

Ready to Press those P-Bars?

Cool. We know you're excited and ready to get moving ASAP. Here's how you can get the most out of this course:

- ◆ Firstly, please read the manual. We included it for a reason: you need it! Skim over it the first time as you watch through the videos and then make sure to read the details before you begin the workouts.
- ◆ We've tried only to include the theory you absolutely need in this document, so it's not nearly as long as it could have been. Understanding this material will mean the difference between just seeing the video demonstrations and really understanding how to practice the exercises. Simply: grokking this small amount of training theory will ensure that you get the results you want.
- ◆ You'll find a program outline in this manual and full charts of the entire program in the appendix comprising the last 40 pages or so.
- ◆ If you have questions or concerns, READ THE MANUAL! The answers to most questions are included in the text, so please make sure to read it again (you might even learn something!) before sending us an email. We also recommend re-reading the manual and watching the exercise instruction at least once per training phase (roughly once or twice a month) to refresh your memory; you'll also understand the performance points better with each return to the text.

If you follow these guidelines, we're sure you'll be pleased with your progress on Parallettes One.

So go ahead and grab yourself a cold beverage, fire up your video player, and sit back to read over the information herein. Here's to skill and strength!



GOLD MEDAL BODIES

**PARALLETTES
ONE**

Parallettes One Training Manual

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Please be sure to thoroughly read the instructions for all exercises in this course, paying particular attention to all cautions and warnings shown to ensure safety.

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THE GOLD MEDAL BODIES CURRICULUM

Welcome to the Parallettes One course. This program is part of the Gold Medal Bodies (GMB) curriculum, where our goal is to provide accessible gymnastic style training to everyone from the person just starting to work out, to the seasoned athlete who wants to get that extra edge in performance. For those who have purchased the Rings One course, this might seem a little familiar! For those that are just starting in the GMB training method, Rings One is our flagship program designed to provide the total GMB experience of full body training for total practical strength.

What makes our system unique compared to the various other programs out there? First is the background of the authors. With a diverse and detailed laundry list of gymnastic, martial-art, rehabilitative, performance-enhancement, and health qualifications, our experience lends itself to a different approach to training from your average program.

As such, we have different goals and expectations for results when we develop our curriculum.

FIVE TRAINING TRUTHS

1. Fitness is a skill.
2. Size without strength is a shame.
3. Strength without skill is a waste.
4. Being tough isn't always enough.
5. Training is goal-specific.

GMB programs are organized around progressively challenging techniques and routines (what we like to call "flows"). These training sessions were designed to help you develop high levels of practical strength. By "practical," we mean the full body strength we can use in everyday and recreational activities, not just in lifting a heavy weight up and down several times, or repeating the same movement over and over again.

Our definition of fitness is the capability to perform well in your chosen activities. What do you like to do? Shoot hoops a couple times a week? Get outside and go hiking on the weekends? Or simply play with your kids without tiring out or pulling something? Whatever way you choose to spend your free time, you want your body to be able to keep up with you. You've heard the line that "the spirit is willing, but the flesh is weak"? Well, we're here to get your body moving to wherever your spirit wants to go. Why? Because that is exactly what we want for ourselves and what we like to train for – and we believe that is what you want, too.

In our GMB Manifesto (which you can download from www.goldmedalbodies.com), we presented our overriding philosophy of training, and we also made a few promises. Two of those promises are directly applicable here:

- ◆ **Promise Number One:** You will improve your fitness level for doing the things you love to do. You'll develop skills and strength that seemed nearly impossible when you first started. You'll develop control and precision. You'll develop a greater sense of your body and what it's capable of and apply these skills in everything you do.

- ◆ **Promise Number Two:** You will love your body. Whether or not you ever actually win a gold medal in anything, you'll know that your body is worthy of the distinction. You may never have a six pack or bulging pecs, but you'll most definitely have the confidence that comes from knowing your abilities and your limits. Limits are okay when you know you're expanding them. They're okay when you know that your body is working for – and not against – you.

When your skills improve with every workout, how much you can lift will become irrelevant. You'll soon stop comparing your "scores" and "numbers" with others; instead, you will truly be proud of what you can do with your body.

We are so happy you've chosen to accompany us on this journey, and we believe you will gain so much from it because we've found so much benefit from this type of training ourselves. We are excited to share our concepts with as many people as possible.

Thank you for joining the **Gold Medal Bodies** posse!

INTRODUCTION TO PARALLETTES ONE

Congratulations and welcome to **Gold Medal Bodies Parallettes One!**

While our Rings One course represents a complete full body program (yes even legs!), this parallettes (P-bars for short) program emphasizes the upper body pressing muscles and core/trunk strength. For those that have gone through the Rings One programming, this will build upon the foundation training you've received from that coursework and get you to that next level of practical pressing strength. And for those just getting started in GMB work, the progressive complexity of these unique exercises will take you much further than the regular bench press and dip training out there.

In this course, we will lead you step by step and show you a strenuous, but fun, method of learning some serious gymnastic skills. With correct practice and due diligence, you will move your body through a variety of calculated motions, and in the process develop high levels of strength, grace, and poise.

These detailed programs were designed to take you from the most basic starting point to impressive skills that you will hardly believe you can do in just three short months. From warmup, to the main program exercises, to the cool-down, you will be engaging in serious training for serious results.

COURSE EXPECTATIONS

In all of our GMB courses, we emphasize the development of particular gymnastic skills. You will start with fundamental exercises that build a base level of strength, then move on to component level movements that incorporate a variety of angles and torques to use those new base strengths in different movement patterns, then finally on to the chosen gymnastic skills themselves.

This is most likely very different from your current training regimen, whether it be primarily for cardiovascular or muscle endurance (running, rowing, circuit type work, etc.), or strength training with different tools (barbells, dumbbells, kettlebells, clubbells, etc.). With these methods, you generally work a few movements and progress via weight, volume (reps, sets), or density (amount of work in a given time), and these are all very valid methods of training. However, our methods have been proven to work for us and our clients as well, so we ask that you give our training protocols a fair trial and follow the programs in the course for their duration. We promise you'll be glad you did!

As with any new exercise movement, you'll most likely feel a period of awkwardness when you first start, and that's okay. It just means that your body is experiencing a very new stimulus, and that is just what you need to invigorate your mind, body, and spirit. This will take you forward to remarkable gains in strength and athletic performance.

USING THE MANUAL AND VIDEOS

This manual outlines the course programming with all of the details for implementing a training schedule, how to progress through the exercises, and key points in performance. We also outline the general theory behind the course and how it all fits together to meet your goals of practical strength and mobility.

We've designed the manual to anticipate as many of your questions as possible with as straightforward instruction and detail as possible. We hope that you will be able to turn to the manual throughout your training and obtain key points about the workout structure and progression. We advise reading through the entire manual first to get a good overview of the program. However, if you'd just like to skim through it first and get to the good stuff, you'll find that it's laid out in order to get you moving as soon as possible. The chapter with the full exercise list matches the video order on the DVDs (if you ordered the shipped version) to provide an easy reference.

The videos provide detailed instruction for every exercise and movement sequence in the program and provide the visual benchmark for proper technique and execution of the exercises. The voiceover instruction, along with onscreen text and different viewing angles of the movements, will provide the best instruction outside of having Coach Hurst right beside you. Please review the video instructions for the exercises a few times before you attempt them in your workout. You'll also find it useful to review them after your training session to compare your form to the correct performance by Coach Hurst.

And speaking of that guy...

