

Warm-up

Complete before beginning strength and skill work, aim to complete warm-up routine on rest days as well

Progressions are to increase difficulty by bringing bodyline closer to parallel with the ground while maintaining good form

Dynamic stretches (10 reps each)

Bodyline Work (60s hold each)

Wrist Mobility Exercises	Band - Overhead Pull Downs	Plank
Back to Wall - Arm Overhead Extensions	Band - Chest Flies	Side Plank
Cat-Camels	Band - Dislocates	Reverse Plank
Shoulder Rolls	Full Body Circles	Hollow Hold
Scapular Shrugs	Leg Swings (Front and Side)	Arch Hold

Skill Work

Set timer and take rests as necessary until 5 minutes has passed. Aim to complete skill routine everyday

For support exercises switch between Ex 1 and 2 each time

Handstand

Support

Lvl 1 Wall Handstands

Ex 1 Horse Stance

Lvl 2 Free Handstands

Ex 2 Lvl 1 Ring Support Hold

Ex 2 Lvl 2 RTO Support Hold

Strength Work

Complete each exercise pair once a week, ideally giving a day or more rest between pairs

For each exercise progress up to 8 reps (or 30 seconds) with good form, rest and then repeat for the paired exercise

Rest 90 seconds in between each exercise and continue for 3 sets total

Pair 1

Pull Ups

Dips

Lvl 2 Bar - Pull Up Negatives (Progression: Rings)

Lvl 1 Leg Supported Dips (Progression: Less weight on legs)

Lvl 2 Bar - Pull Ups (Progression: Rings)

Lvl 2 Ring Dips

Lvl 3 L-Sit Pull Ups

Lvl 3 Rings Turned Out (RTO) Dips

Lvl 4 Bar - Pullovers (Progression: L-Sit)

Pair 2

Squat

L-Sit

Lvl 1 Squats (Progression: Deeper Reps)

Lvl 1 Leg Supported L-Sit

Lvl 2 Step Ups (Progression: Deeper Reps)

Lvl 2 One Leg Supported L-Sit

Lvl 3-1 Renegade Pistols

Lvl 3 Tuck L-Sit

Lvl 3-2 Shrimps

Lvl 4 L-Sit

Pair 3

Pushups

Rows

Lvl 1 Floor - Pushups (Progression: Diamond Pushups)

Lvl 1 Leg Supported Rows

Lvl 2 Ring - Pushups (Progression: Wider grip)

Lvl 2 Tuck Front Lever (Progression: Up to 30s hold)

Lvl 3 RTO Pushups

Lvl 3 Ice Cream Makers

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Strength Work (cont)

Lvl 4 Pseudo Planche Pushups

Lvl 4 Tuck Front Lever Row

Flexibility & Mobility

Complete static stretch routine after strength/cardio work or after warmup if on rest day

Increase difficulty of stretches for each muscle group as you progress

Hold 10-20 seconds for each stretch, increasing the time if feeling particularly tight

Cardio

Regular cardio work should be included but is highly personal to your goals, abilities and availability. Example cardio routine below:

Complete cardio routine once a week. Do both weekly exercises on weeks 1-3 (progressions are increasing reps within time limit)

Alternate between each monthly exercise on week 4 (progressions are increasing max distance)

Weekly	Monthly
Sprints	Long Distance Running
Swimming - Lengths (Three style variations per session)	Long Distance Cycling

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