

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>• Legs</li> <li>• Core 1</li> <li>• Arms</li> <li>• Handstand 1</li> <li>• Rings and Bar</li> </ul>	<ul style="list-style-type: none"> <li>• L + T</li> <li>• Core 2</li> <li>• Handstand 2</li> <li>• Shoulders</li> <li>• Lines + S</li> </ul>	<ul style="list-style-type: none"> <li>• Legs</li> <li>• Hip flexors</li> <li>• Arms</li> <li>• Handstand 1</li> <li>• Core 3</li> </ul>	<ul style="list-style-type: none"> <li>• L + T</li> <li>• Core 1</li> <li>• Handstand 2</li> <li>• Rings and Bar</li> <li>• Pommel (a)</li> </ul>	<ul style="list-style-type: none"> <li>• Legs</li> <li>• Core 2</li> <li>• Arms</li> <li>• Handstand 1</li> <li>• Wall Bar</li> </ul>	<ul style="list-style-type: none"> <li>• L + T</li> <li>• Hip flexors</li> <li>• Handstand 2</li> <li>• Pommel (a&amp;b)</li> <li>• Lines + S</li> </ul>

Core 1	Core 2	Hip flexors
<p><b>Laying on back:</b>  15 x Shoulder raises  15 x Leg raises (in dish)  15 x both  15s dish hold  15s back support (elbows)  15s back support  15s shoulder taps (in back support)</p> <p><b>Laying on front:</b>  15 x shoulder raises  15 x heel drives  15 x both  15s arch hold  15s elbow plank  15s planks + 5 seconds as low as possible  15s straight front hold</p> <p><b>Laying on side:</b>  15 x shoulder raises  15x legs  15 x both  15s side arch hold  15 x hip raises (in elbow support)  15s elbow support</p>	<p><b>15 of each:</b>  Sit-ups  Sit-ups w/ twist  V-sits  Single leg v-sits  Straddle v-sits  Half v-sits  Crunches  Wipers  Slow extensions from tuck  Arch snaps  Dish rocks  Arch rocks  Heel drives</p>	<p><b>Sat in straddle:</b>  10 x left leg + 10s hold  10 x right leg + 10s hold  10 x both + 10s hold  10 x both in pike sit + 10s hold</p> <p><b>Elbow plank:</b>  10 x left leg kicks + 10s hold  10 x right leg kicks + 10s hold</p> <p><b>Back support (elbows):</b>  10 x left leg kicks + 10s hold  10 x right leg kicks + 10s hold</p> <p><b>Stood up, with one hand on wall/pommel:</b>  10 x kicks forwards, sideways and backwards + 10s hold.  Repeat for both legs</p>

Arms
<p><b>On paralettes, or floor:</b></p> <p>2 x 10s half lever            2 x 10s straddle lever            2 x 10s Russian lever            2 x 10s tuck top planche            2 x 10s straddle stoop</p> <p>10 x press-ups            10 x wide arm press ups            10 x pike handstand dips            10 x planche leans (from pike handstand)            5 x straddle press to handstand            10 x lift toward manna</p>

Handstand 1	Handstand 2
<p><b>30s each, with 30s rest between:</b></p> <p>Tuck handstand            Pike handstand            Pike handstand w/ 1 leg extended            Inclined plank</p>	<p><b>30s each, with 30s rest between:</b></p> <p>Back to wall            Front to wall            1 arm (15s each arm)            Inclined</p>

Legs	Landings and Trampoline (L + T)
<p>10 x squat            10 x squat with back leg on raised surface (touch knee to ground)            10 x shoulder stand, tuck jump            10 x lumberjacks            10 x ankle raises            10 x ankle raises (single leg)            10 x burpees            10 x burpees w/ press-up</p>	<p>10 x Each Jump with a stick (Straight, Tuck, Star, Straddle, Pike)            5 x Combo (above)            10 x Twists (1/4, 1/2, Full)            10 x Donkey Kicks forwards            10 x Donkey Kicks backwards            10 x Round off            10 x Tucked Front            10 x Flyspring</p>

Wall Bar	Lines and Strength	Core 3
<p><b>Lifts (15 Seconds Rest Between)</b>            Half lifts x 10            Full lifts x 10            Upper Half lifts x10            Swimming 10s            Wipers x10</p>	<p><b>Warm Up</b>            Jogging 30 secs            High Knees 30 secs            Heel Flicks 30 secs            Rebound Jump x 10            Straddle Walks x10            Pike Walks x10            Wide Arm Press up x20            Military Press up x20            Military Press + Hold x10            Diamond Press x10            T Press up (Press and lift arm to sky) x 10 L+R=1            Jump Push up x 10            Dips x 20            Half Handstand Press up x 10            Handstand 5 seconds            Forwards Roll x 5            Pike Forwards Roll x 5            Straddle Stand forwards roll x 5            Backwards Roll (Straight Arms) x 5</p>	<p><b>Laying on back:</b>            15 x Shoulder raises            15 x Leg raises (in dish)            15 x both            30s long dish hold            Dish Rocks x 15            Dish Scissors 10 secs            Dish Swimming 10 secs            V Sits x 10            V Sit Hold 10 sec            Elbow Back Support 20 secs            Back Support 20 secs            Sit Up Twists x 15            Window Wiper x10</p> <p><b>Laying on front:</b>            15 x shoulder raises            15 x heel drives            15 x both            Arch Swimming 15 secs            15 x Straight Front Rocks            15s straight front hold</p> <p><b>Laying on side:</b>            15 x hip raises (in elbow support)            15 x hip raises (in back support)</p>

Shoulders	Pommel	Rings and Bar
<p><b>Lifts – 1.5kg plate</b>            10 x forward half            10s forward half hold            10x forward full lift            10x Upper Half Lift            10s Upper Hold</p> <p>10x Side Lift Half            10s Side life hold            10x Full Side Lift            10x Upper Side Lift            10x Upper Side Hold</p> <p>10s Circles forwards clockwise            10s Circles forwards anti-clockwise            10s Circles Sideways clockwise            10s Circles Sideways anti-clockwise</p> <p>10x Tricep Lift Backwards            10s Tricep Holds</p> <p>20x Shoulder Dislocations</p>	<p><b>Warm Up</b>            Spaghetti and meatballs – constantly</p> <p>a)</p> <p>5x Walk around pommel in good shape            5x ¼ Jumps in good shape            5x ½ circle and hop to full in good shape            5x Full circle in amazing shape (arch)            3x Pommel Walks on Floor (hold each position for 10 seconds)</p> <p>b)</p> <p><b>Pommel 300 Challenge</b></p> <p>4 Rounds of:</p> <p>50x Bucket Circles            10 best effort max circles (25 total)</p> <p><u>Total = 300 circles.</u></p>	<p><b>3 Rounds of:</b>            Pull Ups x 5 (palms facing)            Ring Support Hold 10s            Pull Ups x 5 (Palms away)            Cross Lowers and Press</p> <p><u>Routine (hold each position for 3 seconds)</u></p> <p>Pull up to Half lever            Inverted Hang (good dish)            Pike Fold            German hang            Skin the Cat            Stick the Landing</p>