



GOLD MEDAL BODIES

**FLOOR ONE
PROGRAM CHARTS**

GMB Floor One - Program Charts

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PROGRAM CHARTS

Our Floor One program includes two levels - Beginner and Intermediate. Both levels of Floor One include four phases, arranged in a 14 week program.

For your convenience, we've included weekly charts for a complete 3.5 month cycle through the program. Work and rest days are included.

PROGRESSION

Without continually increasing the “difficulty” of a workout, it ceases to challenge your body. Since this challenge is responsible for the adaptation that results in increased strength, we want to make sure we keep progressing as the movements become easier.

Most phases of this program include variable ranges for the actual numbers of repetitions and sets as well as rest periods to be performed. We suggest you use the lowest number of both sets and reps and take the maximum rest for your first session of each phase. From Session 2, you may begin to add progressively more work.

How do you know when you're ready to add more work? The key is to monitor your **RPT**, **RPE**, and **RPD**, which we're sure you're familiar with since you read the manual (right?). When your RPT is above 8, RPE drops below 6, and RPD remains under 3, you are ready to step it up.

Depending on how big a jump you want to make for your next session, you can increase the number of reps or sets - it's really up to you.

Monitoring these levels is so important that we've included a space on the program charts that follow for you to record them after each session.

Finally, we caution you not to progress too quickly. Moving too fast is a common cause of injury and stunted progress. Truly, baby steps are sometimes the fastest way forward, and we encourage you to take your time mastering each technique. Remember that **skill** is our main variable here, so increasing your RPT should always be your primary focus.

EVALUATION

As you progress, it will be important to continually reevaluate your performance so you can measure your progress and notice any errors in form you need to improve.

We've included one such test at Week 5 to gauge your strength. We also recommend periodically taking video of your sessions and comparing your form with the video tutorials.

The best times for video review are during Weeks 3, 7, 11, and 14.

HOW TO USE THESE CHARTS

Not so fast! Before you jump into the program, please take a minute to familiarize yourself with how we've structured the program charts.

As mentioned earlier, Floor One includes two levels: Beginner and Intermediate. These are then divided into the four phases for each level.

The charts on the following pages are designed to be printed out and carried with you to your training sessions. If you have a dedicated training space, you can simply tape the week's chart up on your wall.

As you work through each phase, print out a chart for each week, and be sure to keep track of your RPT, RPE, and RPD. (Yes, it is that important so we're repeating it again). Some charts will be used more than once, so print multiple copies according to the schedule below.

- ★ **Chart A - Phase 1A**
 - Use on weeks 1 - 4
- ★ **Chart B - Phase 1B**
 - Use on week 5
- ★ **Chart C - Phase 2**
 - Use on weeks 6 - 9
- ★ **Chart D - Phase 3**
 - Use on weeks 10 - 12
- ★ **Chart E - Phase 4A**
 - Use on week 13
- ★ **Chart F - Phase 4B**
 - Use on week 14

DAILY TRAINING CHARTS - BEGINNER

Chart A - Beginner - Phase 1A [GOAL = STRENGTH BUILDING]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CROW HOLDS - FRONT SCALE HOLDS - HANDSTAND HOLDS ON WALL <p>Do: 10 sec. hold x 6 sets for each hold. Progress to one set of 60 sec. for each.</p>	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FRONT SCALE LEG LIFTS - TRIPOD EXTENSIONS <p>Do: 3 - 5 reps. x 6 - 10 sets with 90 sec. rest between sets, for each.</p> <ul style="list-style-type: none"> • Cool Down Stretches 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Conditioning Work: <ul style="list-style-type: none"> - SUPERSET A - INVERTED PRESS WITH SHRIMP SQUATS - SUPERSET B - REVERSE PUSHUPS WITH JUMP TUCK SQUATS <p>Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each.</p>	<ul style="list-style-type: none"> - SUPERSET C - HOLLOW BODY HOLDS WITH SUPERMAN HOLDS <p>Do: 10 - 30 sec. holds x 3 - 5 sets with 2 min. rest.</p> <ul style="list-style-type: none"> • Cool Down Stretches 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 	<ul style="list-style-type: none"> • [Week 3 Only: Video your final set of each exercise and compare with the tutorials] 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 	<ul style="list-style-type: none"> • [Week 3 Only: Video your final set of each exercise and compare with the tutorials] 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SUNDAY (REST DAY - TAKE A BREAK!)		