AFTER SCHOOL SPECIAL: THE RYAN HURST STORY

by Coach Ryan Hurst

**A LONG, LONG TIME AGO, ON A PLANET FAR, FAR
AWAY...**

When I was in the fourth grade, I met a man who would change my life. Mark Folger was a physical education teacher who was employed temporarily at my elementary school. During our P.E. class, Mark would always include rope climbing, Chin-Ups, Pull-Ups, tumbling, and balance work. I didn't realize it at the time, but he was scouting our school to create a boys' gymnastics team. Mark was a former Olympic athlete, representing the United States as an alternate for the 1984 Los Angeles Olympic Men's Gymnastics team. At Oklahoma University, he roomed with Bart Conner and was very well known for his high level of skill on the parallel bars.

Mark had recently moved back to Wichita, KS, with his wife Penny and was training out of a gymnastics center in downtown Wichita. He must have thought I had something in me, because he convinced my parents to sign me up! I started training with him while in elementary school and continued all the way into my high school years. By that time Mark had his own successful gymnastics gym, Folger's Gymnastics. I was a member of the boys' team and competing under his guidance at the state and national level. Our team did very well at all the meets and we racked up on the medals. During our off season, I also competed in high school gymnastics. Since my high school team was also made

up of Folger's team, we won state and regionals every year. Mark attended all of our high school meets and I remember him always being nervous about us getting injured and not being able to return to the "real" competition.

I also remember countless early Saturday mornings when my dad would drive me all over Kansas, Oklahoma, Texas, Nebraska, Colorado, and anywhere else we had a competition that weekend. I put in a great many hours of competition along with the daily hours of practice that it took to compete at that level, and I did this all without a single major injury.

While I didn't fully appreciate it at the time, thanks to Coach Folger's incredible coaching, I was able to go into practice and competition with the confidence of being completely prepared and injury free. Mark was, and still remains, amazing at creating incredible gymnasts. He not only values the importance of garnering medals, but also of keeping his athletes healthy. I truly believe that it is because of Coach Folger that I am where I am today in my physical practice. He was the first coach that instilled the concepts and practices that have allowed me to excel at being a movement artist. I consider myself lucky to have him as a coach, friend, and mentor even to this day.

DISCOVERING CIRCULAR STRENGTH TRAINING

The summer after my senior year I had an unfortunate injury to my knee that ended my gymnastics career for good. And it wasn't an injury from gymnastics training or competition. I injured my leg while I was practicing martial arts. Martial arts, along with gymnastics, was an important part of my life. While I didn't neglect school, my priority was definitely to become the best movement artist possible.

Though my knee injury kept me from competing in gymnastics, I did continue my training as much as I could and went even deeper into my martial arts practice. After my knee surgery, I went to college and eventually completed my university studies in Japan. It was through a friend of mine that I met Scott Sonnon. At that time **Circular Strength Training** (CST) wasn't officially around, but I knew that Scott was going to be my next coach.

I remained diligent in training in martial arts for quite a long time, but it seemed like I was also searching for something else. And I found that in CST; the unique body movements and emphasis on mobility, coordination, and body control reminded me so much of both my gymnastic training and the core of what I really loved about martial arts. I slowly changed my training to the CST method and, and I was blown away by my progress in strength and performance! Eventually I travelled all the way from Japan to the United States to train with Coach Sonnon, and I worked my way through the years to eventually attain the status of Faculty Head Coach in the system.

For those unfamiliar with the system, CST has an emphasis on health-first training, with the seamless integration of joint mobility, innovative strength training methods, and compensatory/recovery through activity-specific yoga postures. This system resonated with my all of my previous training in gymnastics, martial arts, and hatha yoga (which I had already studied and taught for many years). I was amazed to find one system that had brought it all together in one place!

As I trained and consulted with Coach Sonnon over the years, I realized that CST had so much in common with the particular training style I had undergone for gymnastics.

Though very focused on performance, we also valued health and wellness, as we knew that an injured and overworked gymnast wasn't going to benefit the team!

It wasn't long before I realized that the benefits I had gained from my gymnastic training could also benefit anyone who wanted a strong and healthy body. I could also incorporate CST training and teaching methods to help make the most efficient and result-producing programs available for gymnastic-style training.

GOLD MEDAL BODIES GENESIS

Over the years I continued my own personal practice with a variety of gymnastic movements that I had chosen for their effects and efficiency. You see, as a competitive gymnast you have to practice an incredible variety of moves in order to meet certain qualifications at contests. This is why high level gymnasts spend many hours in the gym, up to six days a week! As I was no longer a competing gymnast, I didn't have to practice so many different moves, so I focused on the exercises that gave me the best results specifically for my training goals. Through my continued training in CST and analyzing what I had done throughout my training lifetime, I also came up with various methods to teach people how to perform movements even though they had no prior gymnastics background.

I would often play around with these skills during our free time at various seminars with my colleagues and students, and they would be amazed at the various "tricks" and moves I could perform on the rings, parallettes, and floor. They would pester me to teach them how to do, or work up to, the exercises. It was fun to watch them shake and struggle to perform moves that I had been doing nearly my

entire life! And it was even better to see them progress quickly through the variations and see their resulting excitement. It was like watching kids getting on a jungle gym for the first time, and I knew this is what training should be about!

Everyone was soon getting on me to teach my methods publicly and not just to those attending our seminars. Thus Gold Medal Bodies was born!

THE INTENTIONS OF THE GMB CURRICULUM

When I was a competitive gymnast, I would train Monday through Saturday up to four hours a day. There are six events in men's gymnastics, and we would split our practices to avoid working the same apparatus every day. We would do ring work, pommel horse, and floor on one day, then perform parallel bars, horizontal bar, and vault the next. We would always have full sessions of warmup stretching, warmup turns on the events, conditioning after practice, and then finally a cool down. Thinking back, I am amazed that we engaged in that incredibly high volume of work.

Nowadays, there is no way that I could train on such an intensive schedule. Nor is there any reason to. I am no longer a competitive gymnast, and although I do continue to practice gymnastic skills, I no longer consider myself a gymnast. I simply train with gymnastic movements.

To me the difference between being a gymnast and training with gymnastic movements is quite obvious. What you will learn in this manual will help you in learning particular gymnastic moves on the rings, but this is NOT a manual on how to become an Olympic gymnast! If you are interested in competing in gymnastics, I suggest that you

join a gymnastics complex and learn from a qualified coach. There is no substitute for proper instruction from a coach. They will be able to guide and teach you how to perform as a competitive gymnast and keep you from hurting yourself, which often happens when you go at it alone.

With all that aside, I know that you are interested in obtaining the strength, flexibility, physique, and remarkable movement skill of a trained gymnast, and we are here to help you!

CHAPTER ONE: PARALLETTE TRAINING THEORY

FULL UPPER BODY PRESSING

In parallette training, the raised bars do more than just provide a greater range of motion for pressing than flat on the ground. They also give you the ability to press, move, and swing your body in a variety of angles. So rather than just one or even two planes of motions that weight training provides, with P1 training there is often resistance provided through horizontal, vertical, and transverse planes.

Also, the training engages in varying weight shifts and leverages allowing you to place greater stress and resistance throughout your upper body and torso. And increased resistance translates to increased strength and muscle gain! Those already familiar with bodyweight training know that there are a variety of ways to position yourself in odd angles to place a great deal of load onto particular muscle groups. You certainly won't feel like you are missing out on the benefits of heavy barbells and dumbbells after you try some of the following exercises!

In addition, in most of the exercises on the p-bars emphasize a position named "hollow body". This position will have you engage your core muscles fully in every repetition. Don't be surprised if more than just your arms and shoulders are sore after these workouts!

We think you will be pleasantly surprised at how difficult starting these exercises will seem, even if you have been working with weights for a long time. These gymnastic style movements have helped competitive gymnasts build incredible amounts of strength and muscle, and now this

training is made available and, perhaps more importantly, accessible to you.

