

Full Planche Tutorial

优酷

This is a tutorial dedicated to all the people who are starting from scratch on this movement and even for those that have been executing it already but want to make it better. 不管你是初学者，还是之前就已经开始，这个教程都是为你准备的。

With dedication and hard work you are going to be able to do this movement in 3 months after all the following progressions are executed. 做好身体上和心理上的双重准备，在接下来的三个月里，你必须付出汗水达成视频后面的要求，每一个步骤都不容许被跳过！

优酷

Always remember to warm up, stretch properly before you start your training and keep your elbows locked at all times throughout each movement.

永远记住热身！
训练前进行适当的伸展活动，
保证肘部在每个方向上都灵活自如。

















视频: http://v.youku.com/v_show/id_XOTE10DY2NjEy.html