

### 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



### 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

Sprints

Swimming - Lengths (Three style variations per session)

#### Monthly

Long Distance Running

Long Distance Cycling

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