.

It was mentioned above with the ring and bar pull up progressions but, now it will be in closer detail here.

The false grip is used to help put the wrist above the bar to help make the transition of the muscle up a bit easier.

This grip is much harder to hold than a regular grip. This is why it's important to get good at doing false grip ring pull ups. Chalk always helps a ton!



You want the rings to line up with the butt of your palms then through the gap between your thumb and index finger



Once you have that lined, up, wrap your hands tight around the ring

It will feel different and a bit uncomfortable but you want to build more muscle and strength right??

You do NOT have to use a false grip but for newbie's starting out, it is high recommended for success.

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Using the false grip on a bar is much more painful but if you ever want to be able to complete a strict bar muscle up, you must be able to use the bar false grip.



Level 1 – Ring Muscle Up with Box Jump

Performing a ring muscle off of a box with help accelerate you to the transition point where you'll be able to get over the top of the rings easier.

You want to set the box, bench, or step up so you're just a bit above the point where your arms are fully reached overhead. In other words, you'll want to be able to bend your knees a bit and still have a hold of the rings.

[VIDEO – Ring Muscle Up with Box Jump](#)

Level 2 – Ring Muscle Up with Feet On Box

This is a progressive version of the assisted ring muscle up but now it's more difficult as you have no push from the legs. You can work more from a dead hang but you still have a bit of assistance with your legs on the box.

The only issue with this variation is that it's tough to get your weight transferred in front as your legs are out in front of you. This will still build up a ton of much needed strength to complete a real muscle up.

[VIDEO – RING MUSCLE UP WITH FEET ON BOX / BENCH](#)

This progression is great to work on your weight transfer.

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It's important as you get to the top of the muscle up, you keep your elbows tight while pulling your wrists into your chest. From here, you want to transfer your weight forward so your chest and shoulders are over your hands. The further away from the bar you are, the harder it will be to complete the movement.

Level 3 – Swinging Muscle Up on Rings

Now, once you get the strength and mobility to perform muscle ups on the rings with your feet on a box, you're more than ready to attempt a real muscle up!

For this progression, you'll be using your muscles as rubber bands as well as using momentum that will be generated from your hips via a powerful leg drive.

To start, you'll do a false grip pull up by going all the way up over the bar with your chin (I just go into a muscle up in the video).

As you come down you'll swing your legs back to build up a bit of a swing. At that same time, you'll be building up a stretch reflex within your lats and back which will help you accelerate back up into the muscle up. Think of this like the reaction you would get when you jump up in the air while doing a vertical jump, once you land, you quickly recoil and jump back up due to a stretch reflex within your muscles.

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As you pull yourself up, you have lots of momentum at this point. From here the goal is to get your weight transferred over the rings. Use your legs and hips to aggressively kick to get your body into a more advantageous position over the rings. From there, press up to complete the muscle up!

[VIDEO – RING MUSCLE UP WITH SWING](#)

Level 4 – Ring Muscle Up – Strict

Now, once you've gotten yourself to the point where you're doing multiple repetitions in a row with the ring muscle up, it's time to attempt your first strict muscle up.

This is where you go from a dead hang to all the way over the rings.

The key with the strict muscle up is to keep the rings in as tight to your bodies center line as possible. You also do not want to create any distance between you and the rings as well. You want to travel in a vertical path. You can get away with being far away from the bar with the swinging ring muscle ups but not with the strict muscle up. Unless of course you're a complete freak!

You'll also have to master the false grip in order to complete the strict muscle up. You want to be able to put your body in the most advantageous position as possible when attempting the strict ring muscle up. Having your wrist over the rings will help you get over the bar the best.

In the end, not everyone will be able to get to the point they can do a strict muscle up. It's a very difficult movement to achieve but with enough work and persistence, it can happen!

[VIDEO – RING STRICT MUSCLE UP](#)

Level 5 Swinging Bar Muscle Ups

As with the ring muscle ups, bar muscle ups are the same in that the swinging method will work easier than the strict bar muscle up.

A few important things to focus on technique wise when doing bar muscle ups:

- No False Grip – You must have a tight grip on the bar in order to hold on as the swing will jerk you right off the bar if you're not holding on tight
- Pull your body up and away from the bar, NOT under the bar
- You must get your wrist ABOVE the bar in order to complete the movement.

[VIDEO – SWINGING BAR MUSCLE UP](#)

For this progression, you'll start the same way as you do with the swinging ring muscle as you'll want to build up a stretch reflex within your muscle to help accelerate you up over the bar.

