



GOLD MEDAL BODIES

Parallettes Two Program Charts

GMB Parallettes Two Program Charts

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PROGRAM CHARTS

Our Parallettes Two program can be structured in 1 of 3 different ways. These options are presented below, and you should select the training schedule that best fits your current schedule (i.e. how much time you can devote to the training, either by number of days per week or time per session, and how much recovery time you'll need).

P2 is structured over a period of 5 months, but you may find that you need a fair bit longer to really get these moves. That's okay, and totally normal.

Option 1 - Hurry Up & Get It!

This is for those of you who just want to hurry up and get the flow. You have plenty of time for active recovery and already workout more than three times a week.

- ★ Workout A - Monday/Thursday
- ★ Workout B - Tuesday/Friday
- ★ Workout C (Handstand Work) - Wednesday/Saturday

If you decide to do this option, we recommend varying the intensity of your performance.

FOR EXAMPLE:

- ★ Monday: Workout A - High Intensity
- ★ Tuesday: Workout B - Medium Intensity
- ★ Wednesday: Workout C - Low to Medium Intensity
- ★ Thursday: Workout A - Medium Intensity
- ★ Friday: Workout B - High Intensity
- ★ Saturday: Workout C - Low to Medium Intensity
- ★ Sunday: Full Rest Day

Option 2 - Three Training Days Per Week

This variation is for those who aren't used to working out all of the time but still want to make good progress. This will give you a good chance to recover for the next session plus allow you the weekend to get out and do other things.

VARIATION 1:

- ★ Train 3 days per week (Mon/Wed/Fri)
- ★ Alternate workouts each day

FOR EXAMPLE, IN WEEK 1:

- ★ Workout A - Monday / Friday
- ★ Workout B - Wednesday

THEN, IN WEEK 2:

- ★ Workout B - Monday / Friday
- ★ Workout A - Wednesday

VARIATION 2:

Do all the exercises in your training day, but do half of the recommended sets and vary the intensity. So, while you will perform the same workout each session, Monday and Friday's intensity will be higher while Wednesday will be more about exploring and playing with the movements.

FOR EXAMPLE:

- ★ Monday: High Intensity
- ★ Tuesday: Off / Rest Day
- ★ Wednesday: Medium Intensity Skill Work & Play
- ★ Thursday: Off / Rest Day
- ★ Friday: High Intensity
- ★ Saturday: Other Activity, Play
- ★ Sunday: Other Activity, Play

(This is what Ryan chose to do in developing P2 and he felt it allowed his shoulders time to recover well, and also allowed

him to do some extra training outside of the parallette program.)

Option 3 - Training Twice A Week

This option is good for those of you who might be performing other workouts, or really only have the time to workout twice a week.

Please note, that if you are performing other training, you should monitor your overall workload and watch for plateaus or decreases in energy and performance. Figure out your priorities - if you really want to improve on the parallettes, then you'll need to cut back on your other training.

EXAMPLE SCHEDULE:

- ★ Workout A - Monday
- ★ Workout B - Thursday

OR,

- ★ Workout A - Tuesday
- ★ Workout B - Friday

OR EVEN,

- ★ Workout A - Wednesday
- ★ Workout B - Saturday

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** and **RPE**, which we’re sure you’re familiar with since you read the manual (right?). When your RPT is above 8, and RPE drops below 6, you are ready to step it up.

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

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

Finally, we caution you not to progress too quickly. Moving too fast is a common cause of injury and stunted progress. Truly, baby steps are sometimes the fastest way forward, and we encourage you to take your time mastering each technique.

Remember that **skill** is our main variable here, so increasing your RPT should always be your primary focus.

Evaluation

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

Remember the concept of Auto Regulation, and be sure you use it to determine what level of progression you should be working at.

We also recommend periodically taking video of your sessions and comparing your form with the video tutorials.

How to Use These Charts

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

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

As you work through each phase, print out a chart for each week, and be sure to keep track of your RPT and RPE. (Yes, it is that important so we're repeating it again).

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:

- ★ Alternate the training and recovery days. Do the Workout A Session and then the Workout B session the next time you work on the parallettes, and so on.
- ★ Don't do the same workout two days in a row.
- ★ Always make time to perform the Warm-Up and Cool-Down routine once on each active recovery day.

P2 PROGRAM DETAILS

Prep Phase - Foundation

Depending on your current level of fitness, this may be either very easy or surprisingly difficult. Either way, please take the time to go through this before jumping in to Phase 1.

