

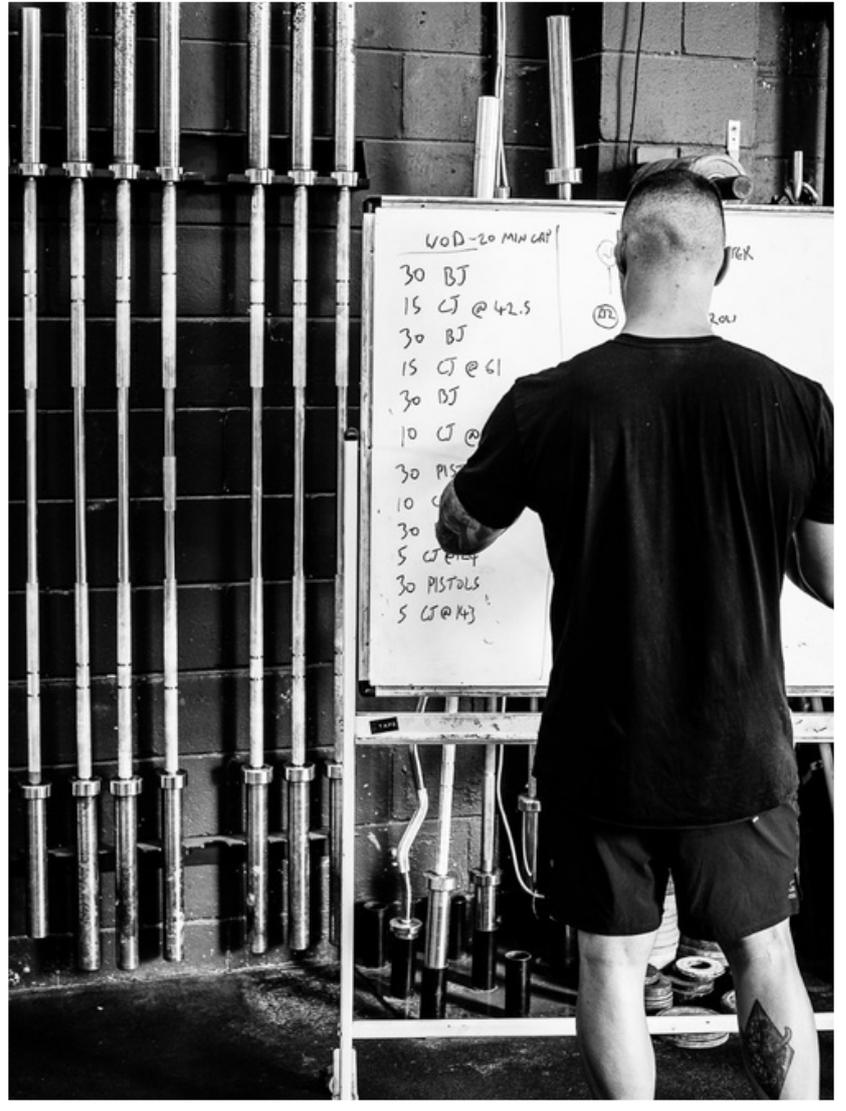
THE BUFFALO TRIBE

GYMNASTICS RIG WORK

ACCESSORY+ SKILL WORK PROGRAM



THE LEVEL UP SERIES



WELCOME TO THE PROGRAM.

Congratulations on your commitment to working your weaknesses and improving your gymnastics skill and strength. This 6 week program is designed to improve your technique, maximise your efficiency and increase your capacity to perform the movements in a functional fitness format.



WE ARE STRONG

Mentally and physically. We value strength and we aren't just talking about with a barbell. Strong is the ability to perform a task you set your mind to, and to remain unwavering in your dedication once you've made a decision to become strong.



WE ARE STUBBORN

Since when did being stubborn become a bad thing? The buffalo is so determined it uses its own head as a snow plough in the winter months to keep on moving. Take that same determination and keep on moving forward.



WE ARE INEVITABLE

We focus on the process and not the outcomes. Results can vary whether in training or competition from day to day, but we know that success is inevitable if we put forth our best effort repeatedly.

WHAT TO EXPECT

IN YOUR 6 WEEKS RIG GYMNASTICS PROGRAM



BUILD STRENGTH

The basis of gymnastics is strength in your positions and ability to move your body around an object (the rig). We will have a dedicated weekly strength session specific to your gymnastic needs.