P1 EXERCISE CATEGORIES

BALLISTICS

This category contains exercises that have you take your body around the fixed point of the parallettes. In this form of exercise you are focusing on moving your body around your hold of the p-bars, this places a significant amount of useful resistance at your shoulder girdle because it becomes a primary axis of rotation. Rather than in common weight training methods where you are rotating at the shoulder by lifting your arm, instead with p-bars you are moving your body around your shoulders.

In addition, with ballistics the greater speed of motion adds to the rotation and torque force. You can easily see how this can provide a greater stimulus to the muscles of the shoulder girdle, leading to greater strength and muscle gain. Especially in the elbows straight positioning, which transfers most of the stimulus upwards towards your shoulders and shoulder blade muscles.

A couple of ballistic exercise examples are:

- ◆ Dive Bombers (also known as "hindu pushups")
- ◆ Mountain Climbers

PRESSES

This category contains movements that will most likely look quite familiar to you, as it emphasizes controlled, steady movements that take you from a flexed position to a straight posture. Whether simply from bent elbows to straight elbows, or from a bent hip/waist position to a full straight body position, i.e., a handstand!

A couple of examples of presses are:

- ◆ Tuck to shoulder stand
- ◆ Shoulder stand press-ups

STATIC HOLDS

This category places productive stress on your upper body and torso muscles by progressively placing your body in positions of worsening leverage. The poorer leverage creates an increased force output in the isometric contraction. This particularly affects muscles whose primary function is stabilization, and not just in the core but also in the shoulder girdle. Improving your strength in static holds provides a great foundation for the increasingly difficult transitions for the "flows" at the end of the three month programs.

Two examples of static holds in this program are:

- ◆ L-sit
- ◆ Single leg Plank position

PARALLETES ONE PROTOCOL FOR PRACTICAL FITNESS

BASE TRAINING

Just as in other types of resistance training, we must first focus on developing a certain base level of strength with a General Preparedness Program (GPP). Now, even though GPP is termed "general," proper GPP is more than just some random exercises put together to make you sweat and strain. The chosen GPP exercises are the foundation for your entire program progression and should be specific work leading to your accomplishment of the final skills.

SKILL WORK

The GPP fully prepares you for the next phase of training, Skill Acquisition Training (SAT). With SAT, we break down specific complex skills into their proper component parts. You then work on improving your form and ability in these components. Lastly, you link the components back together into the polished skill. There are a variety of options to train in this phase, but the overriding concern is identifying the correct components of a particular skill.

SAT is a necessary component for this type of training regimen; however, it is all too common that once a given skill is learned, people simply keep repeating the skill over, and over, and over, and over...

However, it doesn't (and shouldn't) have to stop there.

LEARNING FLOW

If we could choose only one aspect that separates our brand from most other training approaches, it is our emphasis on flow work. The ability to seamlessly transition from one movement to another takes high levels of strength, body

awareness, and concentration. These are all qualities that we want to develop and enhance here at Gold Medal Bodies.

The skills acquired in the SAT portion of the program are now merged together to form a parallettes flow. The performance of the skills in sequence creates a greater training effect than performing those same moves separately. The transitioning between the moves involves a higher level of concentration and coordination, and this feeds directly into greater strength gains.

We are focused on the "movements, not muscle" approach, and this emphasis is what translates the strength we gain from training the parallettes flows into usable, practical strength for all our everyday and recreational activities. Rather than just being a collection of body parts, we have a whole-body feeling of strength and power.

There is quite a bit more detail about this in the manual for Rings One. If you need further explanation about the various theories and reasonings behind the exercises and programs in the GMB Curriculum, you can find those answers there.

CHAPTER TWO: BALANCING PREPARATION, WORK, AND RECOVERY

JOINT PREPARATION

One of the hallmarks of intelligent training is a proper warmup routine. Our joints and muscles move much more smoothly when they are loosened up and primed for exercise. Optimally, you should have a warmup specific to the main exercises in your workout session, rather than a random "stretch whatever feels tight" routine.

A proper set of warmup exercises is specific to the movements you will be performing in your training. The various ranges of motion, along with what part of the body will bear the most strain in the activity, should be taken into consideration. This type of specificity is not only the most beneficial, it is also very efficient. You won't be wasting time on warmup activities that don't match what you will be doing in your workout.

Your warmup in this program emphasizes the shoulder girdle, elbows, wrists, and spine, since parallette work is essentially an upper body training regimen. It is essential that your upper body joints are well prepared for the training.

COMPENSATORY MOVEMENTS

While many programs out there now recognize the need for a specific warmup before a vigorous training session, there are still quite a few that either neglect a cool-down or just toss in a few arbitrary stretches for a couple of minutes here and there.

This neglect can lead to increased resting muscular tension, often felt as the sensation of being "tight" after a hard workout. This increased tension can accumulate and cause chronic muscle shortening and postural changes.

This cool-down flow sequence hits all of the proper compensatory positions for the various parallette exercises in our program.

This specific work after the intense training is another distinct feature of the GMB programs, and it is a major part of our philosophy of training properly to not only have optimal performance but also decrease our risk of injury. We can't progress when we are injured!

P-BARS WARM-UP

Please refer to the videos for thorough explanations, but this is the sequence of movements for our warm-up.

- ◆ Elbow Drives (behind the back)
- ◆ Rotator Cuff Hitchhikers
- ◆ Elbow Circles
- ◆ Wrist Circles
- ◆ Cat Stretches

P-BAR COOL-DOWN

And here's the sequence for the cool-down.

- ◆ Arm Lounge (bent arm, straight arm)
- ◆ Arm Thread
- ◆ Wrist Lock
- ◆ Floor Half Crucifix
- ◆ Cobra

CHAPTER THREE: THE EXERCISES

SEVEN KEY COMPONENTS OF EXERCISE

Before we begin our description of the various exercises, let's start with the key points of proper performance you'll need to be aware of for every exercise in the GMB programs.

The seven key components were developed as a measure of the quality of a person's movement. Diligent adherence to these concepts ensures bodily safety and allows for the full physiological benefit of every exercise.

The seven key components are:

- ◆ **Crown to coccyx alignment:** the proper positioning of the spine in relation to its own sections and the rest of the body in general.
- ◆ **Core activation:** the proper recruitment of the deep torso musculature for stability in mobility.
- ◆ **Hip recruitment:** the proper recruitment of the hip/pelvic girdle.
- ◆ **Shoulder pack:** the proper alignment of the shoulder girdle for force transfer from the torso to the upper extremities.
- ◆ **Arm lock:** the proper elbow positioning for force transfer from the shoulder girdle to the hand.
- ◆ **Grip confirmation:** the proper tensioning and positioning of the hand/fingers.
- ◆ **Leg drive:** the proper recruitment of the lower extremities.

By themselves, these components are reminders for the proper form and execution of every exercise. In the DVDs, Coach Hurst will describe the proper execution of the exercise and will often relate several of these key points to each other in his instruction. The manual will also emphasize certain components, and soon, with enough repetition under your belt, you will be able to critique yourself as you perform the exercises in this course. And rather than attempting to memorize a couple dozen little details about each exercise, we can instead refer to our performance in regard to these seven key components.

Again, for further details about the seven key components, please refer to the Rings One manual, where we've included in-depth examples and discussion.

CORRECT BREATHING PRINCIPLES

Another important aspect of optimal training is the practice of correct breathing during all of the movements.

First and foremost, don't hold your breath!

This should go without saying, but breath-holding is very common, especially when we start performing new exercises. Holding your breath and bracing in a posture or a difficult activity is, for many, a natural response. Unfortunately, it's also one of the worst things you can do. Exhale when you are exerting effort and never hold your breath.

Second, our breathing pattern should match inhalation with expansion and exhalation with compression. This allows us to follow the natural movement of our lungs and coordi-

nate our body's position with the correct breathing, rather than fighting against.

