

Calisthenics Program Instructions

For the first 4 weeks, you will be working on basic strength with each workout. The last 4 weeks are groups of 3 circuits at each workout designed to increase muscle endurance in order to increase your repetitions on calisthenics while maintaining balance. Complete proper warm-up prior to all training sessions. When looking at the order of exercises, if there are two with the same number, but have an attached letter, they are designed to be superset.

For example, 1A and 1B will be superset before moving on to exercises 2A and 2B. If there is no attached letter, you complete all sets and reps of the given exercise. For example, complete all 3 sets of exercise 3 before moving on to exercise 4. Focus on utilizing proper form for all evaluated calisthenics, even when tired. If you are unable to complete the prescribed repetitions in a given set, take as much rest as needed until you are able to complete the prescribed repetitions.

*If you do not know what an exercise is, research it on the internet and then clarify with your Developer at the next development session. Train hard and train smart.

Dynamic Warm Up					
1. Soft Tissue	Time	2. Core/ Glute Activation	Time/ Reps	3. Dynamic Flexibility	Time/ Reps
Trigger Point-Plantar Fascia	20 Sec	High Plank Shoulder Taps	10 each	Walking Knee Hugs	10 each
Trigger Point-Psoas	20 Sec	Side Plank w/ Hip Abduction	10 each	Walking Quad Stretch	10 each
Trigger Point-Pectoralis Major	20 Sec	Arm Rotations	20 Sec each	Inchworm	5
Foam Roll-Calves	20 Sec	SL Glute Bridge	15 each	World's Greatest Stretch	5 each
Foam Roll-Hamstrings	20 Sec	Mini-band forward walk	15 Yards	Overhead Backwards Lunge	5 each
Foam Roll-Glutes	20 Sec	Mini-band backwards walk	15 Yards	Gate Swings/ Hip Opener's	10 each
Foam Roll-Low Back	20 Sec	Mini-band Side Steps	15 Yards each	Leg Swings	10 each
Foam Roll-Lats	20 Sec	Mini-band back kicks	10 each	Lateral Leg Swings	10 each
Foam Roll- Quads	20 Sec				
Foam Roll-Hip	20 Sec				
Foam Roll- IT Band	20 Sec				
Foam Roll- Pecs	20 Sec				
4. Movement Skills (Event Dependent)	Time/ Reps	5. Neural Activation	Time/ Reps		
Wall Drills	Ex Dependent	Forward/ Backward Hops	15 each		
Skipping	15 Yards	Lateral Hops	15 each		
Lateral Marching	15 Yards	Front/ Back Foot Switch	15 each		
Marching	15 Yards	2 inch runs	20 seconds		
Skipping	15 Yards	2 inch runs w/ variations	20 seconds		
Lateral Marching	15 Yards	Neural Response Drills	20 seconds- 1 min		
Lateral Skipping	15 Yards				
Stepover Runs	15 Yards				
Free Runs	20 Yards				

Exercise Abbreviation Key	
Abbreviation	Meaning
SA	Single Arm
SL	Single Leg
ST	Suspension Trainer
w/	with

Week 1 Pre-Accession Calisthenics Program

Week 1 Pre-Accession Calisthenics Program				
Mon				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Bodyweight	Pushups	4	12-20
1B	Mobility	Chest Stretch	4	3 x 2-3 seconds
2A	Lower Pull	SL Romanian Deadlift	3	12-20 each (Bodyweight)
2B	Mobility	Supine Ham Stretch	3	3 x 2-3 seconds
3A	Rotational Stability	Plank	3	1 minute
3B	Abdominal Flexion	Bicycle Crunch	3	25 (4 count)
4	Bodyweight	Shoulder Pushups	3	12-20
5	Lower Pull	Sliding Leg Curl	3	12-20
6	Abdominal Flexion	Sit Ups	3	20-40
7	Horizontal Upper Push	Diamond Pushups	3	12-25
8	Lower Pull	SL Glute Bridge	3	12-20 each
9	Rotational Stability	Lateral Plank	3	30 seconds each
Tue				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Vertical Upper Pull	Neutral Grip Pull Ups	4	6-15
1B	Mobility	A-Frame T-Spine Rot	4	20 seconds/ side
2A	Lower Push	Walking Lunge	3	12-20 each
2B	Mobility	Quad Stretch	3	2x 2 seconds each
3A	Rotational Stability	High Plank Bird Dogs	3	10 each
3B	Abdominal Flexion	Cross Knee Crunch	3	15 each
4	Horizontal Upper Pull	Underhanded Inverted Row	3	12-20
5	Lower Push	Lateral Lunge	3	12-20 each
6	Abdominal Flexion	Hanging Leg Lifts	3	12-20
7	Isolated	Suspension Trainer Biceps Curl	3	12-20
8	Bodyweight	Bodyweight Squat	3	12-20
9	Rotational Stability	SA Plank	3	20 seconds each

