

Week 5	
Day 1	<p style="text-align: right;">4 sets</p> 10 frog stand extend to straddle planch 5 muscle up to L-sit, holding 4 seconds 5 candlestick jumps
Day 2	<p style="text-align: right;">15 minutes</p> Wrist support Bridge Pike stretch Skin the cat
Day 3	<p style="text-align: right;">5 sets</p> 10 inverted L to straddle back lever 8 ice cream scoopers 25 superman rock
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;">3 sets</p> Máx. Handstand push up Máx. strict pull up