

Week 6	
Day 1	<p style="text-align: right;">3 sets</p> 25 v-ups 25 superman rock 25 squats
Day 2	<p style="text-align: right;">10:00 minutes</p> Handstand work <p style="text-align: right;">4 sets</p> 1:00 straddled pancake Bridge up
Day 3	<p style="text-align: right;">4 sets</p> Strict handstand push up 10 ring push up 10 ring rows
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;">4 sets</p> 4 skin the cat 10 high box jump 20 hollow rock