Thur				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Pull	Glute Bridge	4	12-20
1B	Mobility	Foam Roll	4	20 seconds
2A	Bodyweight	Feet Elevated Pushups	3	12-20 each
2B	Mobility	Wall Slides	3	4
3A	Rotational Stability	SL Plank	3	30 seconds each
3B	Abdominal Flexion	Dead Bugs	3	10 each
4	Lower Pull	Suspension Trainer Leg Curl	3	12-20
5	Horizontal Upper Push	Suspension Trainer Pushup	3	12-20
6	MRT	Cross-Body Mountain Climbers	3	15 (4 Count)
7	Lower Pull	Nordic Hamstring Curl	3	12-20
8	Isolated	Dips	3	12-20
9	Bodyweight	Plank High Knee	3	12-20 each
Fri				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Push	Squat Jump	4	12-20
1B	Mobility	Knee Hugs	4	3x 2-3 seconds each
2A	Horizontal Upper Pull	T- Pulls	3	12-20
2B	Mobility	Lat Stretch	3	20 seconds
3A	Rotational Stability	Lateral Plank w/ hip Abduction	3	10/ side
3B	Abdominal Flexion	Knees to Elbow	3	10
4	Lower Push	Box Blasts	3	10 each
5	Vertical Upper Pull	Pull Ups	3	6-15
6	Bodyweight	Spiderman Crawl	3	10 each
7	Lower Push	RFE Split Squat	3	12-20
8	Bodyweight	Chin Ups	3	6-15
9	Rotational Stability	Body Saw	3	12-20

Week 2 Pre-Accession Calisthenics Program

Mon				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Pull	Nordic Hamstring Curl	4	12-20
1B	Mobility	Cross Legged Toe Touch	4	3 each
2A	Horizontal Upper Push	Pushups	3	12-20
2B	Mobility	Chest Stretch	3	3 each
3A	Rotational Stability	SL Plank	3	30 seconds each
3B	Abdominal Flexion	V-Ups	3	10
4	Lower Pull	SL Glute Bridge	3	12-20 each
5	Bodyweight	Shoulder Circles	3	12-20 each direction
6	Abdominal Flexion	Hip Pops	3	15-20
7	Lower Pull	Sliding Leg Curl	3	12-20
8	Horizontal Upper Push	Diamond Pushups	3	12-20
9	Rotational Stability	Plank w/ Leg Abduction	3	12-20 each side
Tue				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Push	Reverse Lunge	4	12-20
1B	Mobility	Butterfly Stretch	4	3
2A	Vertical Upper Pull	Alternating Grip Pull Ups	3	6-12 each
2B	Mobility	Lat Stretch	3	3 each
3A	Rotational Stability	Plank Reaches	3	10 each
3B	Abdominal Flexion	Sit Ups	3	30
4	Lower Push	Bench Step-Ups	3	15-20 each
5	Bodyweight	SA ST Inverted Row	3	12-20 each
6	Abdominal Flexion	Knees to Elbow	3	10-20
7	Isolated	Suspension Trainer Biceps Curl	3	12-20 each
8	Lower Push	Lateral Step Up	3	15-20 each
9	Abdominal Flexion	Hanging Leg Lifts	3	10-15

