

Week 4	
Day 1	<p style="text-align: right;">3 sets</p> Pull over 1:00 ring plank support 1:00 L-sit
Day 2	<p style="text-align: right;">15:00 minutes</p> freestanding handstand work <p style="text-align: right;">4 sets</p> 1:00 straddled pancake 0:30 bridge
Day 3	<p style="text-align: right;">As quick as possible</p> 10 headstand press to handstand 75 v-ups 75 superman rock 75 squats
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> 7 straddle back lever 10 high box jump 25 hollow rock