Week **1** **2** **3** **4** (circle one)

Chart B - Beginner - Phase 1B [GOAL = STRENGTH TEST]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CROW HOLDS - FRONT SCALE HOLDS <p>Do: Hold each pose for 60 sec.</p>	<ul style="list-style-type: none"> • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Conditioning Work: <ul style="list-style-type: none"> - INVERTED PRESS (10 REPS) - SHRIMP SQUATS (10 REPS EACH LEG) - REVERSE PUSHUPS (10 REPS) 	<ul style="list-style-type: none"> - JUMP TUCK SQUATS (10 REPS) - HOLLOW BODY HOLD (10 SEC.) - SUPERMAN HOLD (10 SEC.) <p>Do: Perform this circuit with no breaks between exercises. 60 sec. rest between circuits. Complete up to 5 circuits.</p> <ul style="list-style-type: none"> • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Stretch Test: <ul style="list-style-type: none"> - FORWARD FOLD - PANCAKE 	<ul style="list-style-type: none"> - FRONT SPLITS (BOTH SIDES) - SIDEBENDING IN PANCAKE - BRIDGE <p>Do: Hold each stretch for 60 sec.</p>	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 		RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart C - Beginner - Phase 2 [GOAL = SKILL BUILDING]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - SINGLE LEG JUMP PIROUETTE LEG SWITCH TO BACK SCALE - TWO LEG 180 JUMP TO RIGHT LEG FRONT SCALE, THEN REVERSE TO LEFT LEG FRONT SCALE Do: 3 - 5 reps x 6 - 10 sets with 90 sec. rest. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - 90 DEGREE JUMP LUNGES IN ONE DIRECTION, THEN TO OPPOSITE DIRECTION Do: One round x 3 - 5 sets with 2 min. rest. - FRONT SCALE TO BACK SCALE (REPEAT EACH SIDE) Do: 1 rep. x 3 - 5 sets, perform SLOWLY • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CARTWHEEL TO OPPOSITE SIDE CARTWHEEL - FRONT ROLL TO KNEELING, KNEELING TO BACK ROLL Do: 3 - 5 reps. x 6 - 10 sets with 90 sec. rest. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - CANDLESTICK Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - BRIDGE WORK Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CROW TO TRIPOD EXTENSION Do: 3 - 5 reps. x 6 - 10 sets each side, with 90 sec. rest between sets. - DOUBLE ARM LEVER Do: One 5 sec. hold x 6 - 10 sets with 90 sec. rest between sets. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - HOLLOW BODY PUSHUPS WITH SUPERMAN RAISES Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - HANDSTAND HOLDS Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest. - HOLLOW BODY HOLD Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 	<ul style="list-style-type: none"> • [Week 7 Only: Video your final set of each exercise and compare with the tutorials] 	RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 	<ul style="list-style-type: none"> • [Week 7 Only: Video your final set of each exercise and compare with the tutorials] 	RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 	<ul style="list-style-type: none"> • [Week 7 Only: Video your final set of each exercise and compare with the tutorials] 	RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Week 6 7 8 9 (circle one)

Chart D - Beginner - Phase 3 [GOAL = FLOW ACQUISITION]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part A of the Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - SUPERSET A - INVERTED PRESS WITH BRIDGE UPS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - SUPERSET B - HOLLOW BODY HOLD WITH SUPERMAN HOLD Do: 10 - 30 sec. hold x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part B of the Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part C of the Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - REVERSE PUSHUPS - CROW TO TRIPOD EXTENSION Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 	<ul style="list-style-type: none"> • [Week 11 Only: Video your final set of each exercise and flow and compare with the tutorials] 	RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 	<ul style="list-style-type: none"> • [Week 11 Only: Video your final set of each exercise and flow and compare with the tutorials] 	RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 	<ul style="list-style-type: none"> • [Week 11 Only: Video your final set of each exercise and flow and compare with the tutorials] 	RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart E - Beginner - Phase 4A [GOAL = FLOW MASTERY]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part A of the Flow for 5 min. - Do: Part B of the Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - SUPERSET A - INVERTED PRESS WITH BRIDGE UPS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - SUPERSET B - HOLLOW BODY HOLD WITH SUPERMAN HOLD Do: 10 - 30 sec. hold x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part B of the Flow for 5 min. - Do: Part C of the Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part C of the Flow for 5 min. - Do: Part A of the Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - REVERSE PUSHUPS - CROW TO TRIPOD EXTENSION Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 		RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart F - Beginner - Phase 4B [GOAL = FLOW MASTERY]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Cool Down Stretches • Video Review: Video your session and compare with the tutorials 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Cool Down Stretches 	RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