Thur				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Vertical Upper Push	Handstand Pushups	4	6-15
1B	Mobility	Shoulder Mobility	4
2A	Lower Pull	SL Glute Bridge	3	12-20 each
2B	Mobility	3 Position Toe Touch	3	5
3A	Rotational Stability	SL Plank	3	45 sec each leg
3B	Abdominal Flexion	Hip Pops	3	12-20
4	Horizontal Upper Push	Plyometric Pushups	3	12-20
5	Lower Pull	Sliding Leg Curl	3	12-20
6	MRT	Mountain Climbers	3	15 (4 count)
7	Isolated	Dips	3	12-20
8	Lower Pull	SL Romanian Deadlift	3	12-20 each
9	Abdominal Flexion	Bicycle Crunch	3	20 (4 count)
Fri				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Horizontal Upper Pull	Inverted Row	4	12-20
1B	Mobility	Cross Body Shoulder Stretch	4	3 each
2A	Lower Push	Split Squat	3	12-20
2B	Mobility	RFE Quad Hip Flexor Stretch	3	3 each
3A	Rotational Stability	SA Plank	3	45 sec each arm
3B	Abdominal Flexion	Leg Lifts	3	12-20
4	Vertical Upper Pull	Chin Ups	3	12-20
5	Lower Push	Squat Jump	3	12-20
6	Bodyweight	Flutter Kicks	2	25 (4 count)
7	Isolated	Suspension Trainer Biceps Curl	3	12-20
8	Lower Push	Lateral Lunge	3	12-20 each
9	Rotational Stability	Lateral Plank w/ hip Abduction	3	12-20 each

Week 3 Pre-Accession Calisthenics Program

Mon				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Bodyweight	Pushups	4	12-20
1B	Mobility	Chest Stretch	4	3 x 2-3 seconds
2A	Lower Pull	SL Romanian Deadlift	3	12-20 each (Bodyweight)
2B	Mobility	Supine Ham Stretch	3	3 x 2-3 seconds
3A	Rotational Stability	Plank	3	1 minute
3B	Abdominal Flexion	Bicycle Crunch	3	25 (4 count)
4	Bodyweight	Shoulder Pushups	3	12-20
5	Lower Pull	Sliding Leg Curl	3	12-20
6	Abdominal Flexion	Sit Ups	3	20-40
7	Horizontal Upper Push	Diamond Pushups	3	12-25
8	Lower Pull	SL Glute Bridge	3	12-20 each
9	Rotational Stability	Lateral Plank	3	30 seconds each
Tue				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Vertical Upper Pull	Neutral Grip Pull Ups	4	6-15
1B	Mobility	A-Frame T-Spine Rot	4	20 seconds/ side
2A	Lower Push	Walking Lunge	3	12-20 each
2B	Mobility	Quad Stretch	3	2x 2 seconds each
3A	Rotational Stability	High Plank Bird Dogs	3	10 each
3B	Abdominal Flexion	Cross Knee Crunch	3	15 each
4	Horizontal Upper Pull	Underhanded Inverted Row	3	12-20
5	Lower Push	Lateral Lunge	3	12-20 each
6	Abdominal Flexion	Hanging Leg Lifts	3	12-20
7	Isolated	Suspension Trainer Biceps Curl	3	12-20
8	Bodyweight	Bodyweight Squat	3	12-20
9	Rotational Stability	SA Plank	3	20 seconds each

Thur				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Pull	Glute Bridge	4	12-20
1B	Mobility	Foam Roll	4	20 seconds
2A	Bodyweight	Feet Elevated Pushups	3	12-20 each
2B	Mobility	Wall Slides	3	4
3A	Rotational Stability	SL Plank	3	30 seconds each
3B	Abdominal Flexion	Dead Bugs	3	10 each
4	Lower Pull	Suspension Trainer Leg Curl	3	12-20
5	Horizontal Upper Push	Suspension Trainer Pushup	3	12-20
6	MRT	Cross-Body Mountain Climbers	3	15 (4 Count)
7	Lower Pull	Nordic Hamstring Curl	3	12-20
8	Isolated	Dips	3	12-20
9	Bodyweight	Plank High Knee	3	12-20 each
Fri				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Push	Squat Jump	4	12-20
1B	Mobility	Knee Hugs	4	3x 2-3 seconds each
2A	Horizontal Upper Pull	T- Pulls	3	12-20
2B	Mobility	Lat Stretch	3	20 seconds
3A	Rotational Stability	Lateral Plank w/ hip Abduction	3	10/ side
3B	Abdominal Flexion	Knees to Elbow	3	10
4	Lower Push	Box Blasts	3	10 each
5	Vertical Upper Pull	Pull Ups	3	6-15
6	Bodyweight	Spiderman Crawl	3	10 each
7	Lower Push	RFE Split Squat	3	12-20
8	Bodyweight	Chin Ups	3	6-15
9	Rotational Stability	Body Saw	3	12-20