If you've already gone through P1, you'll notice some similar movements. Don't neglect the effort in this phase. If you get the most you can out of these exercises, you'll have a great running start into the program.

Prep Workout

Finish all 5 sets of each movement/hold before moving on to the next exercise.

1. Plank Leans
 - 5 reps x 5 sets
2. Push Ups
 - 5 reps x 5 sets
3. Swings
 - 5 reps x 5 sets

4. Tuck to Tuck Bent Arm Stand
 - 5 reps of 5 sec x 5 sets
 - Progress from a single rep of 5 seconds to one set of 5 reps of 5 seconds
5. L-Sit Holds
 - 5 reps of 5 sec x 5 sets
 - Progress from a 5 second hold to a 12 second hold for 5 sets
6. Handstands
 - 5 reps of 5 sec x 5 sets
 - These are integral to the work you'll be doing in P2. Work on the ground first if you can't perform do these on the parallettes yet. Spend as much time as you can working on your handstands until you get them solid.

Form & Recovery

Repetition Performance

You must focus on keeping steady, controlled repetitions throughout all phases of this program. The ability to control your body on the parallette bars with slow and purposeful motions is a sign of high levels of strength.

Rest Periods

Your rest periods should be long enough to make sure you are ready for the next set. This might be as short as 30 seconds or as long as 4 minutes (or more). The focus is on strength and performing the set volume for the day, no matter how long it takes.

Recovery

You'll soon find out that the P2 program is going to work your body to its limits.

Now is the time to really dial in your recovery strategies; a good night's sleep, good quality food, and the least stress possible in your daily activities will go a long way in helping you get through the program.

Of course there will be days here and there where you can't do all of these things, but realize that you'll probably need to take a day off and/or decrease the intensity of your training.

Phase 1 - Conditioning

In this phase, the training sessions are divided into two kinds of workouts: Straight Arm or Bent Arm exercises.

You may have heard of these exercise categories previously and we believe that it's a very effective way to train in this first phase. Some people claim that you should always train this way. But, as you know, our program eventually moves towards a Flow routine. You won't always be able to totally separate straight and bent arm training exercises. (And after Phase 1, they won't be separated).

It's very important that you not do more than the prescribed sets and repetitions. The training method in P2 depends upon a gradual ramp up in effort and volume. You may feel as if you can do more in certain workouts, but resist the urge.

Working to exhaustion and feeling "spent" is not the goal, the goal is working the skill with good form with a moderate amount of volume.

Workout A - Straight Arm Focus

WARM-UP

1. P2 Warm Up Movements
2. Plank Lean Hold
 - 5 sec hold x 5 sets

SKILL WORK (CHOOSE ONE EXERCISE FROM EACH SKILL BLOCK)

1. Planche Hold Block
 - 3 to 5 second hold x 5 to 8 sets
2. Straddle Hold Block
 - 3 to 5 second hold x 5 to 8 sets
3. V-Sit Block
 - 3 to 5 second hold x 5 to 8 sets

CONDITIONING

1. Plank Holds
 - 10 seconds per plank x 3 sets
2. L-Sit Pushes
 - 3 reps x 3 sets
3. Handstands on Parallettes
 - max time x 3 to 5 sets

COOL-DOWN

- ★ Regular cool-down

Workout B - Bent Arm Focus

WARM-UP

1. P2 Warm Up Movements
2. Push Ups
 - 5 slow reps x 5 sets

SKILL WORK (CHOOSE ONE EXERCISE FROM EACH SKILL BLOCK)

1. Double Arm Lever Block
 - Work on being able to hold the levers for up to 5 seconds in the beginning. Perform up to 5 sets.
2. Single Arm Lever Block
 - Work on being able to hold the levers for up to 5 seconds in the beginning. Perform up to 5 sets.
3. Bent Arm Press to Handstand and Lower
 - 1 rep x up to 5 sets

CONDITIONING

1. Single Arm Push Ups
 - 3 reps/arm x 3 sets
2. Headstand Push Ups on Ground
 - 3 reps x 3 sets

COOL-DOWN

- ★ Regular cool-down

Recuperation Weeks

In between each phase of P2, take 1 week off and only focus on two movements at a medium intensity. This allows you a chance to recover, without having to take a complete break from the p-bars.

Some of you might not want to take a week off because you think that you'll lose your gains and won't progress to the full flow. I don't believe this will happen at all. This is an intensive program and a recovery week between phases will only help, not hinder your gains.

During the week off between phases you will not "workout". Focus on up to two movements that you are having trouble with and you "play" with these movements.

