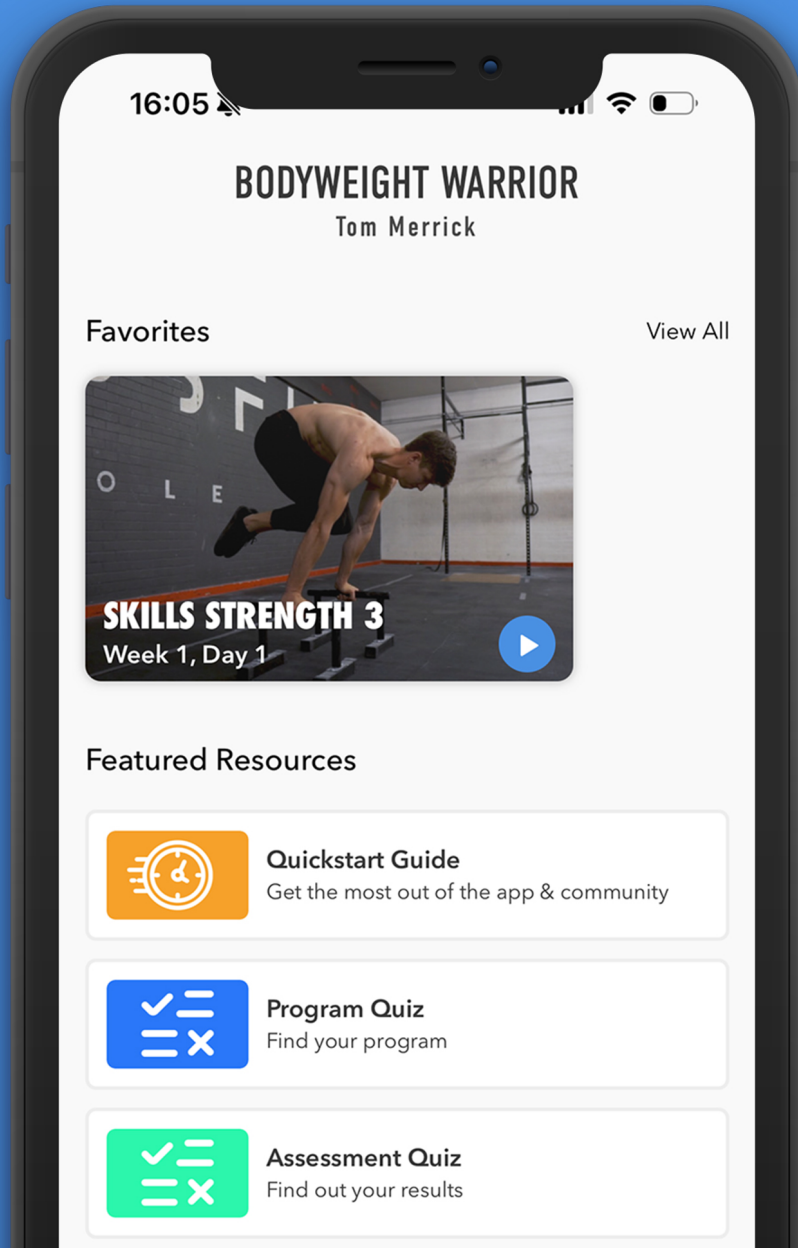


# NEW SEASON - PHASE 3

SCAN TO



DOWNLOAD



This routine is based on the **"SKILLS STRENGTH"** program, focused on preparing and developing 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>HSPU Negative</u>	1-4	4	2-4	6-10s	120s				
A2. <u>Subscap Pull Up</u>	1-4	4	3-4	5-0-1-0	120s				
B1. <u>Ring Push Up</u>	1-4	4	12-15	3-0-1-0	90s				
B2. <u>Ring Row - Neutral</u>	1-4	4	12-15	3-0-1-1	90s				
C1. <u>Tricep Skullcrusher</u>	1-4	2	15-20	2-1-1-0	30s				
C2. <u>Incline Bicep Curl - Neutral</u>	1-4	2	15-20	2-1-1-0	60s				

## LOWER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Goblet Cyclist Squat</u>	1-4	4	12-15	3-0-1-0	90s				
A2. <u>Mech Adv Back Extension</u>	1-4	4	12-15	2-0-1-1	90s				
B1. <u>Heavy Hip Flexor</u>	1-4	3	40-60s p.s	-	30s				
B2. <u>Jefferson Curl</u>	1-4	3	6-8 + 15s	2-2-2-0	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>Concentric HeSPU</u>	1-4	-	20-25	X	EMOM				
B1. <u>Ring Dip</u>	1-4	4	8-12	3-0-1-0	90s				
B2. <u>L Assisted Chin Up</u>	1-4	4	10-15	2-0-1-0	90s				
C1. <u>Dumbbell Flye</u>	1-4	3	15-20	2-0-1-0	30s				
C2. <u>Powell Raise</u>	1-4	3	15-20 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>Standing Hip Flexor Lift</u>	1-4	3	3 x 10s p.s	10s / 5s	30s				
A2. <u>Standing Windmill</u>	1-4	3	8-12 p.s	3-1-1-0	90s				
B. <u>Tailor Pose</u>	1-4	3	5 + 45s	2-2-1-0	60s				
C. <u>Straddle Exploration</u>	1-4	3	60s	-	60s				