

Week 5	
Day 1	<p style="text-align: right;">5 sets</p> 10 pull over 5 wall climbs 20 jumping lunges
Day 2	<p style="text-align: right;">4 sets</p> 1:00 left split 1:00 right split 1:00 middle split
Day 3	<p style="text-align: right;">5 sets</p> 10 handstand press to handstand 4 legless rope climb 5 candle sticks 5 Borad Jump+stick
Day 4	<p style="text-align: right;">15 minutes</p> Handstand work <p style="text-align: right;">4 sets</p> 1:00 straddled pancake 0:30 bridge
Day 5	<p style="text-align: right;">3 sets</p> 7 back lever 1:00 ring plank support 1:00 L-sit