SKILL IMPROVEMENT

Skills pay the bills. Your skill day is focused on breaking down movements and becoming more efficient at their individual components before putting it together in the full movement.



INCREASE CAPACITY

We are performing gymnastics in the context of functional fitness, which is rarely in isolation. We will be pairing these gymnastics movements with conditioning in order to test your ability at a higher heart rate level. It's no good performing them fresh and losing the ability once the clock starts ticking.



TEST AND RETESTING

It is paramount that we ensure we are actually improving. To that end we implement a test and retest cycle on movements and pieces in this program, eg. week 1 is retested in week 4, week 2 in 5 and so on.



ACCESS TO COACHES

Training programs in isolation are like driving on the highway at 20kmph. You've missed the point. Our coaches are available for movement feedback through the app or our Facebook group.



MEASURABLE RESULTS

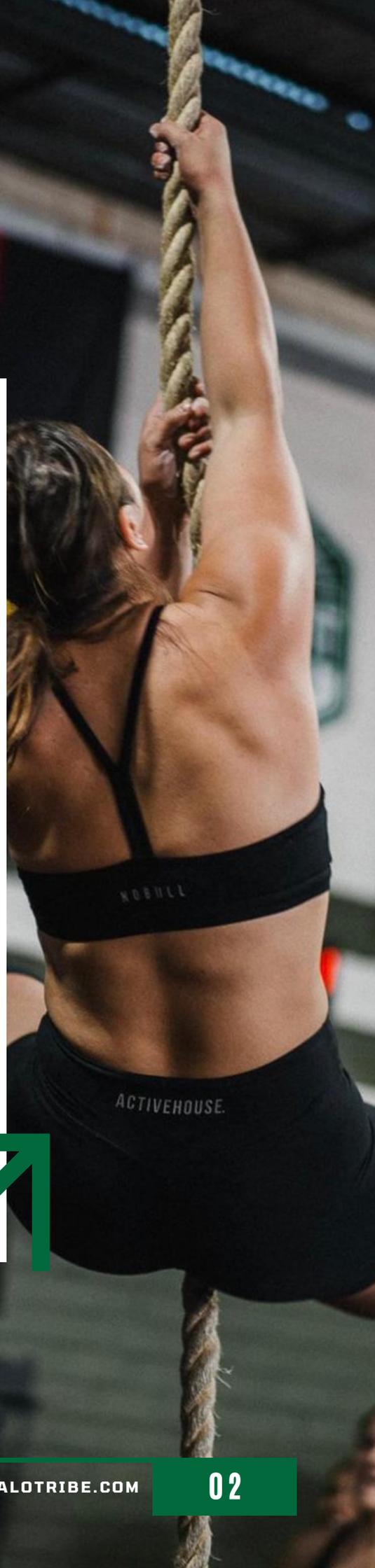
We have tested this program and principles with our clients over the last two years with great success. We expect you to not only improve your rig gymnastics by the end of the 6 weeks but have a better understanding of your body and it's movements through space.

