

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



By **Louaii**

cheatography.com/louaii/

Published 9th November, 2015.

Last updated 26th October, 2017.

Page 2 of 2.

Sponsored by **ApolloPad.com**

Everyone has a novel in them. Finish Yours!

<https://apollopad.com>