Week 4 Pre-Accession Calisthenics Program

Week 4 Pre-Accession Calisthenics Program				
Mon				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Pull	Nordic Hamstring Curl	4	12-20
1B	Mobility	Cross Legged Toe Touch	4	3 each
2A	Horizontal Upper Push	Pushups	3	12-20
2B	Mobility	Chest Stretch	3	3ea
3A	Rotational Stability	SL Plank	3	30 seconds each
3B	Abdominal Flexion	V-Ups	3	10
4	Lower Pull	SL Glute Bridge	3	12-20ea
5	Bodyweight	Shoulder Circles	3	12-20 each direction
6	Abdominal Flexion	Hip Pops	3	15-20
7	Lower Pull	Sliding Leg Curl	3	12-20
8	Horizontal Upper Push	Diamond Pushups	3	12-20
9	Rotational Stability	Plank w/ Leg Abduction	3	12-20 each side
Tue				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Lower Push	Reverse Lunge	4	12-20
1B	Mobility	Butterfly Stretch	4	3
2A	Vertical Upper Pull	Alternating Grip Pull Ups	3	6-12 each
2B	Mobility	Lat Stretch	3	3 each
3A	Rotational Stability	Plank Reaches	3	10 each
3B	Abdominal Flexion	Sit Ups	3	30
4	Lower Push	Bench Step-Ups	3	15-20 each
5	Bodyweight	SA ST Inverted Row	3	12-20 each
6	Abdominal Flexion	Knees to Elbow	3	10-20
7	Isolated	Suspension Trainer Biceps Curl	3	12-20 each
8	Lower Push	Lateral Step Up	3	15-20 each
9	Abdominal Flexion	Hanging Leg Lifts	3	10-15

Thur				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Vertical Upper Push	Handstand Pushups	4	6-15
1B	Mobility	Shoulder Mobility	4
2A	Lower Pull	SL Glute Bridge	3	12-20 each
2B	Mobility	3 Position Toe Touch	3	5
3A	Rotational Stability	SL Plank	3	45 sec each leg
3B	Abdominal Flexion	Hip Pops	3	12-20
4	Horizontal Upper Push	Plyometric Pushups	3	12-20
5	Lower Pull	Sliding Leg Curl	3	12-20
6	MRT	Mountain Climbers	3	15 (4 count)
7	Isolated	Dips	3	12-20
8	Lower Pull	SL Romanian Deadlift	3	12-20 each
9	Abdominal Flexion	Bicycle Crunch	3	20 (4 count)
Fri				
Order	Movement Pattern	Exercise	Sets	Reps
1A	Horizontal Upper Pull	Inverted Row	4	12-20
1B	Mobility	Cross Body Shoulder Stretch	4	3 each
2A	Lower Push	Split Squat	3	12-20
2B	Mobility	RFE Quad Hip Flexor Stretch	3	3 each
3A	Rotational Stability	SA Plank	3	45 sec each arm
3B	Abdominal Flexion	Leg Lifts	3	12-20
4	Vertical Upper Pull	Chin Ups	3	12-20
5	Lower Push	Squat Jump	3	12-20
6	Bodyweight	Flutter Kicks	2	25 (4 count)
7	Isolated	Suspension Trainer Biceps Curl	3	12-20
8	Lower Push	Lateral Lunge	3	12-20 each
9	Rotational Stability	Lateral Plank w/ hip Abduction	3	12-20 each

Week 5 Pre-Accession Calisthenics Program

Mon				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Pushups	4	20-30
1B	Circuit 1	ST Leg Curls	4	10-20
1C	Circuit 1	Mountain Climbers	4	15 (4 Count)
2A	Circuit 2	Shoulder Pushups	3	15-20
2B	Circuit 2	Glute Marches	3	10 each
2C	Circuit 2	Unsupported Sit Ups	3	20-30
3A	Circuit 3	Sphinx Pushups	4	10-15
3B	Circuit3	Up Downs	4	10
3C	Circuit3	Lateral Plank	4	45 seconds each
Tues				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Pull Ups	4	6-15
1B	Circuit 1	Bodyweight Squats	4	10-15
1C	Circuit 1	V Ups	4	15
2A	Circuit 2	ST T-Pull	3	10-15
2B	Circuit 2	Alternating Plyo Split Squat	3	10 each
2C	Circuit 2	Plank Reaches	3	10 each
3A	Circuit 3	Chin Ups	4	6-15
3B	Circuit3	Lateral Lunges	4	10 each
3C	Circuit3	Bicycles	4	25 (4 Count)

