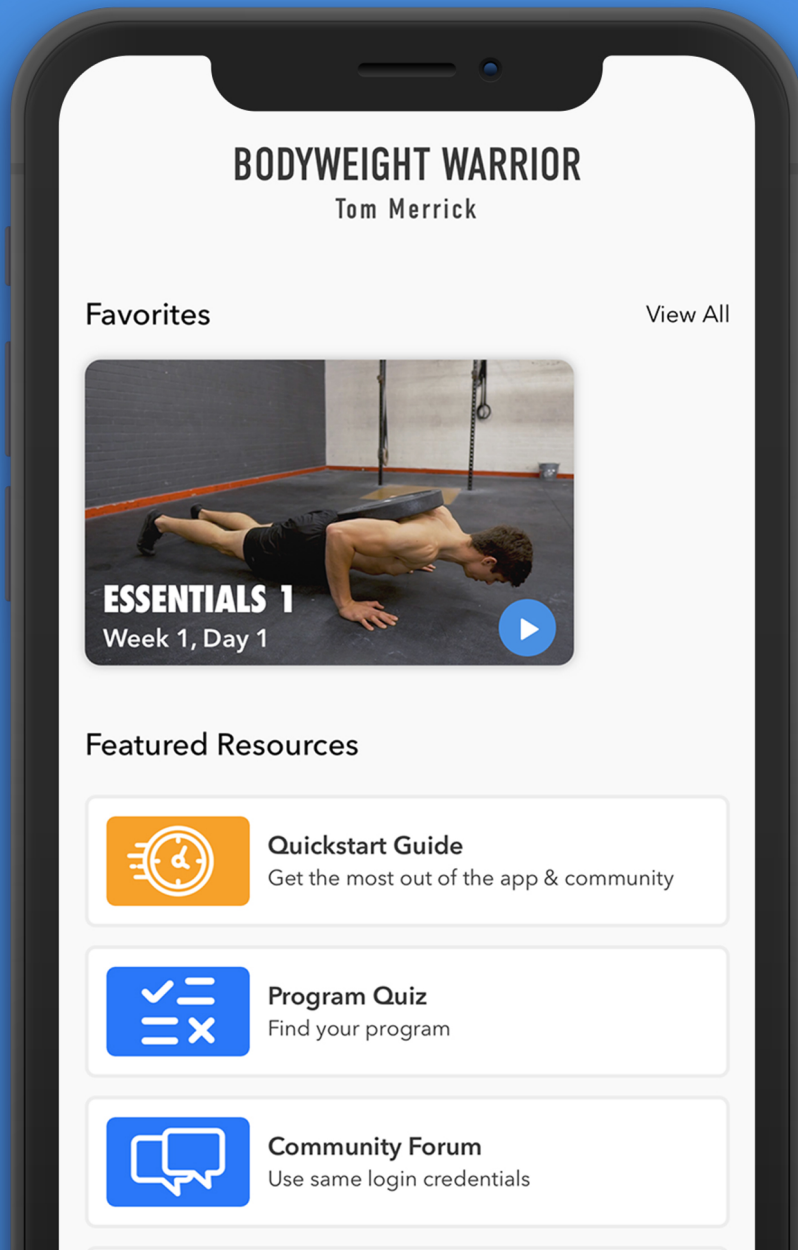


# NEW SEASON - PHASE 1

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>L-HSPU</u>	1-4	3	8	3-0-1-0	90s				
A2. <u>Chin Up</u>	1-4	3	8	3-0-1-0	90s				
B1. <u>Ring Push Up</u>	1-4	3	10-12	3-0-1-0	30s				
B2. <u>Single Ring Row</u>	1-4	3	10-12	3-0-1-1	90s				
C1. <u>Tricep Extension - Neutral</u>	1-4	3	12-15	2-0-1-0	30s				
C2. <u>Bicep Curl - Supinating</u>	1-4	3	12-15	2-0-1-0	60s				

## LOWER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Bulgarian Split Squat</u>	1-4	3	8 p.s	3-0-1-0	90s				
A2. <u>Single Leg Hip Extension</u>	1-4	3	8 p.s	3-0-1-0	90s				
B1. <u>Banded Reverse Nordic</u>	1-4	3	8-10	2-2-1-0	30s				
B2. <u>Prone Arch In</u>	1-4	3	3-5	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>Parallel Bar Dip</u>	1-4	3	8-10	3-0-1-0	90s				
A2. <u>Pull Up</u>	1-4	3	8-10	3-0-1-0	90s				
B1. <u>Dumbbell Flye</u>	1-4	3	10-12	3-0-1-0	30s				
B2. <u>Ring Row - Neutral</u>	1-4	3	10-12	3-0-1-0	90s				
C1. <u>Side External Rotation</u>	1-4	3	10-12 p.s	2-0-1-0	30s				
C2. <u>Side Lateral 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>Hinged Nordic Curl</u>	1-4	3	8	3-0-1-0	30s				
A2. <u>Peterson Step Up</u>	1-4	3	12-15	1-0-1-0	90s				
B1. <u>Tailor Pose</u>	1-4	3	5 + 45s	2-2-1-0	30s				
B2. <u>Hanging Kick Out</u>	1-4	3	6-10	2-0-1-1	90s				
C. <u>Middle Split Progression</u>	1-4	3	60s	-	60s				