For an example, stand up tall, lift up your hands as far as possible and breathe in deeply. You should feel as if you are breathing in as much air as possible, filling up your lungs to their capacity. Exhale and relax, and remember the sensation of the full inhalation. Now, sit down on the floor and crunch up into a ball, hug your knees into your chest and make yourself as small as possible. Try to inhale deeply in this position. Compare this feeling with the one earlier, when you were standing tall and fully open. Doesn't it feel as if you are straining to inhale, and that there's no room for you to take in any air?

When you regulate your breathing to never hold your breath, exhale on exertion, and coordinate your breathing with your body position, you will make the most out of your effort and find yourself performing to your best ability.

As you continue to practice proper breathing in all your exercise activities, you will gradually progress from the need to be actively controlling your breath to where you are breathing correctly without thinking about it. This is the beginning of breath mastery, and it's a beautiful thing.

PARALLETES ONE EXERCISE LIST

The following is a complete list of the exercises selected for the Parallettes One program. Please refer to the videos for detailed instructions on exercise performance.

BALLISTICS

- ◆Plank hold standard
- ◆Plank hold hollow body
- ◆Plank push-ups standard from knees
- ◆Plank push-ups standard
- ◆Plank side to sides
- ◆Dive bombers (forward & backward)
- ◆Push up to one arm extension
- ◆Battle Rams
 - ◆ Ver. 1
 - ◆ Ver. 2
- ◆Front dips
- ◆Plank to jump through high dips
- ◆Swing set
- ◆Mt. Climber
- ◆Tuck swings
- ◆Tuck swing to L-sit
- ◆Tuck swing to bent arm bent leg stand repeats
- ◆L-sit drives
- ◆L-sit straddles

PRESSES

- ◆Assisted inverted press
- ◆Assisted Shoulder Stand Raises
- ◆Jump to bent arm bent leg arm stand
- ◆Tuck to bent arm press
- *All presses can go back into original hold

HOLDS

- ◆Plank
- ◆Tuck
- ◆L-sit
- ◆Straddle
- ◆Mt. Climber standard hold (leg between arms)
- ◆Mt. Climber intermediate hold (leg on arm forward hollow body)

CHAPTER FOUR: THE PROGRAM

In GMB training, we want to be aware of every aspect of our training and use this mindfulness to direct our work in the best way possible. We should evaluate our performance in every session and use these evaluations to analyze what should happen at the next session.

Our evaluation tools are; Rating of Perceived Technique (**RPT**) Rating of Perceived Exertion (**RPE**), and Rating of Perceived Discomfort (**RPD**). The ratings are made on a scale of 1-10, 1 being the lowest and 10 the highest on the scale.

- ◆ **Rate of Perceived Technique:** RPT is our self evaluation of the level of proficiency we have in the particular exercise. How does our form compare with the perfect form demonstrated in the DVDs? Before we attempt to add repetitions or sets to the exercise, we want to make sure our RPT is at least an 8.
- ◆ **Rate of Perceived Effort:** RPE is how much we judge our level of effort is in the given exercise. We should only add work when our RPE is at a 6 or below. If it is higher than a 6, then you are at the right level of intensity and don't need to add more.
- ◆ **Rate of Perceived Discomfort:** RPD relates to the level of pain we have during an exercise. Now, this should be distinct from the unease we feel when we expend effort and our muscles are burning. Instead, RPD should refer to any pain that seems unreasonable for the exercise. This should always be at a level less than 3. If it creeps higher than 3, then the

exercise needs to be modified or scaled further back.

So, to use an example, you are performing two sets of eight Plank Presses with an RPT of 8, RPE of 5, and RPD of 1. It is time to either add more repetitions to your sets or decrease the rest period between the sets.

A WORD OF CAUTION

(Or a friendly reminder to follow our instructions carefully)

We know that when we get started on a new exercise program, we're really eager to get going on it and am excited about how everything is going to go. But please, take the time to review the instructions/cues we give carefully and watch the video a couple of times to make sure you are clear on the form and technique of the exercises.

These exercises can be particularly stressful on the wrist and shoulder joints if you are A) not warmed up properly, and B) not using the best form you can. For sure we would like you to get the best benefits possible using our programs, and this includes not getting sidelined with a shoulder or wrist tweak.

...And now on to your regularly scheduled program..

PROGRAM OUTLINE

This section outlines the basic components of the Parallettes One program - kind of a bird's eye view so you can see where things are going and how you'll progress over the course of your practice. We've also included detailed daily charts in the Appendix.

TRAINING PHASES

Both levels of Parallettes One include four phases, arranged as follows:

Phase	Focus	Reps	Holds	Rest	Sets
1 4 Weeks	Strength Building - practice basic movements	8 - 12	3 - 5s	60s	3 - 5
2 4 Weeks	Skill Acquisition - build combinations Phase 1 movements	5 - 13	3 - 5s	60 - 120s	3 - 5
3 2 Weeks	Flow Acquisition - group Phase 2 combinations into a routine	Hybrid program of flow components and additional strength work			
4 2 Weeks	Flow - practice the flow in its entirety	Full flow	>5s	120s	Up to 6

We begin with basic skills to build the necessary strength for serious ring training. As that strength becomes available, you'll gradually begin to chain the movements together in longer and more sophisticated routines, culminating in a 'flow' routine that contains everything you've practiced up to that point.

DAILY SCHEDULE

For **Phases 1 and 2**, the workout days will alternate between training and recovery every other day, but you will always have the weekend as two days off in a row. For example:

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Active Recovery
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 2 Workout	Active Recovery	Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Active Recovery

And so on. **Phase 3** has three different workouts, so that'll look like:

Both Weeks						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Workout	Active Recovery	Day 2 Workout	Active Recovery	Day 3 Workout	Active Recovery	Active Recovery

In **Phase 4**, you'll work on the same basic schedule, but each day will have you practicing the complete flow.

On the active recovery days you will simply perform the warmup sequence and cool-down flow one time, along with whatever recreational activities you enjoy. We also suggest performing a longer yoga session on Saturdays. A flow from the Prasara Primer would be nice...

