

Week 3	
Day 1	<p style="text-align: right;">5 sets</p> 5 L-sit rock to tuck 5 undergrip pull up 5 overgrip pull up 5 kipping pull up
Day 2	<p style="text-align: right;">3 sets</p> 15 pass through 10 bridge push up 1:00 pancake
Day 3	<p style="text-align: right;">3 sets</p> 8 tuck back lever to skin the cat 4 handstand push up 25 jumping lunge
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;">4 sets</p> 2 tuck press to handstand 3 weighted ring dip