



Ryan Ford: Parkour Strength Training: A creative movement practice for anytime / anywhere.



Ryan Ford has been a Parkour athlete / coach since 2004. Founder of Apex School of Movement and Parkour EDU. Author of *Parkour Strength Training*. Learn about fundamental parkour strength movements to develop your body - anytime and anywhere. This could be in your living room, at the park, in the city, in the woods, etc. Through creative movement with everyday obstacles, you will build practical movement strength, mobility, and skill to apply in life and other athletics.

TOP EMBODIMENT TIP: It's ok to say, 'I don't know,' when it comes to Parkour - it's a very new science, and we should keep an open mind, keep researching, keep exploring.

Workouts for: **Upper body pulling strength exercises**

- Passive Hanging, Pull-ups, Chin-ups, Knees to Elbows and other exercises involving a pull-up bar.
- Climb-ups - climbing a wall, or up and over a fence or gate.

Workouts for: **Upper body pushing strength**

- Wall Support - pushing yourself up and over a wall. Handstand - up against a wall or freestanding.

Workouts for: **Legs and lower body exercises**

- Beginner: Full Squat, Box Jump, Monkey Plant
- Intermediate/Advanced: Dragon Pistol, Basic Combo, Sitting Good Morning / Pancake, Cossack Squat.

Training Workouts: **Structure, Warm-ups and Cool-downs**

- Structure - Always include at least one of these three exercises: Bar Hang, Wall Support, Full Squat.
- Warm-ups - Full Squats, Quadrupedal Movement (QM), Jogging, Pull-ups or Push-ups.
- Cool-downs - Mobility work, like your warm-ups, but not as intense, more about light stretching.

The Environment: **Objects to use in Parkour workouts**

- Ground rail - can be made using materials found at a hardware store eg piping. Outside, use a low wall.
- Small ramp / book- useful for getting heels on the ground in squatting positions
- Pull-up bar, tree branch, railings; Dumbbells, weight plate, wooden pole
- Wall, bench, picnic table, sturdy kitchen counter, sofa, fence, gate - shin-high, waist-high, chest-high

Resources

- ❖ **Courses:** Remote Training Program (various courses) - see ParkourEDU website
- ❖ **Website:** www.ParkourEDU.org and www.APEXgyms.com
- ❖ **Social:** @ryanmford, YouTube channel: Ryan Ford



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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