

<b>Week 6</b>	
Day 1	<p style="text-align: right;"><b>3 sets</b></p> <p>5 pike press to headstand  <b>As quick as possible</b></p> <p>75 v-ups  75 superman rock  75 squats</p>
Day 2	<p style="text-align: right;"><b>4 sets</b></p> <p>1:00 left split  1:00 right split  1:00 middle split</p>
Day 3	<p style="text-align: right;"><b>5 sets</b></p> <p>8 L-sit controlled lower to hang  10 ring push up  10 ring rows</p>
Day 4	<p style="text-align: right;"><b>15 minutes</b></p> <p>handstand work</p> <p style="text-align: right;"><b>4 sets</b></p> <p>1:00 straddled pancake  0:30 bridge</p>
Day 5	<p style="text-align: right;"><b>4 sets</b></p> <p>Handstand push up  12 muscle up</p>