

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

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

Arms
On paralettes, or floor: 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 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

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

Legs	Landings and Trampoline (L + T)
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	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

Wall Bar	Lines and Strength	Core 3
Lifts (15 Seconds Rest Between) Half lifts x 10 Full lifts x 10 Upper Half lifts x10 Swimming 10s Wipers x10	Warm Up 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	Laying on back: 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 Laying on front: 15 x shoulder raises 15 x heel drives 15 x both Arch Swimming 15 secs 15 x Straight Front Rocks 15s straight front hold Laying on side: 15 x hip raises (in elbow support) 15 x hip raises (in back support)

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