

# G.S.C Video Master List

## Equipment resources

NOSSK Suspension Straps: <http://bit.ly/33nlhKq>

Worldfit Isometric Straps: <https://bit.ly/3mJfbvS>

Pull-Up Dip Calisthenics Equipment: <https://cutt.ly/klpxGO8>

(Use promo code R.D.P10 for 10% off)

Duonamic Elvia doorway pull-up handles and rings: <https://bit.ly/3j5gd3D>

(Use promo code Grindstyle for 10% off)

## Program videos

**Tension phase video** <https://youtu.be/lkriXjm3c8Y>

**Stability phase video** <https://youtu.be/xspDf1cVcms>

**Strength phase video** [https://youtu.be/SuMRtXSiZ\\_w](https://youtu.be/SuMRtXSiZ_w)

**Finisher phase video** [https://youtu.be/5op3ug\\_cCwQ](https://youtu.be/5op3ug_cCwQ)

**Back-filling video:** <https://youtu.be/WdsfjpbqkyAflIHU>

**Month 1:** [https://youtu.be/bWJ\\_RIAudqA](https://youtu.be/bWJ_RIAudqA)

**Month 2:** <https://cutt.ly/cmd4b36>

**Month 3:** <https://youtu.be/d0xqF9QvnSM>

**Month 4:** <https://cutt.ly/AngffXq>

**Month 5:** <https://cutt.ly/ZngfpMR>

**Month 6:** <https://youtu.be/7pMjqk5Yado>

**Month 7:** <https://youtu.be/RCWAKKVCcf4>

**Month 8:** <https://youtu.be/lv-o0RkZAKM>

**Month 9:** <https://youtu.be/wsCMI0xP89M>

**Month 10:** <https://youtu.be/p7dEBCpoW00>

**Month 11:** <https://youtu.be/1D0su5NE32g>

**Month 12:** <https://youtu.be/vGq6ghn9RV8>

## Push Chain

### **Tension Phase**

Isometric push chain trinity <https://youtu.be/mCGuSFh0x90>

Isoloop push-up [https://youtu.be/vy0SZ\\_9nmSE](https://youtu.be/vy0SZ_9nmSE)

### **Stability Phase**

Bear crawls <https://youtu.be/MCgNuMhA0O0>  
Shifting push-ups <https://youtu.be/SToLlwAHAek>  
Shifting dips <https://youtu.be/zWDjoJkYUdw>  
Push Chain Stability Complex <https://youtu.be/tenyuDzfPTM>

### **Strength Phase**

Lvl 1 Incline push-ups <https://youtu.be/ghhlO49pd8s>  
Lvl 2 Prone push-ups <https://youtu.be/MFNt5soyntc>  
Lvl 3 Dip hold <https://youtu.be/XD6CC7mOrj8>  
Lvl 4 Assisted dips <https://youtu.be/AcYPQgekTo0>  
Lvl 5 Dips <https://cutt.ly/BchUH3E>  
Lvl 6 Weighted dips <https://youtu.be/bQwbU3MwnNo>  
R.T.O Push-Ups <https://youtu.be/CYYedOexd0w>  
Suspension Archer Push-Ups: <https://youtu.be/9Htat4rdJd4>

### **Finishers**

Push chain trinity finisher <https://youtu.be/KtrCYZjJwXw>  
Towel triceps extension [https://youtu.be/aYFlb3zax\\_o](https://youtu.be/aYFlb3zax_o)

## Pull Chain

### **Tension Phase**

Isoloop row [https://youtu.be/Ww\\_TRxjN44k](https://youtu.be/Ww_TRxjN44k)  
Isometric pull chain trinity <https://youtu.be/TQRZTgDIhWA>  
Isometric pull-up <https://youtu.be/0o4R2mSkfjc>

### **Stability Phase**

Shifting Pull-ups <https://youtu.be/4bgp2cGB310>  
Shifting rows <https://youtu.be/G8f4epjz3es>  
Pull chain stability complex <https://youtu.be/wCn7h76OTPk>

### **Strength Phase**

Lvl 1 Incline rows [https://youtu.be/T8GDZ\\_B22BY](https://youtu.be/T8GDZ_B22BY)  
Lvl 2 Table rows [https://youtu.be/O\\_D-nQ5RIxo](https://youtu.be/O_D-nQ5RIxo)  
Lvl 3 Straight leg rows <https://youtu.be/VNBBwTAedxc>  
Lvl 4 Seated pull-ups <https://youtu.be/VLGc-dxbirl>  
Lvl 5 Pull-ups <https://youtu.be/KnKD8bOEri0>  
Lvl 6 Weighted pull-ups <https://youtu.be/ruNom2ZIGY8>  
Low Lat Row <https://youtu.be/7tR9r8e85f8>  
Suspension archer rows <https://youtu.be/4ku4bizr7r4>

### **Finishers**

Pull chain trinity finisher [https://youtu.be/Kk5M1pq8O\\_o](https://youtu.be/Kk5M1pq8O_o)  
Towel biceps curls <https://youtu.be/QYJjoG3igdq>  
Towel Rear fly <https://youtu.be/ZfY4I8wZPbs>

## Squat Chain

### **Tension Phase**

Isoloop lunges <https://youtu.be/1rLDfcjcoiQ>  
Isoloop squats <https://youtu.be/Lg-mUd4tP9A>  
Wall sit/table bridge isometric <https://youtu.be/ZjK-iUIK33A>  
Isoloop sissy squat <https://youtu.be/jTbosYwGw48>

### **Stability Phase**

Shifting squats <https://youtu.be/wDWJ0wdUyys>  
Shifting lunges <https://youtu.be/q2BCiosYxMw>  
Squat Chain Stability complex <https://youtu.be/ebNTCBVLFUY>

