

| Week 2 | |
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| Day 1 | 10 pike press to handstand 75 v-ups 75 superman rock 75 squats |
| Day 2 | <p style="text-align: center;">15 minutes</p> freestanding handstand work <p style="text-align: center;">4 sets</p> 1:00 straddled pancake :30 bridge |
| Day 3 | <p style="text-align: center;">3 sets</p> 10 false grip chest to ring pull up 15 strict handstand push up |
| Day 4 | <p style="text-align: center;">4 sets</p> 1:00 left split 1:00 right split 1:00 middle split |
| Day 5 | <p style="text-align: center;">5 sets</p> 10 ring dip to support 10 high box jump 25 hollow rock |