Climb the Push Ladder

Seven rungs from a plank hold to strict dips. Strict all the way.

This is the **Push Ladder**, one of TLC's four gymnastics ladders. Your coach places you on a rung and moves you up when your reps are ready. You train at your own rung, so the same class works for everyone. Each position is held before it's repped, so strength comes before speed.

RUNG 7	**Strict Dip**	Box or bars. Lower under control, press to lockout.
RUNG 6	**Dip Support Hold**	Arms locked on the bars, shoulders down, and hold.
RUNG 5	**Push-Up**	Chest to floor, body straight, full lockout.
RUNG 4	**Eccentric Push-Up**	Lower slowly for 3–5 seconds. Reset on your knees.
RUNG 3	**Bottom Push-Up Hold**	Chest just off the floor, elbows tucked, and hold.
RUNG 2	**Incline Push-Up**	Hands on a box or bar. Lower it as you get stronger.
RUNG 1	**Plank Hold**	Top of the push-up. Body straight, squeeze everything.

WHERE YOU'LL TRAIN IT

Saturday FAST skill block (an 8–10 min EMOM at your rung), plus push-ups in your workouts at your level.

HOW PROGRESS IS CHECKED

Every Check week includes a Gymnastics Check: max push-ups, recorded with your rung in SugarWOD.

Stop if anything is painful, not just hard, and tell your coach.
Shoulder or wrist history? Talk to us before you start.