DAILY TRAINING CHARTS - INTERMEDIATE

Chart A - Intermediate - Phase 1A [GOAL = STRENGTH BUILDING]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CRANE HOLDS - FRONT SCALE HOLDS - HANDSTAND HOLDS ON WALL (FACING OUTWARD) <p>Do: 10 sec. hold x 6 sets for each hold. Progress to one set of 60 sec.</p>	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FRONT SCALE LEG LIFTS - BENT ARM HOLD EXTENSIONS <p>Do: 3 - 5 reps. x 6 - 10 sets with 90 sec. rest between sets.</p> <ul style="list-style-type: none"> • Cool Down Stretches 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Conditioning Work: <ul style="list-style-type: none"> - SUPERSET A - JUMP TO BENT ARM NEGATIVE PRESS WITH SHRIMP SQUATS - SUPERSET B - REVERSE PUSHUPS WITH JUMP TUCK SQUATS <p>Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each.</p>	<ul style="list-style-type: none"> - SUPERSET C - HOLLOW BODY HOLDS WITH SUPERMAN HOLDS <p>Do: 10 - 30 sec. holds x 3 - 5 sets with 2 min. rest.</p> <ul style="list-style-type: none"> • Cool Down Stretches 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 	<ul style="list-style-type: none"> • [Week 3 Only: Video your final set of each exercise and compare with the tutorials] 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 	<ul style="list-style-type: none"> • [Week 3 Only: Video your final set of each exercise and compare with the tutorials] 	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SUNDAY (REST DAY - TAKE A BREAK!)		

Week 1 2 3 4 (circle one)