### **Strength Phase**

Lvl 1 Deep squat <https://youtu.be/MwxUD0jbsU>  
Lvl 2 Split squats <https://youtu.be/BrOsAV6rNRI>  
Lvl 3 Suspension split squats <https://youtu.be/IntQR0nPy-w>  
Lvl 4 Shrimp squats <https://youtu.be/0iO1KHYPBp0>  
Lvl 5 Jumbo shrimp squat <https://youtu.be/0sHUwW7oolQ>  
Lvl 6 Weighted jumbo shrimp squats <https://youtu.be/ETbh9uCqZY4>  
Upper body assist pistols: <https://youtu.be/Rfk4BkqHAj0>  
Suspension Lateral Squats: [https://youtu.be/XjM\\_1EnV7IM](https://youtu.be/XjM_1EnV7IM)

### **Finishers**

Iso-squat finisher <https://youtu.be/pUoy6AdiYxM>  
Jump squats <https://youtu.be/Sfi3vT3o5Ng>  
Jump lunges <https://youtu.be/zK8f3aRkm9c>  
Hamstring curls <https://youtu.be/L1HZNWxvVEo>  
Sissy squats [https://youtu.be/6aE1SegcX\\_A](https://youtu.be/6aE1SegcX_A)  
Squat Chain Trinity: <https://youtu.be/H1kCeE1AiuQ>

## Flexion Chain

### **Tension Phase**

Ab pull down <https://youtu.be/KjTJPL7sXF0>  
Abdominal knee press <https://youtu.be/-MqDcz2Ygdc>  
Dead bug <https://youtu.be/ELwmSwO30eQ>

Tension and stability phase complex <https://youtu.be/z7kJ6Q5rJU4>

### **Stability Phase**

Bear crawls <https://youtu.be/MCgNuMhA000>

Spyder plank <https://youtu.be/ldGASXWyyvLs>

### **Strength Phase**

Lvl 1 Hollow body hold <https://youtu.be/OltEMMChWXY>

Lvl 2 Bent knee raise <https://youtu.be/bqH3mZBtr4w>

Lvl 3 Straight leg raise <https://youtu.be/8uX1X48Xvxg>

Lvl 4 Suspension plank <https://youtu.be/ul4MZAplW4-c>

Lvl 5 Suspension knee tuck <https://youtu.be/EXIJ4dlLenc>

Lvl 6 Saw plank w/ knee tuck <https://youtu.be/5ZIS1JxeGhU>

Strap stretch-outs <https://youtu.be/jswGqthQYgl>

Dip Hold knee raise <https://youtu.be/KnuVceHh0IM>

### **Finishers**

Practice any of the strength exercises you wish, but probably use one level lower than your strength phase so you can go for roughly twice as long.

## Extension Chain

### **Tension Phase**

Isometric table bridge <https://youtu.be/InLwYpbY4Mc>

Isoloop table bridge <https://youtu.be/RWcr-ObS0ew>

Extension tension and stability complex <https://youtu.be/f8c2lqjYoyo>

### **Stability Phase**

Reaching bridge <https://youtu.be/eWIM9xpe7tQ>

Crab walk <https://youtu.be/8rG6EThtULA>

### **Strength Phase**

Lvl 1 Straight leg hip ext. <https://youtu.be/SJJBmyVQ58k>

Lvl 2 Cross ankle hip bridge <https://youtu.be/IV8imdFr7uU>

Lvl 3 Single leg hip ext. <https://youtu.be/Kcz-SVZaJno>

Lvl 4 Suspension straight leg hip ext <https://youtu.be/Oh76FLulCFk>

Lvl 5 Suspension cross ankle hip ext. <https://youtu.be/wC-5AmROtLY>

Lvl 6 Suspension single-leg hip ext <https://youtu.be/H1Xlkhy-s7U>

Suspension Hip ext <https://youtu.be/iL2bpE7ADcY>

Upper body suspension hip bridge <https://youtu.be/a7bIVEXZJZM>

### **Finishers**

Hamstring curls <https://youtu.be/L1HZNWXvVEo>

Practice any of the strength exercises you wish, but probably use one level lower than your strength phase so you can go for roughly twice as long.

## Lateral Chain

### **Tension Phase**

Lateral push downs <https://youtu.be/O8kAnb7pcM0>

Lateral hip ab/adduction <https://youtu.be/UdnP9zL8Rqo>

Isometric side plank <https://youtu.be/Srt1Sx26Kr4>

Tension & stability phase complex <https://youtu.be/F7RWWWRfyb8>

### **Stability Phase**

T-plank <https://youtu.be/YroexU5ZGCg>

Spider plank <https://youtu.be/ldGASXWyvLs>

### **Strength Phase**

Lvl 1 Straddle side plank <https://youtu.be/c1VomCC9Y4E>

Lvl 2 Side plank <https://youtu.be/-bSAUVHRZv8>

Lvl 3 Pulse side plank <https://youtu.be/JjuMFaCtG94>

Lvl 4 Suspension side plank <https://youtu.be/U1XpoN6BNCs>

Lvl 5 Suspension pulse side plank <https://youtu.be/WLkm4ce958A>

Lvl 6 Suspension lateral stretch-outs <https://youtu.be/FqgmtLTPy8Y>

Lateral plank w/ leg raise <https://youtu.be/K6fQzynZvko>

Hand suspended side plank <https://youtu.be/hA0NFeOzC8E>

### **Finishers**

Practice any of the strength exercises you wish, but probably use one level lower than your strength phase so you can go for roughly twice as long.