Thurs				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Nordic Hamstring Curl	4	10
1B	Circuit 1	Feet Elevated Pushups	4	15-30
1C	Circuit 1	Knees to Elbow	4	10
2A	Circuit 2	SL Romanian Deadlift	3	10 ea
2B	Circuit 2	Shoulder Circles	3	10 each (4 Count)
2C	Circuit 2	Plank	3	1 min 30 seconds
3A	Circuit 3	Burpees	4	10
3B	Circuit3	Mountain Climbers	4	10 (4 Count)
3C	Circuit3	Flutter Kicks	4	25 (4 Count)
Fri				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Lunges	4	10 each
1B	Circuit 1	ST Inverted Row	4	10-15
1C	Circuit 1	SA Plank	4	30 Seconds each
2A	Circuit 2	Low Lateral Shuffle	3	30 Yards each
2B	Circuit 2	Neutral Grip Pull Ups	3	6-15
2C	Circuit 2	Lateral V-Ups	3	15 each
3A	Circuit 3	Step Ups	4	10 each
3B	Circuit3	I's, Y's T's	4	10 each
3C	Circuit3	Hanging Leg Raises	4	15

Week 6 Pre-Accession Calisthenics Program

Mon				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Feet Elevated Pushups	4	20-30
1B	Circuit 1	Low Lateral Shuffle	4	30 Yards each
1C	Circuit 1	Cross Knee Crunch	4	20 each
2A	Circuit 2	Shoulder Pushups	3	15-20
2B	Circuit 2	SL Sliding Leg Curls	3	10 each
2C	Circuit 2	Flutter Kicks	3	30 (4 Count)
3A	Circuit 3	ST Pushups	4	20-30
3B	Circuit3	Sit Ups	4	30
3C	Circuit3	SL Glute Bridge	4	10 each
Tues				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Wide Grip Pull Ups	4	6-15
1B	Circuit 1	Lunges	4	15 each
1C	Circuit 1	Lateral Plank w/ Hip Abduction	4	15 each
2A	Circuit 2	Inverted Row	3	10-15
2B	Circuit 2	Invisible Chair	3	45 sec
2C	Circuit 2	SA Plank	3	45 sec each
3A	Circuit 3	ST Bicep Curls	4	10-15
3B	Circuit3	Bodyweight Squats	4	10 each
3C	Circuit3	Bicycles	4	25 (4 Count)

Thurs				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Nordic Hamstring Curl	4	10
1B	Circuit 1	Pushups	4	20-30
1C	Circuit 1	Knees to Elbow	4	10
2A	Circuit 2	Glute Bridge Hold	3	1 Min
2B	Circuit 2	Handstand Pushups	3	6-15
2C	Circuit 2	Unsupported Sit Ups	3	30-40
3A	Circuit 3	SL ST Leg Curls	4	10 each
3B	Circuit3	Cross Body Mountain Climbers	4	10 (4 Count)
3C	Circuit3	Pushups	4	20-30
Fri				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Squat Jumps	4	15
1B	Circuit 1	ST T-Pull	4	10-15
1C	Circuit 1	V-Ups	4	15
2A	Circuit 2	Lateral Lunges	3	15 each
2B	Circuit 2	Pull Ups	3	6-15
2C	Circuit 2	Plank Reaches	3	15 each
3A	Circuit 3	Step Ups	4	10-15 each
3B	Circuit3	SA ST Row	4	10 each
3C	Circuit3	Hanging Leg Raises	4	15