LEVEL A: NOVICE P-BAR ATHLETE

Level A, Phase 1 - 4 Weeks			
<p>8 - 12 reps, 3 -5s holds, 3 - 5 sets, 60s rest Finish all sets of each exercise before moving to the next one</p>			
Day 1	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>Plank Push-Ups</p> <ul style="list-style-type: none"> •Elbows in •Core, butt, and lower body tight •Body straight <p>Front Dips</p> <ul style="list-style-type: none"> •Elbows in •Chest up •Squeeze core <p>Plank Hold (Standard)</p> <ul style="list-style-type: none"> •Squeeze whole body •Body straight •Push away from bars </td> <td style="vertical-align: top; width: 50%;"> <p>Tuck Hold</p> <ul style="list-style-type: none"> •Elbow pits forward •Chest up •Butt between hands <p>Mt. Climbers (from knees)</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to chest •Gaze to floor </td> </tr> </table>	<p>Plank Push-Ups</p> <ul style="list-style-type: none"> •Elbows in •Core, butt, and lower body tight •Body straight <p>Front Dips</p> <ul style="list-style-type: none"> •Elbows in •Chest up •Squeeze core <p>Plank Hold (Standard)</p> <ul style="list-style-type: none"> •Squeeze whole body •Body straight •Push away from bars 	<p>Tuck Hold</p> <ul style="list-style-type: none"> •Elbow pits forward •Chest up •Butt between hands <p>Mt. Climbers (from knees)</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to chest •Gaze to floor
<p>Plank Push-Ups</p> <ul style="list-style-type: none"> •Elbows in •Core, butt, and lower body tight •Body straight <p>Front Dips</p> <ul style="list-style-type: none"> •Elbows in •Chest up •Squeeze core <p>Plank Hold (Standard)</p> <ul style="list-style-type: none"> •Squeeze whole body •Body straight •Push away from bars 	<p>Tuck Hold</p> <ul style="list-style-type: none"> •Elbow pits forward •Chest up •Butt between hands <p>Mt. Climbers (from knees)</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to chest •Gaze to floor 		
Day 2	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>Plank Side to Sides (from knees)</p> <ul style="list-style-type: none"> •Elbows in •Straight body •Exhale at each side <p>Assisted Shoulder Stand Raises</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head neutral <p>Jump Throughs</p> <ul style="list-style-type: none"> •Tight tuck •Shoulders over hands •Exhale at each jump </td> <td style="vertical-align: top; width: 50%;"> <p>Assisted Inverted Presses</p> <ul style="list-style-type: none"> •Elbows in •Hips over head •Exhale on push <p>Swing Sets</p> <ul style="list-style-type: none"> •Hips high •Hips through hands •Elbows in </td> </tr> </table>	<p>Plank Side to Sides (from knees)</p> <ul style="list-style-type: none"> •Elbows in •Straight body •Exhale at each side <p>Assisted Shoulder Stand Raises</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head neutral <p>Jump Throughs</p> <ul style="list-style-type: none"> •Tight tuck •Shoulders over hands •Exhale at each jump 	<p>Assisted Inverted Presses</p> <ul style="list-style-type: none"> •Elbows in •Hips over head •Exhale on push <p>Swing Sets</p> <ul style="list-style-type: none"> •Hips high •Hips through hands •Elbows in
<p>Plank Side to Sides (from knees)</p> <ul style="list-style-type: none"> •Elbows in •Straight body •Exhale at each side <p>Assisted Shoulder Stand Raises</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head neutral <p>Jump Throughs</p> <ul style="list-style-type: none"> •Tight tuck •Shoulders over hands •Exhale at each jump 	<p>Assisted Inverted Presses</p> <ul style="list-style-type: none"> •Elbows in •Hips over head •Exhale on push <p>Swing Sets</p> <ul style="list-style-type: none"> •Hips high •Hips through hands •Elbows in 		

Level A, Phase 2 - 4 Weeks	
5 - 13 reps, 3 -5s holds, 3 - 5 sets, 60 - 90s rest Finish all sets of each exercise before moving to the next one	
Day 1	<p>Push Up One Arm Extension (from knees)</p> <ul style="list-style-type: none"> •Elbows in •Lock arm out •Squeeze whole body <p>Tuck Swing to Dip</p> <ul style="list-style-type: none"> •Tight tuck •Elbows in •Hard exhale <p>Battle Rams (from knees - v. 1 or 2)</p> <ul style="list-style-type: none"> •Elbows in •Lead with top of head •Exhale on forward push <p>L-sit Hold</p> <ul style="list-style-type: none"> •Chest up •Hips between hands •Elbow pits forward <p>Mt. Climbers Standard</p> <ul style="list-style-type: none"> •Body straight •Drive knee to chest •Gaze to floor
Day 2	<p>Jump to Bent Arm Bent Leg Shoulder Stand</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>One Leg Shoulder Stand Hold</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>Tuck swing to L-sit</p> <ul style="list-style-type: none"> •Exhale on swing •Elbow pits forward •Squeeze core and legs <p>Assisted Inverted Presses</p> <ul style="list-style-type: none"> •Elbows in •Hips over head •Exhale on push <p>Dive Bombers Standard</p> <ul style="list-style-type: none"> •Elbows in •Shoulders to hands •Under the fence

Level A, Phase 3 - 2 Weeks

Each 'component' should be done as slowly as possible. Repeat each component for up to 5 'reps' making sure to rest for up to 2 minutes between. Once the component work has been completed perform the additional strength work. However, you should not be exhausted after this workout and should still have energy left over in order to recover adequately for the next workout. If that means skipping the additional strength work, then SKIP IT!

*It must be understood that the purpose of the flow is control under tension by focusing on the structure, breathing, and movement as slowly as possible.

<p>Day 1</p>	<p>Component 1</p> <ul style="list-style-type: none"> •Start kneeling with hands towards end of P-bars •Spinal wave up-dog to plank pose hold •Lower to bottom plank and perform kneeling Battle Rams 5 times <p>Component 2</p> <ul style="list-style-type: none"> •From top plank with hands still at ends of P-bars •Walk right hand to middle of bar and perform push up to one arm extension hold (kneeling) •Walk right hand back and left arm forward and perform push up to one arm extension hold(kneeling) •Repeat this performing total of 5 reps per arm making sure to walk one hand forward and keep one arm back each time 	<p>Component 3</p> <ul style="list-style-type: none"> •From middle of P-bars kneeling •Kneeling side to sides •Jump both leg through and up into table position and hold for 3 seconds •Lower butt down and legs up into L-sit. Hold for 3 seconds. •Lower feet to ground, jump legs back into kneeling position and repeat for up to 5 reps <p>Strength Work</p> <ul style="list-style-type: none"> •Standard push-ups 5 reps •30 second rest •Plank Holds 3 seconds x 5 reps •30 second rest •Assisted inverted presses 5 reps •60 - 90 second rest •Repeat for 2 more rounds
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<p>Day 2</p>	<p>Component 1</p> <ul style="list-style-type: none"> •Start in L-sit and tuck swing back into bent leg assisted shoulder stand •Lower legs to floor and jump leg through to starting position <p>Component 2</p> <ul style="list-style-type: none"> •From kneeling position, perform bent leg assisted shoulder press (must keep arms 90 degree angle) 	<p>Component 3</p> <ul style="list-style-type: none"> •From kneeling position, jump tuck into L-sit hold. •Lower feet to floor and then jump back into kneeling position. <p>Strength Work</p> <ul style="list-style-type: none"> •Battle Rams from knees 5 reps •30 second rest •Tuck Holds 3 seconds x 5 reps •30 second rest •Mt. Climbers 5 reps each leg •60 - 90 second rest •Repeat for 2 more rounds
<p>Day 3</p>	<p>Component 1</p> <ul style="list-style-type: none"> •With legs in front, push up into Table position and hold •Bring right hand off of P-bar and straight up towards sky and hold •Switch arms and hold <p>Component 2</p> <ul style="list-style-type: none"> •Start with legs in front •Jump tuck legs back and into top plank position and hold •Lower into bottom plank and hold •Push back into top plank and immediate tuck jump to starting position 	<p>Component 3</p> <ul style="list-style-type: none"> •From top plank, lower into bottom plank and hold •Return to top plank and perform slow Mt. Climbers 5 per leg <p>Strength Work</p> <ul style="list-style-type: none"> •Tuck swings 5 reps •30 second rest •Hollow body top position plank holds 3 seconds x 5 reps •30 second rest •Push up one arm extensions (from knees OK) 5 reps each arm •60 - 90 second rest •Repeat for 2 more rounds

Level A, Phase 4 - 2 Weeks

We have divided the flow into three sections in order to make it easier to memorize. Practice each section individually for the first couple of workouts and then work on putting it all together ultimately working up to being able to perform the entire flow in one continuous routine.