OUR CLIENT RESULTS

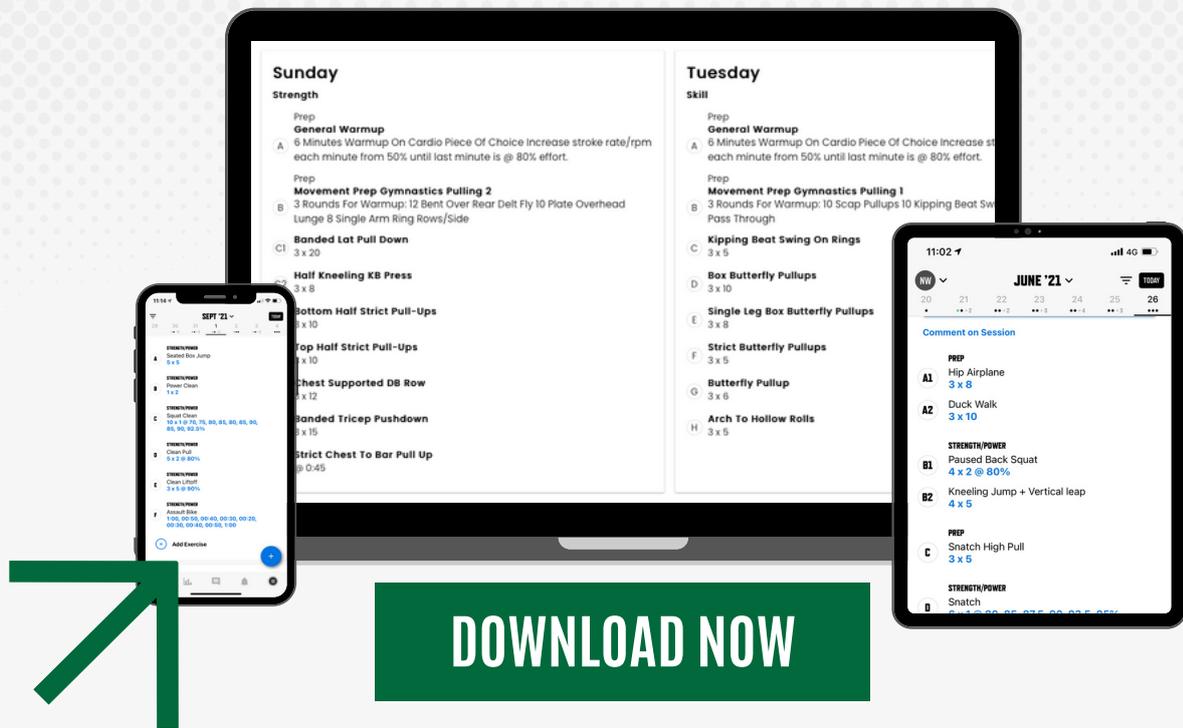
LYHRICS PROGRESS WITH THE BUFFALO TRIBE COACHING

"Since joining the Buffalo Tribe my gymnastics has improved drastically in the last year. I couldn't even get a single pull-up let alone bar muscle up.

Now I can string together butterfly pull-ups, toes to bar and keep consistent with my bar muscle ups"



DOWNLOAD TRAIN HEROIC ON YOUR PHONE/COMPUTER/TABLET



The image shows three devices displaying the Train Heroic app. The laptop screen shows a workout plan for Sunday and Tuesday. The smartphone shows a detailed view of a workout session for September 21st. The tablet shows a session summary for June 21st, including a list of exercises and their sets/reps.

Sunday
Strength
Prep
General Warmup
A 6 Minutes Warmup On Cardio Piece Of Choice Increase stroke rate/rpm each minute from 50% until last minute is @ 80% effort.
Prep
Movement Prep Gymnastics Pulling 2
B 3 Rounds For Warmup: 12 Bent Over Rear Delt Fly 10 Plate Overhead Lunge 8 Single Arm Ring Rows/Side
C1 **Banded Lat Pull Down**
3 x 20
C2 **Half Kneeling KB Press**
3 x 8
C3 **Bottom Half Strict Pull-Ups**
3 x 10
C4 **Top Half Strict Pull-Ups**
3 x 10
C5 **Chest Supported DB Row**
3 x 12
C6 **Banded Tricep Pushdown**
3 x 15
C7 **Strict Chest To Bar Pull Up**
8 @ 0:45

Tuesday
Skill
Prep
General Warmup
A 6 Minutes Warmup On Cardio Piece Of Choice Increase stroke rate/rpm each minute from 50% until last minute is @ 80% effort.
Prep
Movement Prep Gymnastics Pulling 1
B 3 Rounds For Warmup: 10 Scap Pullups 10 Kipping Beat Swings 10 Pass Through
C **Kipping Beat Swing On Rings**
3 x 5
D **Box Butterfly Pullups**
3 x 10
E **Single Leg Box Butterfly Pullups**
3 x 8
F **Strict Butterfly Pullups**
3 x 5
G **Butterfly Pullup**
3 x 5
H **Arch To Hollow Rolls**
3 x 5

DOWNLOAD NOW



Special offer!

1 MONTH FREE PROGRAMMING

Instead of our 2-week trial, we want to give you an extended 1 month free trial. PLUS a bonus check in call at the end of the to discuss your progress and help you out with any mindset or physical challenges you faced.

We want to show our appreciation for your trust in the Tribe, so this special offer is ONLY available to people who have completed one of our programs!

GET ACCESS NOW

HOW TO MAKE THE MOST OF THIS PROGRAM.

