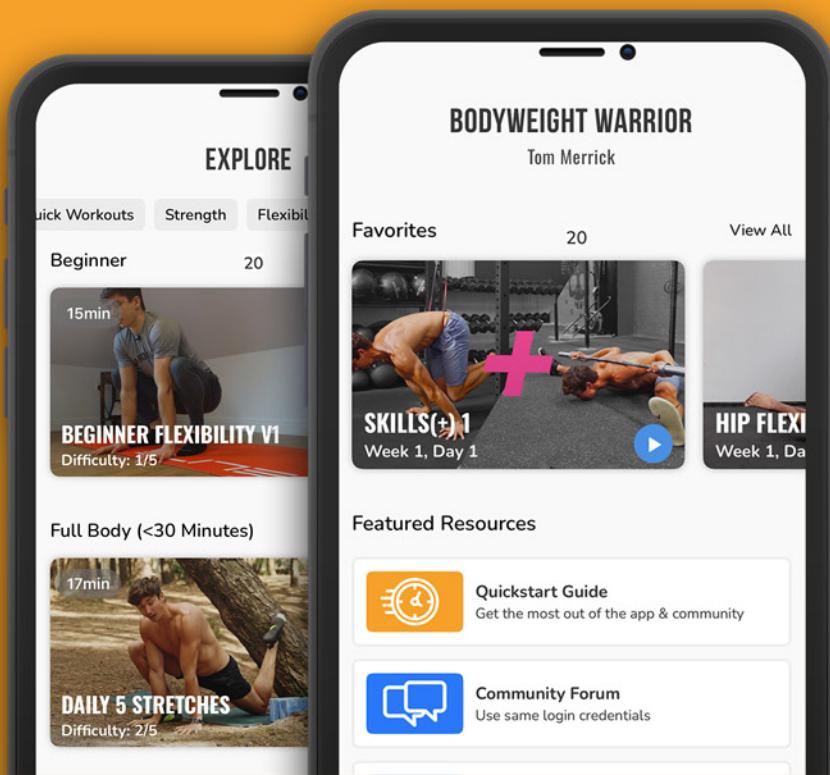


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AT HOME PROGRAM

FULL BODY STRENGTH ROUTINE

MOVEMENT

A1. Pseudo Planche Push Up

REPS

3-5 x 6-8 reps @ (4-0-1-0)

A2. Slider Hamstring Curl

3-5 x 6-8 reps @ (4-0-1-0)

A3. Reverse Plank Extension

3-5 x 10-12 reps @ (1-0-1-2)

Rest 45 sec between exercises, 90 sec between rounds.

B1. Home Bodyweight Row

3-5 x 6-8 reps @ (4-0-1-0)

B2. Shrimp Squat

3-5 x 6-8 reps per side @ (4-0-1-0)

B3. Lying Leg Raise

3-5 x 10-12 reps @ (2-1-1-0)

Rest 45 sec between exercises, 90 sec between rounds.

AT HOME PROGRAM

FULL BODY ISOMETRIC ROUTINE

MOVEMENT

A1. Pike Handstand Hold

REPS

3-5 x 30-40 secs

A2. Natural Hamstring Curl Hold

3-5 x 30-40 secs

A3. Support / Tuck L-Sit Hold

3-5 x 30-40 secs

Rest 30 sec between exercises, 90 sec between rounds.

B1. Tri-Pause Bodyweight Row

3-5 x 1-2 reps @ (3x10s)

B2. Single Leg Wall Sit

3-5 x 20-30 secs per side

B3. Oblique Plank

3-5 x 20-30 secs per side

Rest 30 sec between exercises, 90 sec between rounds.

AT HOME PROGRAM

FULL BODY MASS GAIN ROUTINE

MOVEMENT

REPS

A1. Pike Push Up	3-5 x 4-6 reps @ (4-0-1-0)
A2. Diamond Push Up	3-5 x 8-12 reps @ (3-0-1-1)
A3. Cyclist Squat	3-5 x 10-12 reps @ (3-1-1-0)

Superset A1-A2, 60 sec between A2-A3 and 100 sec between rounds.

B1. Front Lever Row	3-5 x 4-6 reps @ (4-0-1-0)
B2. Supinated Bodyweight Row	3-5 x 8-12 reps per side @ (3-0-1-1)
B3. Reverse Hyperextension	3-5 x 10-12 reps @ (2-0-1-2)

Superset B1-B2, 60 sec between B2-B3 and 100 sec between rounds.

AT HOME PROGRAM

UPPER BODY MASS GAIN ROUTINE

MOVEMENT

REPS

A1. Pike Push Up	3-5 x 4-6 reps @ (4-0-1-0)
A2. Diamond Push Up	3-5 x 8-12 reps @ (3-0-1-1)
A3. Front Lever Row	3-5 x 4-6 reps @ (4-0-1-0)
A4. Supinated Bodyweight Row	3-5 x 8-12 reps @ (3-0-1-1)

Superset A1-A2, 60 sec between A2-A3, superset A3-A4 and 100 sec between rounds.