<p>Full Flow</p>	<ul style="list-style-type: none"> •Start with legs folded under on the floor. •Approach the P-bars with hands on the closest end. •Spinal wave up-dog to top position plank hold •Lower to bottom position plank and perform Battle ram one time. •Return to top position. •Walk right hand to middle of bars and perform push up one arm extension •Return right hand to end of P-bars and next move left hand to middle of P-bars and perform push up one arm extension •Bring right hand up to meet match left hand in middle of P-bars •Lower to bottom position plank and perform side to sides. •Push back into top position. •Jump legs through and up into Table. Hold. •Lower rear end down and bring feet off of floor to hold L-sit. <ul style="list-style-type: none"> •From L-sit, tuck swing back and into bent leg assisted shoulder stand. (If tuck swing from L-sit is too difficult, start by lowering feet to floor before initiating the tuck swing) •Lower legs to •Place knees on floor. •Press into assisted inverted press. Hold arm lock out. •Bend knees then jump tuck into L-sit. <ul style="list-style-type: none"> •Lower feet to floor and perform Table. Hold. •Lift right hand into air for Tripod Table. Hold. •Lower right hand and next lift left hand for Tripod Table. Hold. •Place left hand on P-bar, then tuck jump back ending in top position plank. Hold. •Lower to bottom position plank. Hold. •Push back into top position. •Perform slow Mt. Climber on each leg. •Slowly lower knees to floor and sit back placing hands on legs.
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LEVEL B: INTERMEDIATE P-BAR ATHLETE

Level B, Phase 1 - 4 Weeks	
<p>8 - 12 reps, 3 - 5s holds, 3 - 5 sets, 60s rest Finish all sets of each exercise before moving to the next one</p>	
Day 1	<p>Plank Push-Ups</p> <ul style="list-style-type: none"> •Elbows in •Core, butt, and lower body tight •Body straight <p>Plank Jump to Dip (work on getting hips up high)</p> <ul style="list-style-type: none"> •Tight tuck •Chest up •Squeeze core <p>Battle Rams (from knees - v. 1 or 2)</p> <ul style="list-style-type: none"> •Elbows in •Lead with top of head •Exhale on forward push <p>Tuck Hold</p> <ul style="list-style-type: none"> •Elbow pits forward •Chest up •Butt between hands <p>Mt. Climber Holds</p> <ul style="list-style-type: none"> •Body straight •Drive knee to chest •Gaze to floor
Day 2	<p>Tuck Swing to Top Plank (working towards forward plank)</p> <ul style="list-style-type: none"> •Tight tuck •Straight body •Elbows in <p>One Leg Shoulder Stand Hold</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>Tuck Swings</p> <ul style="list-style-type: none"> •Tight tuck •Lock arms •Don't hold breathe <p>Assisted Inverted Presses</p> <ul style="list-style-type: none"> •Elbows in •Hips over head •Exhale on push <p>Dive Bombers Standard</p> <ul style="list-style-type: none"> •Elbows in •Shoulders to hands •Under the fence

Level B, Phase 2 - 4 Weeks			
5 - 13 reps, 3 -5s holds, 3 - 5 sets, 60 - 90s rest Finish all sets of each exercise before moving to the next one			
Day 1	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>Plank Push Up to One Arm Extension</p> <ul style="list-style-type: none"> •Elbows in •Lock arm out •Squeeze whole body <p>Tuck Jump to Swing Set</p> <ul style="list-style-type: none"> •Tight Tuck •Hips high •Hips between hands <p>Battle Rams v. 1 or 2</p> <ul style="list-style-type: none"> •Elbows in •Lead with top of head •Exhale on forward push </td> <td style="vertical-align: top; width: 50%;"> <p>L-sit Front Straddles (first 2 Weeks only)</p> <ul style="list-style-type: none"> •Chest up •Elbow pits forward •Exhale on straddle <p>Basic Straddle Sit Hold (second 2 Weeks only)</p> <ul style="list-style-type: none"> •Weight on one arm •Hips forward •Wide Straddle <p>Mt. Climber Intermediate Hold</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to arm •Squeeze core </td> </tr> </table>	<p>Plank Push Up to One Arm Extension</p> <ul style="list-style-type: none"> •Elbows in •Lock arm out •Squeeze whole body <p>Tuck Jump to Swing Set</p> <ul style="list-style-type: none"> •Tight Tuck •Hips high •Hips between hands <p>Battle Rams v. 1 or 2</p> <ul style="list-style-type: none"> •Elbows in •Lead with top of head •Exhale on forward push 	<p>L-sit Front Straddles (first 2 Weeks only)</p> <ul style="list-style-type: none"> •Chest up •Elbow pits forward •Exhale on straddle <p>Basic Straddle Sit Hold (second 2 Weeks only)</p> <ul style="list-style-type: none"> •Weight on one arm •Hips forward •Wide Straddle <p>Mt. Climber Intermediate Hold</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to arm •Squeeze core
<p>Plank Push Up to One Arm Extension</p> <ul style="list-style-type: none"> •Elbows in •Lock arm out •Squeeze whole body <p>Tuck Jump to Swing Set</p> <ul style="list-style-type: none"> •Tight Tuck •Hips high •Hips between hands <p>Battle Rams v. 1 or 2</p> <ul style="list-style-type: none"> •Elbows in •Lead with top of head •Exhale on forward push 	<p>L-sit Front Straddles (first 2 Weeks only)</p> <ul style="list-style-type: none"> •Chest up •Elbow pits forward •Exhale on straddle <p>Basic Straddle Sit Hold (second 2 Weeks only)</p> <ul style="list-style-type: none"> •Weight on one arm •Hips forward •Wide Straddle <p>Mt. Climber Intermediate Hold</p> <ul style="list-style-type: none"> •Body straight (don't lift your butt nor let it sag) •Drive knee to arm •Squeeze core 		
Day 2	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>Tuck to Bent Arm Bent Leg Shoulder Stand</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>Bent Leg Shoulder Stand to Inside Straddles</p> <ul style="list-style-type: none"> •Elbows in •Shoulders forward •Chest up <p>L-sit Drives</p> <ul style="list-style-type: none"> •Chest up •Hips forward •Exhale on push </td> <td style="vertical-align: top; width: 50%;"> <p>Hollow Body Forward Top Plank</p> <ul style="list-style-type: none"> •Round back •Hips down •Shoulders forward <p>Dive Bombers (forward / backward)</p> <ul style="list-style-type: none"> •Elbows in •Shoulders to hands •Under the fence </td> </tr> </table>	<p>Tuck to Bent Arm Bent Leg Shoulder Stand</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>Bent Leg Shoulder Stand to Inside Straddles</p> <ul style="list-style-type: none"> •Elbows in •Shoulders forward •Chest up <p>L-sit Drives</p> <ul style="list-style-type: none"> •Chest up •Hips forward •Exhale on push 	<p>Hollow Body Forward Top Plank</p> <ul style="list-style-type: none"> •Round back •Hips down •Shoulders forward <p>Dive Bombers (forward / backward)</p> <ul style="list-style-type: none"> •Elbows in •Shoulders to hands •Under the fence
<p>Tuck to Bent Arm Bent Leg Shoulder Stand</p> <ul style="list-style-type: none"> •Elbows in •Lock core •Head down hips up <p>Bent Leg Shoulder Stand to Inside Straddles</p> <ul style="list-style-type: none"> •Elbows in •Shoulders forward •Chest up <p>L-sit Drives</p> <ul style="list-style-type: none"> •Chest up •Hips forward •Exhale on push 	<p>Hollow Body Forward Top Plank</p> <ul style="list-style-type: none"> •Round back •Hips down •Shoulders forward <p>Dive Bombers (forward / backward)</p> <ul style="list-style-type: none"> •Elbows in •Shoulders to hands •Under the fence 		

Level B, Phase 3 - 2 Weeks

Each 'component' should be done as slowly as possible. Repeat each component for up to 5 'reps' making sure to rest for up to 2 minutes between. Once the component work has been completed perform the additional strength work. However, you should not be exhausted after this workout and should still have energy left over in order to recover adequately for the next workout. If that means skipping the additional strength work, then SKIP IT!

*It must be understood that the purpose of the flow is control under tension by focusing on the structure, breathing, and movement as slowly as possible.