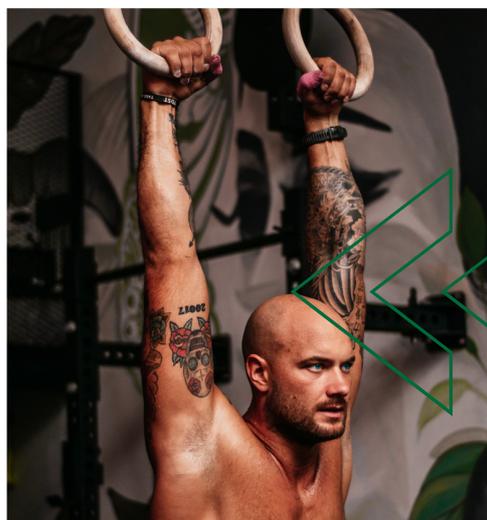
Be consistent. Hit the sessions. Do the accessory work.

It sounds simple but the best way to make sure you are getting the most out of this program is to do the program.

Don't skip the warmups or accessory work as they are all a part of the greater whole.

Get in touch with us, join the Facebook group, get involved by sending us your movement videos and questions for feedback.

Feedback is like a cheat code for rapid improvement.



FREQUENTLY ASKED QUESTIONS

WHAT IF I CAN'T PERFORM A PROGRAMMED MOVEMENT?

It isn't a fail to scale. Catchy isn't it? The coaches are here to provide you with scaling options as needed on movements to ensure that you are getting the stimulus for the movement correctly. Just contact us!

WHAT IF I CAN'T COMPLETE ALL THE SESSIONS IN A WEEK?

We released this as a 6 week program, but the reality is that you could spread these sessions out over 7-8-9 or more weeks and still see terrific progress. Only have time for 2 sessions a week? That's fine too, just run through the sessions in order of programming and complete at your own pace.

HOW LONG WILL I HAVE ACCESS TO THE PROGRAM FOR?

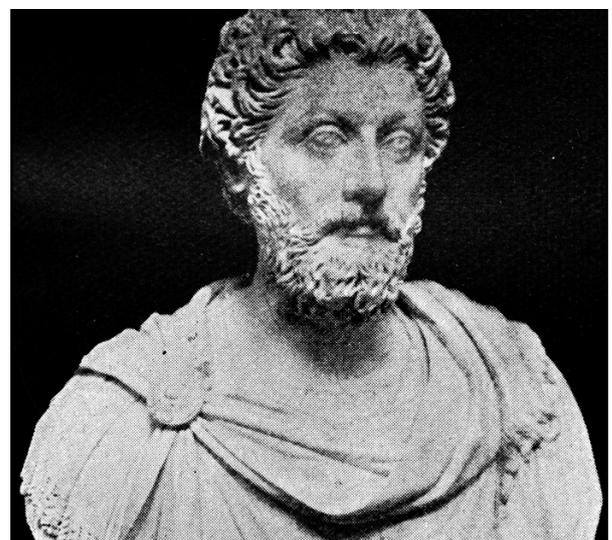
We get it, life gets in the way sometimes and the program you had planned on completing in the next two months has had a delayed start date...to some time in the future. We allow access to the program on our app for 12 months from date of purchase by default, and if you need more time just contact us and we will lengthen that indefinitely.

HOW CAN I GET IN TOUCH?

Join our members only [facebook group](#), fill out the contact form on the [website](#), send us an email or just slide in the DM's on [social media](#) and we will respond in short order.

**"IF SOMETHING IS
HUMANLY POSSIBLE, IT'S
ATTAINABLE BY YOU TOO"**

- Marcus Aurelius



WELCOME ABOARD!

We decided to launch this Level Up series because we hear all the time that you're sick of not seeing any progress. Maybe you don't have the right programming, the coaching or the guidance you need. So you settle for current ability and stay there.

Don't have toes to bar yet? I'll just keep doing knee tucks. No kipping or butterfly pull-ups? Better do some more ring rows.

We want you to get better and we're stoked to see that you want to get better too.

Welcome to the Tribe and if there is anything you need from us please don't hesitate to get in contact. We look forward to speaking with you!

Nicholas White

FOUNDER AND HEAD BUFFALO

 WWW.THEBUFFALOTRIBE.COM

 NICK@THEBUFFALOTRIBE.COM

 [@NICHOLASGWHITE](https://www.instagram.com/NICHOLASGWHITE)

 [@THEBUFFALOTRIBE](https://www.instagram.com/THEBUFFALOTRIBE)

