

Week 1	
Day 1	<p style="text-align: right;">5 sets</p> 3x10 strict pull + straight leg toes to bar 10 high box jump 25 hollow rock
Day 2	<p style="text-align: right;">15 minutes</p> Handstand work <p style="text-align: right;">5 sets</p> 1:00 straddled pancake :30 bridge
Day 3	<p style="text-align: right;">5 sets</p> 15 strict handstand push up 3 legless rope climb 5 candle stick 5 broad jump +stick
Day 4	<p style="text-align: right;">4 sets</p> 1:00 left split 1:00 right split 1:00 middle split
Day 5	<p style="text-align: right;">5 sets</p> 5 skin the cat 5 legless rope climb 5 candle stick