<p>Day 1</p>	<p>Component 1</p> <ul style="list-style-type: none"> •Start kneeling with hands towards end of P-bars •Spinal wave up-dog to top position hollow body forward plank hold •Lower to bottom plank and do 5 Battle Rams <p>Component 2</p> <ul style="list-style-type: none"> •From top plank with hands still at ends of P-bars •Walk right hand to middle of bar and perform push up to one arm extension hold •Walk right hand back and left arm forward and perform push up to one arm extension hold •Repeat this performing total of 5 reps per arm making sure to walk one hand forward and keep one arm back each time. Each time should end in hollow body top position <p>Component 3</p> <ul style="list-style-type: none"> •From middle of P-bars kneeling •Jump both legs through and up into table position and hold for 3 seconds •Lower butt down and legs up into L-sit. Hold for 3 seconds. •From L-sit, tuck jump legs back into plank position and repeat for up to 5 reps <p>Strength Work</p> <ul style="list-style-type: none"> •Hollow body top/bottom position push-ups 5 reps (holding each position for up to 3 seconds each) •30 second rest •L-sit hold 3 seconds x 5 reps •30 second rest •Inverted presses 5 reps (work on bringing feet off of ground when pushing up) •60 - 90 second rest •Repeat for 2 more rounds
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<p>Day 2</p>	<p>Component 1</p> <ul style="list-style-type: none"> •Start in L-sit and tuck swing back into tuck leg shoulder stand •Lower legs and tuck swing through to starting position (feet shouldn't touch ground) <p>Component 2</p> <ul style="list-style-type: none"> •From kneeling position, perform tuck leg shoulder press •Lower legs into inside straddle hold •Make sure to perform each leg 	<p>Component 3</p> <ul style="list-style-type: none"> •From kneeling position, jump tuck into L-sit hold •Tuck swing and finish in L-sit again <p>Strength Work</p> <ul style="list-style-type: none"> •Battle Rams 5 reps •30 second rest •Inside straddle holds 3 seconds x 5 reps •30 second rest •Mt. Climbers 5 reps each leg •60 - 90 second rest •Repeat for 2 more rounds
<p>Day 3</p>	<p>Component 1</p> <ul style="list-style-type: none"> •With legs in front, push up into Table position and hold •Bring right hand off of P-bar and back. Hold. •Switch arms and hold <p>Component 2</p> <ul style="list-style-type: none"> •Start with legs in front •Jump tuck legs back and into hollow body forward top plank position. Hold. •Lower into bottom plank. Hold. •Push back into top plank and immediate tuck jump to starting position 	<p>Component 3</p> <ul style="list-style-type: none"> •From top plank, lower into bottom plank and hold. (hollow body forward) •Return to top plank and perform slow Mt. Climbers. (hollow body forward) 5 per leg <p>Strength Work</p> <ul style="list-style-type: none"> •Tuck swing to top position 5 reps •30 second rest •Hollow body top position plank holds 3 seconds x 5 reps •30 second rest •Push up one arm extensions 5 reps each arm •60 - 90 second rest •Repeat for 2 more rounds

Level B, Phase 4 - 2 Weeks

We have divided the flow into three sections in order to make it easier to memorize. Practice each section individually for the first couple of workouts and then work on putting it all together ultimately working up to being able to perform the entire flow in one continuous routine.

<p>Full Flow</p>	<ul style="list-style-type: none"> •Start with legs folded under on the floor. •Approach the P-bars with hands on the closest end. •Spinal wave up-dog to hollow body forward top position plank hold •Lower to bottom position plank and perform Battle Ram one time holding in forward bottom position. •Return to top position. •Walk right hand to middle of bars and perform push up one arm extension •Return right hand to end of P-bars and next move left hand to middle of P-bars and perform push up one arm extension (all done with hollow body) •Bring right hand up to meet match left hand in middle of P-bars •Lower to bottom position plank and perform side to sides. •Push back into top position. •Jump legs through and up into L-sit. •From L-sit, tuck swing back and into straight leg shoulder stand. •Lower into inside straddle hold. •Bend legs and tuck swing back and into opposite side inside straddle hold. •Tuck swing back and into L-sit. •Lower feet to floor and perform Table. Hold. •Swing Set into Table •Lift right hand into air for Tripod Table. Hold. •Lower right hand •Swing Set into Table and next lift left hand for Tripod Table. Hold. •Place left hand on P-bar, then tuck jump back ending in top position FORWARD plank. Hold. •Lower to bottom position forward plank. Hold. •Push forward from bottom position. Hold. •Push back into top position. •Perform slow floating Mt. Climber on each leg. •Slowly lower knees to floor and sit back placing hands on legs.
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OUTRODUCTION

This parallettes training program provides a unique and highly productive method for training equipment that is quite portable and requires a minimum amount of space. We hope you will enjoy the program and also enjoy the great upper body and core strength you'll gain from its implementation.

We are having a great time sharing with you the ways we like to train, and hope you continue to walk with us in this wonderful journey. We want you to finish each training session eager for the next. We want you to train hard and smart, but also have a lot of fun along the way! Most of all we want you to enjoy the real practical strength to help you in all that you do.

Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, and Andy

APPENDIX: PROGRAM CHARTS

For your convenience, we've included daily charts for a full six months of training. 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. If you don't want to mark up this manual (perhaps because you'd like to follow the

program again in the future), you're welcome to make copies of the charts. That will also make it easier to carry with you if you work out in a gym, and if you have a dedicated training space, you can simply tape the week's chart up on your wall.

Finally, we caution you not to progress too quickly. Moving too fast is a common cause of injury and stunted progress. One of the hallmarks of the CST system is the use of incremental progression. 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.

MAKING ADJUSTMENTS

Though it would be best to follow this schedule exactly as laid out, we know that training schedules are often tweaked to best fit our busy lives. There is room for flexibility in this training. Just remember to adhere to these important points:

1. Alternate the training and recovery days. Do the Day 1 Session and then the Day 2 session the next time you work on the rings, and so on.
2. Don't do the P-bar workout two days in a row.
3. Always make time to perform the Warm-Up and Cool-Down flow once on each active recovery day.

DAILY PROGRAM CHARTS - LEVEL A PHASE 1

Week 1				
<p>Day 1 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 2 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 3 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 4 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 5 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: , RPE: , RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 1

Week 2				
<p>Day 8</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 9</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 10</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 11</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 12</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 13, 14</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 1

Week 3				
Day 15 Workout 1	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	3 to 5 sets: 8 to 12 reps: 60s rest	RPT: RPE: RPD:
Day 16 Active Recovery	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			RPT: RPE: RPD:
Day 17 Workout 2	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	3 to 5 sets: 8 to 12 reps: 60s rest	RPT: RPE: RPD:
Day 18 Active Recovery	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			RPT: RPE: RPD:
Day 19 Workout 1	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	3 to 5 sets: 8 to 12 reps: 60s rest	RPT: RPE: RPD:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			RPT: , RPE: , RPD: ,

DAILY PROGRAM CHARTS - LEVEL A PHASE 1

Week 4				
<p>Day 22 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 23 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 24 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Front Dips • Plank Hold (Standard) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climbers (from knees) • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 25 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 26 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Side to Sides • Assisted Shoulder Stand Raises • Jump Throughs 	<ul style="list-style-type: none"> • Assisted In-verted Presses • Swing Sets • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 27, 28 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 2

Week 1				
<p>Day 1 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 2 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 3 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 4 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 5 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 2

Week 2				
<p>Day 8</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 9</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 10</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 11</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 12</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 13, 14</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 2

Week 3				
<p>Day 15 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 16 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 17 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 18 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 19 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 20, 21 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 2