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From here, use your hips and a power leg kick to get up into a position that will allow you to press up over the bar.

Lower yourself down and use the stretch reflex to bang out multiple reps!

Level 6 – Bar Muscle Up – Strict

Now, once you've gotten yourself to the point where you're doing multiple repetitions in a row with the swinging bar muscle up, it's time to attempt to TOP LEVEL muscle up - the strict muscle up on a bar.

This is where you go from a dead hang to all the way over the bar.

I've seen very few people ever accomplish this level of muscle up and I've just recently accomplished it after years of building myself up to it. It's NOT easy!

The key with the strict muscle up on the bar is the same as the strict ring muscle up in that you want to keep a straight vertical path going up as well as keeping your body in close to the bar so you don't create distance between you and the bar. You'll lose momentum and valuable energy.

For this, just like with the strict ring muscle up, your false grip ability must be top notch. Without it, you'll not be able to get in the correct position to complete the movement. After all, the transfer between the pull up portion of the muscle and the dip is the most crucial and happens to be where most everyone fails. This all comes back to the wrists being in the right position.

I know you can build yourself up to being able to do a strict muscle up on a bar. All it takes is a ton of time, commitment, and hard work but it can be done!



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8 Week Program for Muscle Ups

The following template should be used in conjunction with a basic strength and conditioning program meaning, you should be getting in all of your basic strength lifts such as your deadlift, squat variations, overhead presses, and other various strength / power movements.

For the purpose of the manual, which is to build yourself up to being able to complete muscle ups easily, I'll be outlining the most important movements you need to focus on in order to help build up the strength needed to be able to complete muscle ups.

This program should work for anyone that has a base level of strength. This means that you're not a complete beginner and have some sort of training background under your belt. You can complete sets of normal pushups, dips, and pull ups OK but you need more work. This follow 6 week guide will help get you doing your first muscle ups!

Now, if your more advanced, meaning you can already perform regular sets of pull ups and dips on rings for 10+ more reps, then start on Week # 4

If you really weak in pull ups and dips, meaning you can only get 3 reps or below, it would be wise to stay with the progressions on within weeks 1 – 3 for a while until you build yourself up to the point where you repping out 10+ reps in both the dip and pull ups.

Another important factor to point out is your weight. The lower in bodyfat you are the better chance you'll have at mastering the muscle up. It would be wise to get yourself around 10%. Any extra weight your carrying around isn't going to help you bust up muscle ups anytime soon. Get rid of it!



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Week 1

Day 1 – Within your training perform the following:

1A) Dips 3 x Sub max

***Use your progressions

1B) Neutral Grip Pull Ups 3 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

With Jungle Gym XT, Rings, or Suspension Straps:

1A) Recline Row – Feet against wall 4 x 15

***Use a weight that is challenging for the rep scheme

1B) Close Grip Push Ups 4 x submax

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

Day 3 – Within your training perform the following:

1A) Palms In Pull Ups 5 x submax

1B) Weighted Dips 5 x 5

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

MUSCLE UP GUIDE

Week 2

Day 1 – Within your training perform the following:

1A) Dips 4 x Sub max

***Use your progressions

1B) False Grip Pull Ups 4 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

With a Jungle Gym XT, Rings, or set of suspension straps:

1A) Recline Row – Feet Elevated 4 x 15

***Try not to pick a weight that will force you to miss reps!

1B) Feet Elevated Close Grip Push Ups 4 x submax

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

Day 3 – Within your training perform the following:

1A) Weighted Pull Ups 6 x submax, 1 x max

***Use False Grip If Possible

1B) Weighted Dips 6 x 4, 1 x max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

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Week 3

*****If you're not yet able to complete a set of 8+ reps on the bar or ring dips, do not move onto week 3 until you can.**

*****If you can't do 8+ reps on ring or bar pull ups, do not move onto week 3 until you can.**

Day 1 – Within your training perform the following:

1A) Dips 4 x Sub max

1B) False Grip Pull Ups 4 x Sub max

*****Always perform 50 band Pull Aparts Before and After you training session**

*****Always do a set of 15 band or PVC pipe Shoulder Dislocators before and after you training session**

*****Perform all movements on rings if possible**

Day 2 – Within your training perform the following:

With a Jungle Gym XT, Rings, or set of suspension straps:

1A) Weighted Recline Row – Feet Elevated 4 x 8-15

*****Use a weight that is challenging for the rep scheme**

*****Try not to pick a weight that will force you to miss reps!**

1B) Weighted - Close Grip Push Ups 4 x submax

*****Always perform 50 band Pull Aparts Before and After you training session**

*****Always do a set of 15 band or PVC pipe Shoulder Dislocators before and after you training session**

Day 3 – Within your training perform the following:

DENSITY TRAINING – Get As Many Rounds in As Possible in 10 mins:

1A) False Grip Pull Ups

1B) Dips

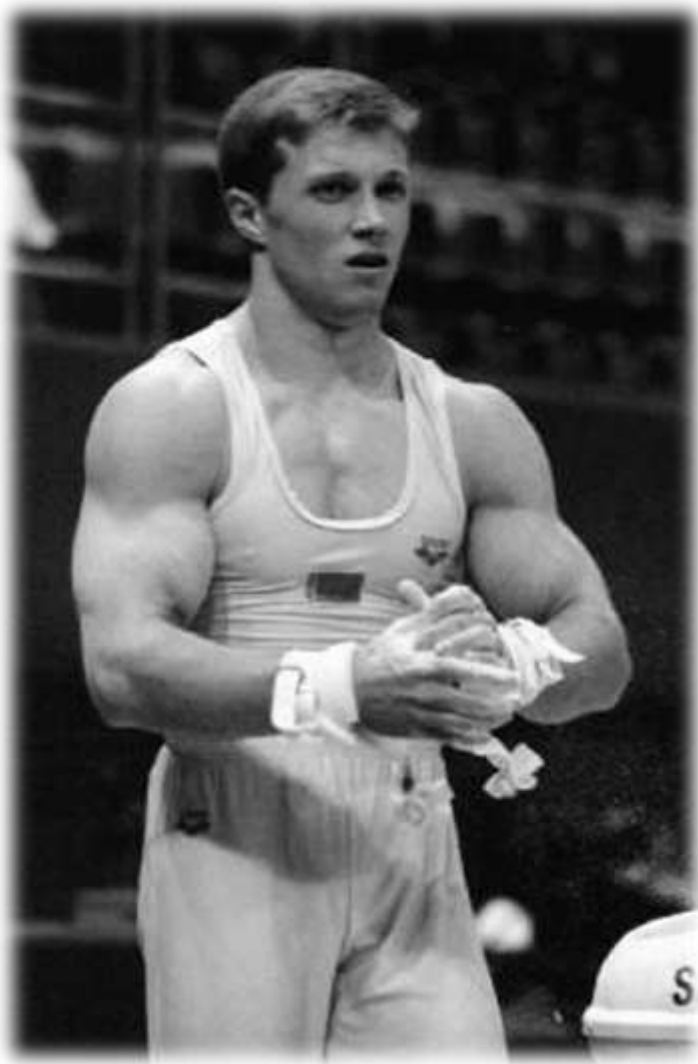
*****Do lower rep sets and focus on explosion and speed of movement**

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OFF WEEK – Do not perform any weighted dips or weighted pull ups

Go through bodyweight movements ONLY and NEVER go to failure on any movement.

Let your body recover



MUSCLE UP GUILD

Week 4

Day 1 – Within your training perform the following:

1A) Dips 4 x Sub max

1B) False Grip Pull Ups 4 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

With a Jungle Gym XT, Rings, or set of suspension straps:

1A) Weighted Recline Row – Feet Elevated 4 x 8

***Use a weight that is challenging for the rep scheme

***Try not to pick a weight that will force you to miss reps!

1B) EROM Push Ups 4 x submax

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

Day 3 – Skill Day

1A) Jumping Muscle Up 5 x 3

Day 3 – Within your training perform the following:

DENSITY TRAINING – Get As Many Rounds in As Possible in 10 mins:

1A) Weighted False Grip Pull Ups x 3 per set

1B) Weighted Dips x 3 per set

***ONLY do 3 reps per set and rest as need be between rounds.

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

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Week 5

Day 1 – Within your training perform the following:

1A) Dips 3 x Sub max

1B) False Grip Pull Ups 3 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

With a Jungle Gym XT, Rings, or set of suspension straps:

1A) Weighted Recline Row – Feet Elevated 3 x 10

***Use a weight that is challenging for the rep scheme

***Try not to pick a weight that will force you to miss reps!

1B) Weighted EROM Push Ups 4 x submax

Day 3 – Skill Day

1A) Jumping Muscle Ups 4 x 5

Day 4 – Within your training perform the following:

DENSITY TRAINING – Get As Many Rounds in As Possible in 8 mins:

1A) Weighted False Grip Pull Ups x 4 per set

1B) Weighted Dips x 4 per set

***ONLY do 3 reps per set and rest as need be between rounds.

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

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Week 6

Day 1 – Within your training perform the following:

1A) Weighted Dips 4 x Sub max

1B) Weighted False Grip Pull Ups 4 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

With a Jungle Gym XT, Rings, or set of suspension straps:

1A) Weighted Recline Row – Feet Elevated 4 x 12

***Use a weight that is challenging for the rep scheme

***Try not to pick a weight that will force you to miss reps!

1B) Weighted EROM Push Ups 4 x submax

Day 3 – Skill Day

1A) Jumping Muscle Ups 5 x 5

Day 4 – Within your training perform the following:

Ladder – Alternated Between Ring Pull Ups and Ring Dips Until You Can't Go Any Higher In Reps then come back down the ladder

1A) False Grip Pull Ups 1,2,3,4,5,6....

1B) Dips 1,2,3,4,5,6....

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

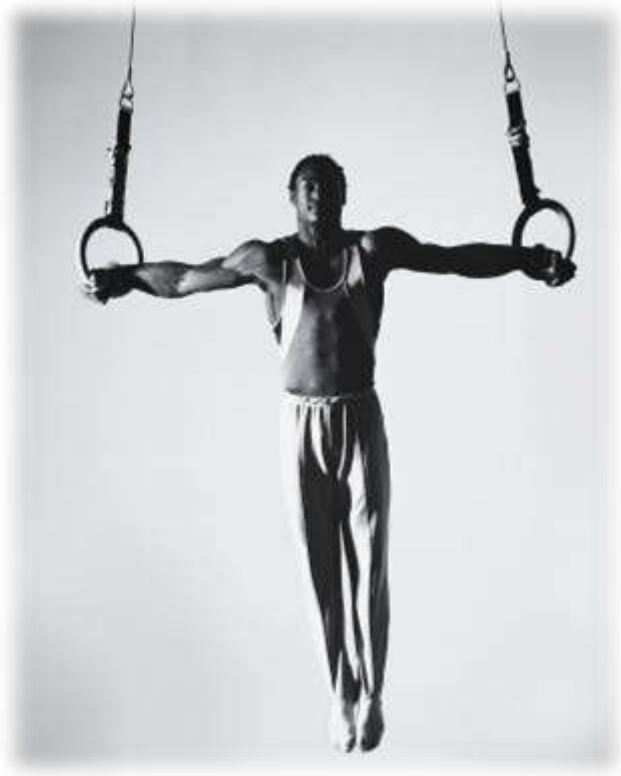
***Perform all movements on rings if possible

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OFF WEEK – Do not perform any weighted dips or pull ups

Go through bodyweight movements ONLY and NEVER go to failure on any movement.

Let your body recover



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Week 7

Day 1 – Within your training perform the following:

1A) Jumping Muscle Ups 5 x 3-6

2A) Weighted Dips 3 x Sub max

2B) Weighted False Grip Pull Ups 3 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 2 – Within your training perform the following:

1A) Feet On Box Muscle Up 5 x 4-8

Day 3 – Within your training perform the following:

Ladder – Alternated Between Ring Pull Ups and Ring Dips Until You Can't Go Any Higher In Reps then come back down the ladder

1A) Weighted False Grip Pull Ups 1,2,3,4,5,6....

1B) Weighted Dips 1,2,3,4,5,6....

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

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Week 8

Day 1 – Within your training perform the following:

1A) Feet On Box Muscle Up 4 x 4-10

Day 2 – Within your training perform the following:

1A) Jumping Muscle Ups 6 x 3

2A) Dips 3 x Submax

2B) False Grip Pull Ups 3 x Sub max

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

***Perform all movements on rings if possible

Day 3 – Within your training perform the following:

Drop Set– Start At 8 reps and work your way down dropping down 1 rep at a time. Choose a weight that is challenging for the rep scheme.

1A) Weighted False Grip Pull Ups 8,7,6,5,4....

1B) Weighted Dips 8,7,6,5,4....

***Always perform 50 band Pull Aparts Before and After you training session

***Always do a set of 15 band or PVC pipe Shoulder Dislocaters before and after you training session

Day 4 – Hit Your Muscle Ups!

After a day or two rest, you should be ready to hit your first free flow muscle up.

You would have the most success trying a swinging ring muscle up but the choice is yours!

You've made it this far now it's time to complete the job you set off to do!

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After your 1st Muscle Up...

