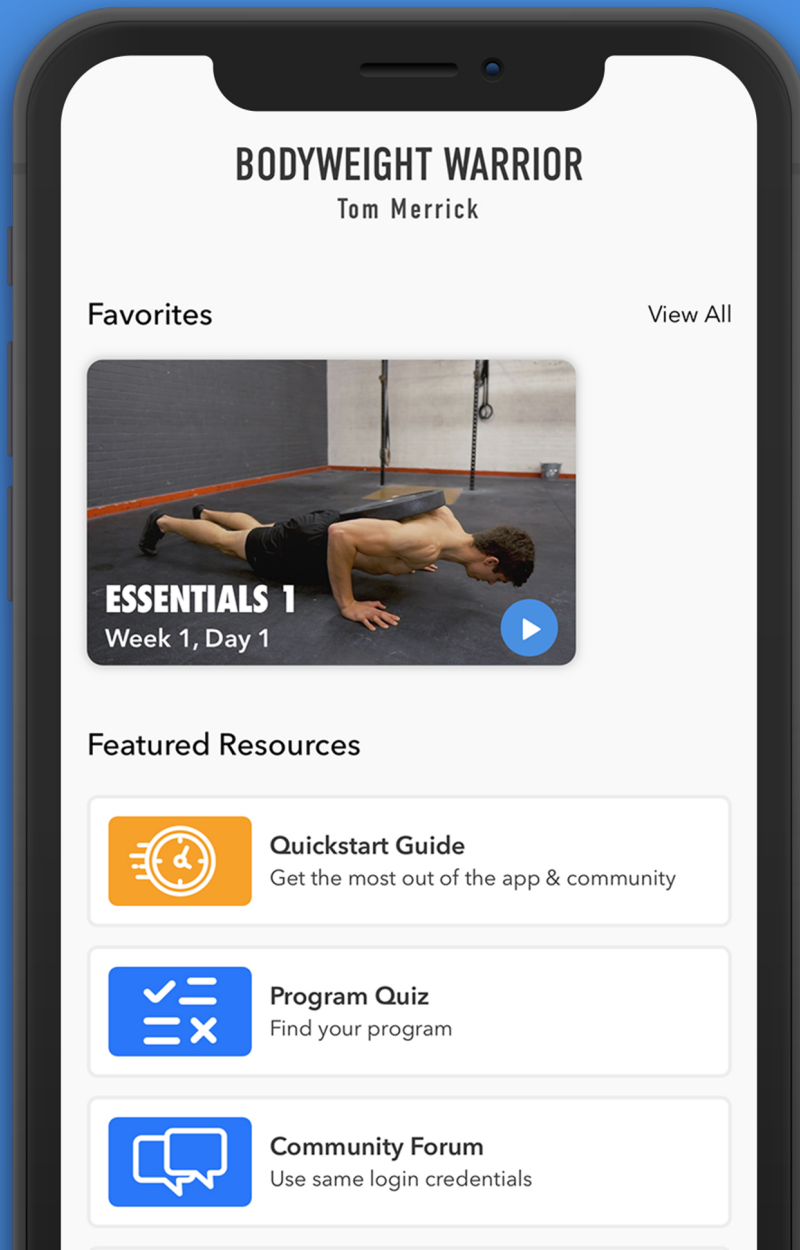


# NEW SEASON - PHASE 2

SCAN TO



DOWNLOAD



This routine is based on the **“ESSENTIALS”** program, focused on reinforcing the basics and preparing for bodyweight skills.

Whether you want to build strength, increase flexibility or learn to handstand, try the assessment workouts and quiz to find the program for you.

# SCHEDULE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upper A	Lower A	Rest	Upper B	Lower B	Rest	Rest

## UPPER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Deep Pike Push Up</u>	1-4	5	5	3-0-1-0	90s				
A2. <u>Chin Up</u>	1-4	5	5	3-0-1-0	90s				
B1. <u>Ring Push Up</u>	1-4	3	8-10	3-0-1-0	30s				
B2. <u>Wide Ring Row</u>	1-4	3	10-12	3-0-1-1	90s				
C1. <u>Incline Tricep Extension</u>	1-4	3	10-12	3-0-1-0	30s				
C2. <u>Incline Bicep Curl - Neutral</u>	1-4	3	10-12	3-0-1-0	60s				

## LOWER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>High Step Up</u>	1-4	4	6-8 p.s	3-0-1-0	90s				
A2. <u>Ring Hamstring Curl</u>	1-4	4	6-10	3-0-1-0	90s				
B1. <u>Banded Reverse Nordic</u>	1-4	3	8-10	2-2-1-0	30s				
B2. <u>Jefferson Curl</u>	1-4	3	6-8 + 15s	10s	90s				
C. <u>Front Split Progression</u>	1-4	3	60s p.s	-	60s				

# UPPER B

## Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Ring Dip</u>	1-4	4	6-10	3-0-1-0	90s				
A2. <u>L Ring Row</u>	1-4	4	6-10	3-0-1-0	90s				
B1. <u>Dumbbell Flye</u>	1-4	4	10-12	3-0-1-0	30s				
B2. <u>L Assisted Chin Up - Neutral</u>	1-4	4	10-12	3-0-1-0	90s				
C1. <u>Side External Rotation</u>	1-4	3	8-10 p.s	2-0-1-0	30s				
C2. <u>Powell Raise</u>	1-4	3	10-12 p.s	2-0-1-0	60s				

# LOWER B

## Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>90:90 Int Rot Lift</u>	1-4	3	3 p.s	10s	30s				
A2. <u>Hanging Kick Out</u>	1-4	3	6-10	2-0-1-1	90s				
B1. <u>Tailor Pose</u>	1-4	3	5 + 45s	2-2-1-0	30s				
B2. <u>Copenhagen Plank</u>	1-4	3	20-40s p.s	2-0-1-1	90s				
C. <u>Straddle Exploration</u>	1-4	3	60s	-	60s				