Week 4				
<p>Day 22</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 23</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 24</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Push Up One Arm Extension (from knees) • Tuck Swing to Dip • Battle Rams 	<ul style="list-style-type: none"> • L-sit Hold • Mt. Climbers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 25</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 26</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Jump to Bent Arm Bent Leg Shoulder Stand • One Leg Shoulder Stand Hold • Tuck swing to L-sit 	<ul style="list-style-type: none"> • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 27, 28</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 3

Week 1		
<p>Day 1</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Standard push-ups • 30 second rest • 5 Plank Holds @ 3s • 30 second rest • 5 Assisted inverted presses • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
		<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 2</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 3</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Battle Rams from knees • 30 second rest • 5 Tuck Holds 3s • 30 second rest • 5 Mt. Climbers each leg • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
		<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 4</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 5</p> <p>Workout 3</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Tuck swings • 30 second rest • 5 Hollow body top position plank holds 3s • 30 second rest • 5 Push up one arm extensions (from knees OK) each arm • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
		<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 6, 7</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 3

Week 2			
<p>Day 8 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Standard push-ups • 30 second rest • 5 Plank Holds @ 3s • 30 second rest • 5 Assisted inverted presses • 60 - 90 second rest • Repeat for 2 more rounds • Cool-Down 	<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 9 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 		
<p>Day 10 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Battle Rams from knees • 30 second rest • 5 Tuck Holds 3s • 30 second rest • 5 Mt. Climbers each leg • 60 - 90 second rest • Repeat for 2 more rounds • Cool-Down 	<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 11 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 		
<p>Day 12 Workout 3</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Tuck swings • 30 second rest • 5 Hollow body top position plank holds 3s • 30 second rest • 5 Push up one arm extensions (from knees OK) each arm • 60 - 90 second rest • Repeat for 2 more rounds • Cool-Down 	<p>3 to 5 reps: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 13, 14 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 		<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL A PHASE 4

Week 1		
Day 1	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice each section individually. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 2 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 3	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice each section individually. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 4 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 5	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice combining the three sections. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	RPT: , RPE: , RPD: ,

DAILY PROGRAM CHARTS - LEVEL A PHASE 4

Week 2		
Day 8	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice combining the three sections. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 9 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 10	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice as one continuous routine. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 11 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 12	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice as one continuous routine. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	RPT: , RPE: , RPD: ,

DAILY PROGRAM CHARTS - LEVEL B PHASE 1

Week 1				
<p>Day 1 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 2 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 3 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 4 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 5 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 1

Week 2				
<p>Day 8 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 9 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 10 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 11 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 12 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 13, 14 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: , RPE: , RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 1

Week 3				
<p>Day 15</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 16</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 17</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 18</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 19</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets:</p> <p>8 to 12 reps:</p> <p>60s rest</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 20, 21</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 1

Week 4				
<p>Day 22 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 23 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 24 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push-Ups • Plank Jump to Dip (work on getting hips up high) • Battle Rams (from knees - v. 1 or 2) 	<ul style="list-style-type: none"> • Tuck Hold • Mt. Climber Holds • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 25 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: RPE: RPD:</p>
<p>Day 26 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck Swing to Top Plank (working towards forward plank) • One Leg Shoulder Stand Hold 	<ul style="list-style-type: none"> • Tuck Swings • Assisted Inverted Presses • Dive Bombers Standard • Cool-Down 	<p>3 to 5 sets: 8 to 12 reps: 60s rest</p>	<p>RPT: RPE: RPD:</p>
<p>Day 27, 28 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: , RPE: , RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 2

Week 1				
<p>Day 1</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> L-sit Front Straddles Mt. Climber Intermediate Hold Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 2</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 3</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 4</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 5</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> L-sit Front Straddles Mt. Climber Intermediate Hold Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 6, 7</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 2

Week 2				
<p>Day 8</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 9</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 10</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> L-sit Front Straddles Mt. Climber Intermediate Hold Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 11</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 12</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 13, 14</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 2

Week 3				
<p>Day 15</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> • Basic Straddle Sit Hold • Mt. Climber Intermediate Hold • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 16</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 17</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 18</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 19</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> • Basic Straddle Sit Hold • Mt. Climber Intermediate Hold • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 20, 21</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 2

Week 4				
<p>Day 22</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 23</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 24</p> <p>Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Plank Push Up to One Arm Extension • Tuck Jump to Swing Set • Battle Rams v. 1 or 2 	<ul style="list-style-type: none"> • Basic Straddle Sit Hold • Mt. Climber Intermediate Hold • Cool-Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 25</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 26</p> <p>Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Tuck to Bent Arm Bent Leg Shoulder Stand • Bent Leg Shoulder Stand to Inside Straddles • L-sit Drives 	<ul style="list-style-type: none"> • Hollow Body Forward Top Plank • Dive Bombers (forward / backward) • Cool=Down 	<p>3 to 5 sets:</p> <p>5 to 13 reps:</p> <p>60-90s rest:</p>	<p>RPT:</p> <p>RPE:</p> <p>RPD:</p>
<p>Day 27, 28</p> <p>Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 			<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 3

Week 1		
<p>Day 1 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Hollow body top/bottom position push-ups, hold 3s • 30 second rest • 5 L-sit hold 3s • 30 second rest • 5 Inverted presses (work on bringing feet off of ground) • 60 - 90 second rest • Repeat for 2 more rounds <p style="text-align: center;">• Cool-Down</p>
<p>Day 2 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 3 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Battle Rams • 30 second rest • 5 Inside straddle holds, 3s • 30 second rest • 5 Mt. Climbers • 60 - 90 second rest • Repeat for 2 more rounds <p style="text-align: center;">• Cool-Down</p>
<p>Day 4 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 5 Workout 3</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Tuck swing to top position • 30 second rest • 5 Hollow body top position plank holds, 3s • 30 second rest • 5 Push up one arm extensions • 60 - 90 second rest • Repeat for 2 more rounds <p style="text-align: center;">• Cool-Down</p>
<p>Day 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 3

Week 2		
<p>Day 8 Workout 1</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Hollow body top/bottom position push-ups, hold 3s • 30 second rest • 5 L-sit hold 3s • 30 second rest • 5 Inverted presses (work on bringing feet off of ground) • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
<p>Day 9 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 10 Workout 2</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Battle Rams • 30 second rest • 5 Inside straddle holds, 3s • 30 second rest • 5 Mt. Climbers • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
<p>Day 11 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	
<p>Day 12 Workout 3</p>	<ul style="list-style-type: none"> • Warm-Up • Component 1 • Component 2 • Component 3 	<p>Strength Work</p> <ul style="list-style-type: none"> • 5 Tuck swing to top position • 30 second rest • 5 Hollow body top position plank holds, 3s • 30 second rest • 5 Push up one arm extensions • 60 - 90 second rest • Repeat for 2 more rounds <p>• Cool-Down</p>
<p>Day 13, 14 Active Recovery</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Cool-Down Flow 	<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 4

Week 1		
<p>Day 1</p>	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice each section individually. •Cool-Down 	<p>3 to 5 rounds: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 2 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
<p>Day 3</p>	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice each section individually. •Cool-Down 	<p>3 to 5 rounds: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 4 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
<p>Day 5</p>	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice combining the three sections. •Cool-Down 	<p>3 to 5 rounds: 120s rest</p> <p>RPT: RPE: RPD:</p>
<p>Day 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	<p>RPT: ,</p> <p>RPE: ,</p> <p>RPD: ,</p>

DAILY PROGRAM CHARTS - LEVEL B PHASE 4

Week 2		
Day 8	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice combining the three sections. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 9 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 10	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice as one continuous routine. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 11 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	
Day 12	<ul style="list-style-type: none"> •Warm-Up •Full Flow - Practice as one continuous routine. •Cool-Down 	3 to 5 rounds: 120s rest RPT: RPE: RPD:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> •Warm-Up Routine •Cool-Down Flow 	RPT: , RPE: , RPD: ,