Chart B - Intermediate - Phase 1B [GOAL = STRENGTH TEST]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CRANE HOLD - FRONT SCALE HOLD <li style="padding-left: 40px;">Do: Hold each pose for 60 sec. - FREESTANDING HANDSTAND <li style="padding-left: 40px;">Do: Hold pose for as long as you can. 	<ul style="list-style-type: none"> • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Conditioning Work: <ul style="list-style-type: none"> - JUMP TO BENT ARM NEGATIVE PRESS (10 REPS) - SHRIMP SQUATS (10 REPS EACH LEG) - REVERSE PUSHUPS (10 REPS) 	<ul style="list-style-type: none"> - JUMP TUCK SQUATS (10 REPS) - HOLLOW BODY HOLD (10 SEC.) - SUPERMAN HOLD (10 SEC.) <li style="padding-left: 20px;">Do: Perform this circuit with no breaks between exercises. 60 sec. rest between circuits. Complete up to 5 circuits. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Stretch Test: <ul style="list-style-type: none"> - FORWARD FOLD - PANCAKE 	<ul style="list-style-type: none"> - FRONT SPLITS (BOTH SIDES) - SIDEBENDING IN PANCAKE - BRIDGE <li style="padding-left: 20px;">Do: Hold each stretch for 60 sec. 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 		RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart C - Intermediate - Phase 2 [GOAL = SKILL BUILDING]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - SINGLE LEG JUMP PIROUETTE LEG SWITCH TO BACK SCALE (DON'T LET LEG TOUCH GROUND) - TWO LEG JUMP WITH 360 DEGREE ROTATION TO RIGHT LEG FRONT SCALE, THEN IMMEDIATELY REPEAT TO LEFT LEG FRONT SCALE <p>Do: 3 - 5 reps x 6 - 10 sets with 90 sec. rest.</p>	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - 90 DEGREE JUMP LUNGES IN ONE DIRECTION, THEN TO OPPOSITE DIRECTION • Cool Down Stretches <p>Do: One round x 3 - 5 sets with 2 min. rest.</p> <p>Do: 1 rep. x 3 - 5 sets, perform SLOWLY</p>	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CARTWHEEL TO OPPOSITE SIDE CARTWHEEL - FRONT ROLL TO SQUAT JUMP, SQUAT DOWN TO BACK ROLL EXTENSION <p>Do: 3 - 5 reps. x 6 - 10 sets with 90 sec. rest.</p>	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - CANDLESTICK - BRIDGE WORK • Cool Down Stretches <p>Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest.</p> <p>Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest.</p>	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - CRANE TO BENT ARM EXTENSION - DOUBLE ARM LEVER <p>Do: 3 - 5 reps. x 6 - 10 sets each side, with 90 sec. rest between sets.</p> <p>Do: One 5 sec. hold x 6 - 10 sets with 90 sec. rest between sets.</p>	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - HOLLOW BODY PUSHUPS WITH SUPERMAN RAISES - HANDSTAND HOLDS (FREESTANDING) - HOLLOW BODY HOLD • Cool Down Stretches <p>Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest.</p> <p>Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest.</p> <p>Do: 6 - 10 reps. x 1 set. 10 sec. on, 10 sec. rest.</p>	<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		<p>RPE:</p> <p>RPD:</p> <p>RPT:</p>
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart D - Intermediate - Phase 3 [GOAL = FLOW ACQUISITION]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part A of the Intermediate Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - SUPERSET A - JUMP TO BENT ARM NEGATIVE PRESS WITH BRIDGE UPS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - SUPERSET B - HOLLOW BODY HOLD WITH SUPERMAN HOLD Do: 10 - 30 sec. hold x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part B of the Intermediate Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part C of the Intermediate Flow for 10 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - REVERSE PUSHUPS - CRANE TO BENT ARM EXTENSION Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part B of the Intermediate Flow for 5 min. - Do: Part C of the Intermediate Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart E - Intermediate - Phase 4A [GOAL = FLOW MASTERY]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part A of the Intermediate Flow for 5 min. - Do: Part B of the Intermediate Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - SUPERSET A - JUMP TO BENT ARM NEGATIVE PRESS WITH BRIDGE UPS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - SUPERSET B - HOLLOW BODY HOLD WITH SUPERMAN HOLD Do: 10 - 30 sec. hold x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part B of the Intermediate Flow for 5 min. - Do: Part C of the Intermediate Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Part C of the Intermediate Flow for 5 min. - Do: Part A of the Intermediate Flow for 5 min. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - REVERSE PUSHUPS - CRANE TO BENT ARM EXTENSION Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Repeat Monday's Workout 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Repeat Tuesday's Workout 		RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Repeat Wednesday's Workout 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		

Chart F - Intermediate - Phase 4B [GOAL = FLOW MASTERY]

MONDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - SUPERSET A - JUMP TO BENT ARM NEGATIVE PRESS WITH BRIDGE UPS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. - SUPERSET B - HOLLOW BODY HOLDS WITH SUPERMAN HOLDS Do: 10 - 30 sec. hold x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
TUESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
WEDNESDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - REVERSE PUSHUPS - CRANE TO BENT ARM EXTENSION Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest, for each. • Cool Down Stretches 	RPE: RPD: RPT:
THURSDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
FRIDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Skill Work: <ul style="list-style-type: none"> - Do: Perform the entire Flow for 10 minutes. 	<ul style="list-style-type: none"> • Conditioning Work <ul style="list-style-type: none"> - FREESTANDING HANDSTAND TO LEG SWITCH WITH JUMP TUCK SQUATS Do: 7 - 12 reps. x 3 - 5 sets with 2 min. rest. • Cool Down Stretches 	RPE: RPD: RPT:
SATURDAY		
<ul style="list-style-type: none"> • Warm Up Sequence • Flexibility: <ul style="list-style-type: none"> - Do: GMB Flexibility Module 		RPE: RPD: RPT:
SUNDAY (REST DAY - TAKE A BREAK!)		