AT HOME PROGRAM

LOWER BODY MASS GAIN

ROUTINE

MOVEMENT

- A1.** Shrimp Squat
- A2.** Cyclist Squat
- A3.** Slider Hamstring Curl
- A4.** Reverse Hyperextension

REPS

- 3-5 x 4-6 reps per side @ (4-0-1-0)
- 3-5 x 8-12 reps @ (3-1-1-0)
- 3-5 x 4-6 reps @ (4-0-1-0)
- 3-5 x 8-12 reps @ (2-0-1-2)

Superset A1-A2, 60 sec between A2-A3, superset A3-A4 and 100 sec between rounds.

FOLLOW ALONG

DYNAMIC FLEXIBILITY

ROUTINE

MOVEMENT**REPS**

1.	Head Nods	5 reps
2.	Breath Extensions	5 reps
3.	Child Pose	20 secs
4.	Thread The Needle	5 reps per side
5.	Overhead Cat Cow	5 reps
6.	McKenzie Push Up	5 reps
7.	Upward Dog	20 sec
8.	Table Top Quad Stretch	3 reps per side
9.	Walking Downward Dog	10 reps per side
10.	Hip Swivels	5 reps per side
11.	90:90 Glute Hinges	5 reps per side
12.	Kneeling Hamstring Rocks (Right)	10 reps
13.	Hip Flexor Lunge Extensions (Left)	10 reps
14.	Lying Knee Drops	5 reps per side
15.	Kneeling Hamstring Rocks (Left)	10 reps
16.	Hip Flexor Lunge Extensions (Right)	10 reps
17.	Standing Pancake Twists	3 reps per side
18.	Prayer Squats	5 reps

FOLLOW ALONG

PNF FLEXIBILITY

ROUTINE

MOVEMENT	REPS
1. Breath Circles	5 reps
2. Shoulder Extension Reach	30 secs
3. German Sit	30 secs
4. Downward Dog	10 secs
5. Upward Dog	10 secs
6. Prone Shoulder Flexion Lifts	3 reps (5 secs)
7. Elevated Prone Butchers Block	30 secs
8. Cat Stretch	10 secs
9. Walking Downward Dog	10 reps per side
10. Pigeon Twists	3 reps (10 secs) per side
11. Pike Ground Push	3 reps (5 secs)
12. Squat To Pike	5 reps
13. Hip Flexor Lunge Leg Curl (Right)	3 reps (5 secs)
14. Hip Flexor Bent Leg Lunge (Right)	30 secs
15. Hip Flexor Lunge Leg Curl (Left)	3 reps (5 secs)
16. Hip Flexor Bent Leg Lunge (Left)	30 secs
17. Standing / Seated Pancake Reach	3 reps (5 secs)
18. Pancake Stretch	30 secs
19. Tailor Pose Contrast Contract	3 reps (5 secs) per side
20. Tailor Pose Stretch	30 secs

FOLLOW ALONG

RELAXED FLEXIBILITY

ROUTINE

MOVEMENT

1. Sleeper Stretch
2. Lying Butterfly Pose
3. Halasana
4. Chest Supported Frog Pose
5. Supported Hip Flexor Lunge
6. Lying Wall Hamstring Pose

REPS

120 secs per side

10 breaths

5 breaths

10 breaths

6 breaths per side

10+ breaths

AT HOME PROGRAM

ALTERNATIVE

ROUTINES

ORIGINAL

- DAY 1.** Full Body Strength
- DAY 2.** Dynamic Flexibility
- DAY 3.** Full Body Isometric
- DAY 4.** PNF Flexibility
- DAY 5.** Full Body Mass Gain
- DAY 6.** Relaxed Stretching
- DAY 7.** Active Rest

MASS GAIN

- DAY 1.** Upper Body Strength
- DAY 2.** Lower Body Strength
- DAY 3.** Flexibility / Active Rest
- DAY 4.** Upper Body Strength
- DAY 5.** Lower Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

BEGINNER

- DAY 1.** Full Body Strength
- DAY 2.** Flexibility / Active Rest
- DAY 3.** Full Body Isometric
- DAY 4.** Flexibility / Active Rest
- DAY 5.** Full Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

- DAY 8.** Full Body Isometric
- DAY 9.** Flexibility / Active Rest
- DAY 10.** Full Body Strength
- DAY 11.** Flexibility / Active Rest
- DAY 12.** Full Body Isometric
- DAY 13.** Flexibility / Active Rest
- DAY 14.** Active Rest

SKILLS

- DAY 1.** Full Body Strength
- DAY 2.** Flexibility / Active Rest
- DAY 3.** Full Body Mass Gain
- DAY 4.** Flexibility / Active Rest
- DAY 5.** Full Body Strength
- DAY 6.** Flexibility / Active Rest
- DAY 7.** Active Rest

- DAY 8.** Full Body Mass Gain
- DAY 9.** Flexibility / Active Rest
- DAY 10.** Full Body Strength
- DAY 11.** Flexibility / Active Rest
- DAY 12.** Full Body Mass Gain
- DAY 13.** Flexibility / Active Rest
- DAY 14.** Active Rest