Week 7 Pre-Accession Calisthenics Program

Week 7 Pre-Accession Calisthenics Program				
Mon				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Pushups	4	30-50
1B	Circuit 1	ST Leg Curls	4	10-20
1C	Circuit 1	Mountain Climbers	4	15 (4 Count)
2A	Circuit 2	Shoulder Pushups	3	15-25
2B	Circuit 2	Glute Marches	3	10 each
2C	Circuit 2	Unsupported Sit Ups	3	30-50
3A	Circuit 3	Sphinx Pushups	4	10-20
3B	Circuit3	Up Downs	4	10
3C	Circuit3	Lateral Plank	4	1 min each
Tues				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Pull Ups	4	6-15
1B	Circuit 1	Bodyweight Squats	4	10-15
1C	Circuit 1	V Ups	4	15
2A	Circuit 2	ST T-Pull	3	10-15
2B	Circuit 2	Alternating Plyo Split Squat	3	20 each
2C	Circuit 2	Plank Reaches	3	15 each
3A	Circuit 3	Chin Ups	4	6-15
3B	Circuit3	Lateral Lunges	4	10 each
3C	Circuit3	Bicycles	4	30 (4 Count)

Thurs				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Nordic Hamstring Curl	4	15
1B	Circuit 1	Feet Elevated Pushups	4	20-30
1C	Circuit 1	Knees to Elbow	4	15
2A	Circuit 2	SL Romanian Deadlift	3	10 each
2B	Circuit 2	Shoulder Circles	3	10 each (4 Count)
2C	Circuit 2	Plank	3	2 min
3A	Circuit 3	Burpees	4	10
3B	Circuit3	Mountain Climbers	4	10 (4 Count)
3C	Circuit3	Flutter Kicks	4	40 (4 Count)
Fri				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Lunges	4	10 each
1B	Circuit 1	ST Inverted Row	4	15-20
1C	Circuit 1	SA Plank	4	45 seconds each
2A	Circuit 2	Low Lateral Shuffle	3	30 Yards each
2B	Circuit 2	Neutral Grip Pull Ups	3	6-15
2C	Circuit 2	Lateral V-Ups	3	15 each
3A	Circuit 3	Step Ups	4	10 each
3B	Circuit3	I's, Y's T's	4	10 each
3C	Circuit3	Hanging Leg Raises	4	15

Week 8 Pre-Accession Calisthenics Program

Mon				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Feet Elevated Pushups	4	20-40
1B	Circuit 1	Low Lateral Shuffle	4	30 Yards each
1C	Circuit 1	Cross Knee Crunch	4	25 each
2A	Circuit 2	Shoulder Pushups	3	20-25
2B	Circuit 2	SL Sliding Leg Curls	3	10 each
2C	Circuit 2	Flutter Kicks	3	30 (4 Count)
3A	Circuit 3	ST Pushups	4	20-30
3B	Circuit3	Sit Ups	4	30
3C	Circuit3	SL Glute Bridge	4	10 each
Tues				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Wide Grip Pull Ups	4	6-15
1B	Circuit 1	Lunges	4	15 each
1C	Circuit 1	Lateral Plank w/ Hip Abduction	4	15 each
2A	Circuit 2	Inverted Row	3	15-20
2B	Circuit 2	Invisible Chair	3	45 sec
2C	Circuit 2	SA Plank	3	45 sec each
3A	Circuit 3	ST Bicep Curls	4	15-20
3B	Circuit3	Bodyweight Squats	4	15
3C	Circuit3	Bicycles	4	25 (4 Count)

Thurs				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Nordic Hamstring Curl	4	15
1B	Circuit 1	Pushups	4	30-50
1C	Circuit 1	Knees to Elbow	4	15
2A	Circuit 2	Glute Bridge Hold	3	1 Min
2B	Circuit 2	Handstand Pushups	3	6-15
2C	Circuit 2	Unsupported Sit Ups	3	40-50
3A	Circuit 3	SL ST Leg Curls	4	10 each
3B	Circuit3	Cross Body Mountain Climbers	4	10 (4 Count)
3C	Circuit3	Pushups	4	20-30
Fri				
Order	Supersets	Exercise	Sets	Reps
1A	Circuit 1	Squat Jumps	4	15
1B	Circuit 1	ST T-Pull	4	10-15
1C	Circuit 1	V-Ups	4	15-20
2A	Circuit 2	Lateral Lunges	3	15 each
2B	Circuit 2	Pull Ups	3	6-15
2C	Circuit 2	Plank Reaches	3	15 each
3A	Circuit 3	Step Ups	4	10-15 each
3B	Circuit3	SA ST Row	4	10 each
3C	Circuit3	Hanging Leg Raises	4	15

