

Week 4	
Day 1	10 tuck planche 3 sets 5 muscle up to L-sit with 5 sec holding 10 candlesticks to jump
Day 2	15 minutes Wrist support Ankle wall stretch Seated quad stretch
Day 3	8 tuck back lever to straddle back lever 4 sets 8 ice cream scoopers 10 high box jump
Day 4	3 sets 1:00 bridge 1:00 left split 1:00 right split
Day 5	4 sets 4 tuck press to handstand 6 handstand push up 8 strict pull up