

Parkour 2-Day Training Template

Instructions:

1. Warm up with 20 [leg swings each direction](#), 20 [arm swings](#), and a few minutes of a brisk walk or light jog.
2. Start off with 2 rounds of each exercise. If the overall workout feels too easy, add a 3rd round. If that's still too easy, add a 4th round.
3. If you need to change a movement, pick one from the same category to sub in any other movement that targets the same general skill set (jumping, crawling, climbing, etc.)
4. In this workout, some of the movements will use a rep range, other will be set for a specific period of time to just practice (without counting reps). Learn [how to use a rep range here](#).
5. At first, practice each movement in isolation by itself. As you get more confident and competent, you can start to string movements together in sequence by adding open practice time at the end of your session.
6. ALWAYS check the safety of your environment before practicing. Slippery or sharp surfaces or other hazards should be accounted for ahead of time.

Workout A:	Exercise	Sets	Reps	Notes
Ground Movement	Hand-Knee Crawl	2	1 to 2min	Accumulated time. Break it up as needed. Mix it up by going different directions.
Rolling	Egg Roll	2	10 rolls each	Practice on the smoothness of each roll. Don't be in a rush.
Landing	Snap Down	2	20 reps	Make your landing as soft and quiet as possible.
Jumping	Leg Swing Jump	2	10 to 15 each	Pay attention to your landings!
Balancing	Balance Walk (forward)	2	2 to 3 min	Keep a relaxed posture as much as possible.

Workout B:	Exercise	Sets	Reps	Notes
Ground Movement	Monkey Walk	2	1 to 2min	Accumulated time. Break it up as needed. Mix it up by going different directions.
Rolling	Rocking	2	10 to 20 rolls	Practice on the smoothness of each roll. Don't be in a rush.
Traverse	Bar Hang	2	1 to 2min	Accumulated time. Break it up as needed.
Vaulting	Wall Support	2	5 to 10 reps each	Practice smoothness and low impact of the movement. If doing a static hold, multiply the reps by 5 seconds each.
Strength	Bodyweight Good Morning	2	10 reps	Pick an exercise that works on your weakness.

Parkour 3-Day Training Template

Instructions:

1. Warm up with 20 [leg swings each direction](#), 20 [arm swings](#), and a few minutes of a brisk walk or light jog.
2. Start off with 2 rounds of each exercise. If the overall workout feels too easy, add a 3rd round. If that's still too easy, add a 4th round.
3. If you need to change a movement, pick one from the same category to sub in any other movement that targets the same general skill set (jumping, crawling, climbing, etc.)
4. In this workout, some of the movements will use a rep range, other will be set for a specific period of time to just practice (without counting reps). Learn [how to use a rep range here](#).
5. At first, practice each movement in isolation by itself. As you get more confident and competent, you can start to string movements together in sequence by adding open practice time at the end of your session.
6. ALWAYS check the safety of your environment before practicing. Slippery or sharp surfaces or other hazards should be accounted for ahead of time.

Workout A:	Exercise	Sets	Reps	Notes
Ground Movement	Hand-Knee Crawl	2	1 to 2min	Accumulated time. Break it up as needed. Mix it up by going different directions.
Rolling	Egg Roll	2	10 rolls each	Practice on the smoothness of each roll. Don't be in a rush.
Landing	Snap Down	2	20 reps	Make your landing as soft and quiet as possible.
Jumping	Leg Swing Jump	2	10 to 15 each	Pay attention to your landings!
Balancing	Balance Walk (forward)	2	2 to 3 min	Keep a relaxed posture as much as possible.

Workout B:	Exercise	Sets	Reps	Notes
Ground Movement	Monkey Walk	2	1 to 2min	Accumulated time. Break it up as needed. Mix it up by going different directions.
Rolling	Rocking	2	10 to 20 rolls	Practice on the smoothness of each roll. Don't be in a rush.
Traverse	Bar Hang	2	1 to 2min	Accumulated time. Break it up as needed.
Vaulting	Wall Support	2	5 to 10 reps each	Practice smoothness and low impact of the movement. If doing a static hold, multiply the reps by 5 seconds each.
Strength	Bodyweight Good Morning	2	10 reps	Pick an exercise that works on your weakness.

Workout C:	Exercise	Sets	Reps	Notes
Balancing	Balance Walk (forward)	2	2 to 3min	Accumulated time. Break it up as needed.
Rolling	Half Roll	2	10 to 20 rolls	Practice on the smoothness of each roll. Don't be in a rush.
Landing	Depth Landing	2	1 to 2min	Accumulated time. Break it up as needed.
Vaulting	Depth Vault	2	5 to 10 reps each	Practice smoothness and low impact of the movement. If doing a static hold, multiply the reps by 5 seconds each.
Strength	Doorway Row	2	10 to 15 reps	Pick an exercise that works on your weakness.

Exercise Library

Vaulting

[Wall Support](#)

[Supported Dips](#)

[Tripod Transition](#)

[Step Vault](#)

Rolling

[Egg Roll](#)

[Rocking Horse Roll](#)

[Half Roll](#)

[Forward Roll](#)

Traversing

[Bar Hang](#)

[Lateral Swings](#)

[Lateral Traverse](#)

[Tuck Swing](#)

Ground Movement

[Hand-Knee Crawl](#)

[Hand-Foot Crawl](#)

[Monkey Walk](#)

[Ground Kong](#)

Balancing

[Balance Walk \(forward\)](#)

[Balance Walk \(lateral\)](#)

[Pivot Reverse](#)

[Balance Crawl](#)

Jumping

[Leg Swing Jump](#)

[Stepping Jump](#)

[Broad Jump](#)

[Tic-Tac](#)

Landing

[Snap Down](#)

[Depth Landing](#)

[Slap Landing](#)

[Precision Landing](#)

Strength

[Bodyweight Squat](#)

[Bodyweight Good Morning](#)

[Step Ups](#)

[Split Squat](#)

[Elevated Push-up](#)

[Push-up](#)

[Doorway Row](#)

[Corner Tuck](#)

[Chin-up](#)