After you complete your first muscle up, you'll sky rocket in strength and muscle. The key is to focus in on slow and steady progress.

Don't expect to jump up to being able to do 10 reps straight of muscle ups right after you have completed your first single rep. It will take time but after you get your first one down, you should be able to sky rocket your success in the coming months.

The key is to use the "volume method". If you can do one rep, simply hit multiple sets of 1 rep over the course of a day. Overtime, you'll be able to do sets of 2 reps which then you will start doing multiple sets of 2 and when you get good at doing 2, move on to doing 3, then 4, and after a while, you'll build up more strength, muscle, and stamina you'll be repping muscle ups like nothing!

Just keep focused and always work hard no matter what!

Best of luck to you on your journey to achieving the muscle up!

Here's to more strength, muscle, and overall power!

Live Aggressive and Get Strong!

Travis

PS - For a SOLID pair of rings, I highly recommend checking out Ringtraining.com's [ELITE RINGS](#).



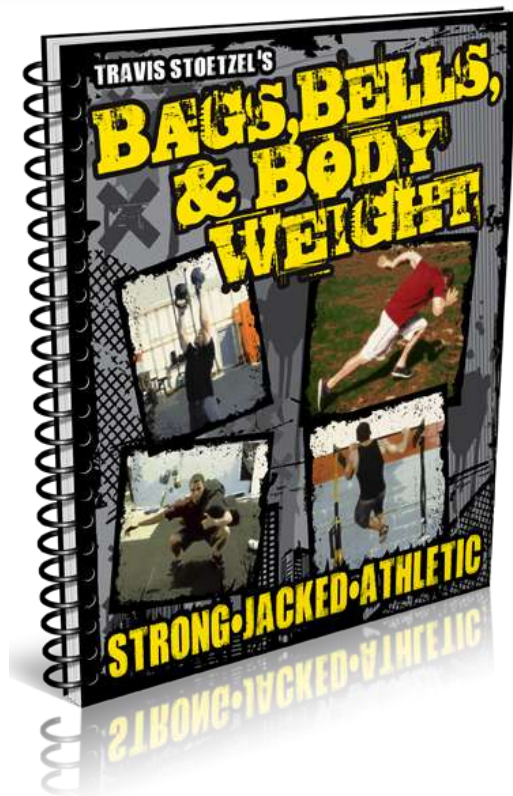
MUSCLE UP GUILD

The Aggressive Strength Training Guide:



Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters. Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results

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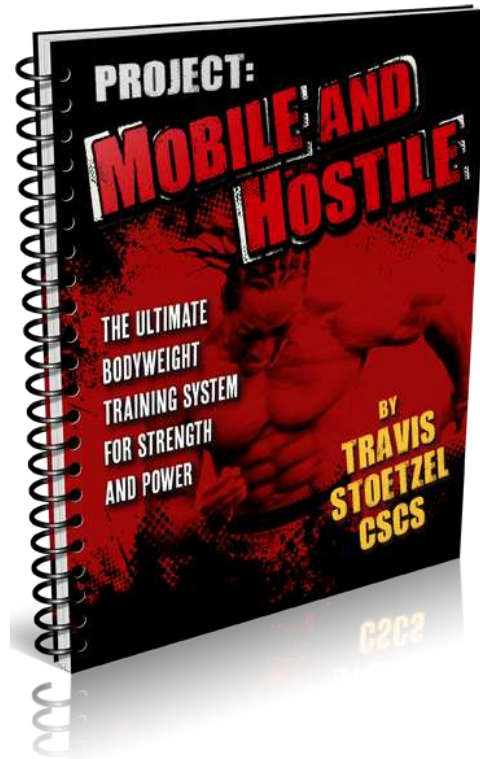


[The Bags, Bells, and Bodyweight Training System](#) – The “System”

Travis created built upon years of in-the-trenches work with his clients and himself. This is for SERIOUS trainees that combine the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

This program spans over 40 total weeks and will put anyone to the test. If you're serious about getting lean while building strength and power all at the same time, this is the perfect blend of kettlebells, sandbags, and bodyweight training. Exceptionally great for MMA fighters, wrestlers and other combat athletes including fire, military, a law enforcement personnel.

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PROJECT: Mobile and Hostile Bodyweight Training System: If you're low on resources as far as weight training equipment goes, this is your NO EXCUSES problem solver! I originally created this program for a Brazilian Professional Football team and when I went down south to train them, we had ZERO equipment to work with. The results... A Brazilian Football National Championship! Whoever chooses to go through this whole system will become stronger, faster, highly conditioned, and more explosive. This is a great program for people on the go with limited options for equipment. This is ideally made for MMA fighters, wrestlers, football players, and other power / combat athletes. All serious lifters welcome!

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The Power Wheel is by far one of the most versatile and complete bodyweight training tools available. You can easily take your ab training movements to the next level with various amounts of different roll outs as well as hand walking variations. You can work on both your lower body and upper body strength virtually anywhere at any time. The Power Wheel is the perfect tool to have for the gym, road, or at home. A must have for all serious trainees.

[CLICK HERE FOR MORE INFO ON THE POWER WHEEL](#)

PowerWheelStrength.com



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The Jungle Gym is your all around NO EXCUSES Bodyweight Strength gym in a bag! Perform 100's of different variations of lower, upper, and core bodyweight movements. These suspension straps will help increase your bodyweight training results in no time and best of all, can be used pretty much anywhere at any time!

[Check Out More Info On The Jungle Gym XT HERE](#)



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Sandbags are truly one of my favorite strength and conditioning training tools. There's really nothing quite like ripping a heavy bag off the floor carrying it around, pressing it, rowing it, squatting it, or even throwing it. I've tried many different types of bags over the years and have even made a half dozen of my own. After a long search through trial and error with different bags, I have found the best and highest quality training sandbag there is in Brute Force Sandbags. These are truly made to last and are build just right for the serious strength enthusiast. Just like all the tools I like to use, these are a mobile gym – take them anywhere – the field, playground, your backyard, the gym... anywhere!



[CLICK HERE For More Info ON Brute Sandbags](http://www.BruteForceSandbags.com)

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[Performax Bands](#) will take your normal bodyweight exercises and turn them into complete full body reactive athletic movements. Bands offer a great way to increase any and all bodyweight exercises, plus you can take them anywhere you go to get strong!



[CHECK OUT More Info On Performax Bands HERE!](#)

[ForgedBandTraining.com](#)

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Kettlebells are by far one of the most effective yet brutal tools available to help increase power, strength, muscle, and fat loss. This ancient tool has been around for years and now has come back into the forefront. Your options are limitless with the amount of variations and movements that can be completed essentially anywhere at any time with Kettlebells. When away from the gym, I have a pair in my Jeep at all times in case I'm ever in need! Another NO EXCUSES tool that will greatly improve your results!



[CLICK HERE TO Find Out More About The BEST Kettlebells on The Market!](#)

TheForgedKettlebell.com

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Prograde/Protein – For you Hardcore Protein Supplement needs, **Pro/Grade** is about **PURE** quality! One of the very best high quality proteins around that is in carbs and sugar while high in quality rich protein.



The Main reasons I recommend Pro/Grade:

- They are a certified GMP “A” rated manufacturer). What’s this mean?? Well, GMP stands for “Good Manufacturing Practices” and with this rating, you know for certain that you’re getting exactly what the label says—and nothing it doesn’t—every single time.
- The products they do create are quality. They’re not out producing all these special concoctions of creatine and protein all blended together , magical berry drinks, or miracle cure pills. They produce the basics needed for great results.
- Both my clients and myself have seen the results their products help produce.

[CLICK HERE TO FIND OUT MORE ABOUT PRO/GRADE](#)

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[Athletic Greens](#) is your “ultimate vitamin and mineral insurance policy”. Now, I know for a fact not everyone out there gets in enough greens, including myself! That’s why I take Athletic Greens, which is your personal guarantee to help make sure you get in all the vitamins and minerals you would get if you were actually eating all the veggies you’re supposed to. This is a quick drink you can mix and take with you on the go to ensure you get what you need so you can train hard!



Check out LeanandMeanGreens.com for more info!

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Want To Learn More On How To Have Me As Your Personal Strength Coach?

I have an ELITE Coaching Program where I have the ability to train **anyone at anytime, no matter where they live**. All you need is access to the internet and a strong work ethic and dedication to get better. No lazy, undedicated people allowed!

This is the next best thing to having me as your personal strength and conditioning coach in person! My ELITE coaching group is usually FULL and has a waiting list but, if you are truly interested and would like to find out more information, click the link below and get in contact with me and I'll take you through the initial interview process to see if you are a good fit for my program.



CLICK HERE

**FIND OUT MORE ABOUT
THE *ELITE HARDCORE*
COACHING PROGRAM!**

**It's Time To Take your RESULTS to the
next level! Become one of *The ELITE!***

EliteHardcoreCoachingProgram.com