No counting reps, sets, or time. Just go in there and work on that particular movement for a little while, then get the hell outta Dodge.

For example, you might need more work on handstands. So, on this recovery week, everyday kick up into a handstand and try and hold it for as long as you can for 3 sets. Then you're done. Call it a day and go do something else.

Phase 2 - Skill Set

Workout A

WARM-UP

1. P2 Warm Up Movements
2. Low Frog Holds
 - Hold 3 sets of 5 seconds
3. Regular Push Ups
 - Do 10 reps

SKILL WORK

1. Planche Hold Lower to Double Arm Lever
 - Choose the hardest level you can do in the Planche block and lower slowly into a Double Arm Lever.
 - Give yourself a proper amount of rest between sets, enough time to catch your breath - this may be anywhere from 30 seconds to 2 minutes.
 - Do up to 8 sets
2. Lever Spin
 - Focus on your dominant arm first.
 - Work through the transition first with your feet on the ground for a set.
 - Once the hand placement becomes more natural, take the weight off of your feet pro-

gressively until you no longer need to touch the ground.

- Do up to 8 sets

CONDITIONING

1. Planche Holds
 - Go down a level and work on holding that movement with perfect form for time.
 - Work up to 5 sets
2. Single Arm Lever
 - Work at your highest level for time (don't forget to work both arms).
 - Work up to 5 sets for each
3. Single Bar Push Ups
 - Move in a controlled, steady pace up to about 80% of your max reps. Don't worry if you don't know your max - perform the reps until you sense your form will deteriorate on the rep.
 - Work up to 2 sets

COOL-DOWN

- ★ Regular cool-down

Workout B

WARM-UP

1. P2 Warm-Up Movements
2. Handstands on the Parallettes
 - Hold for max time x 3 sets

SKILL WORK

1. Bent Arm Press
 - 1 rep x up to 8 sets
2. Handstand Lower to L-Sit
 - 1 rep x up to 8 sets

CONDITIONING

1. Bent Arm Plank Push to Straddle Hold
 - Up to 5 sets
2. Tuck to V Sit Repeats
 - 2 to 3 reps x up to 5 sets
3. Handstands on Parallettes
 - Hold for as long as you can for up to 5 sets

COOL-DOWN

- ★ Regular cool down

Recuperation Week

As explained above, take a Recuperation Week after completing Phase 2.

Work on your two most challenging movements Monday through Friday, and take Saturday and Sunday off before starting Phase 3.

Phase 3 - Mini Flow

This is the start of combining movements from Phase 2. There is a change in programming to develop the strength-endurance needed to complete the full P2 flow.

Workout A

WARM-UP

1. P2 Warm Up Movements
2. Low Frog
 - Hold 10 seconds x 3 sets
3. Push Ups
 - 10 reps x 3 sets

SKILL WORK

1. **Movement A:** Planche Hold to Lower Double Arm Lever to Lever Spin (Double Arm Lever to Single Arm Lever, Spin to Double Arm Lever on single bar, switch to opposite side Single Arm Lever, spin to Double Arm Lever facing opposite direction)

Do Movement A then take a long rest. Repeat up to 10 rounds.

CONDITIONING

1. Planche Holds
 - Hold for 80% max time for up to 5 sets
2. Single Arm Lever Switches
 - Up to 5 reps per side for up to 5 sets
3. Single Bar Push Ups
 - Palms Up
 - Do 5 reps as slow as you can for up to 5 sets

Workout B

WARM-UP

1. P2 Warm Up Movements
2. Handstand
 - Max time x 3 sets
3. Straddle Hold
 - 5 sec hold x 3 sets

4. Bent Arm Stand Hold
 - 5 sec hold x 3 sets

SKILL WORK

1. **Movement A:** Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand
 - Do up to 10 rounds
2. **Movement B:** Handstand to V Sit, V Sit to Seiza
 - Do up to 10 rounds

CONDITIONING

1. Bent Arm Press to Handstand from Bent Arm Stand
 - Progress to full Handstand Presses
 - Do up to 8 reps
2. Handstand Hold
 - Max time for 5 sets

Workout C

If you want to, you can also add a third Workout day into your training during this phase. Choose your most difficult movement/hold. This will be the focus of the day.

Don't count reps or sets. Perform one rep and then take as much rest as you need before trying again. Continue to do this until you feel that any more would be pushing it.

Just as was discussed earlier in the section on Auto-Regulation, take your time and work up to the level you can for the day. Since this is the move/hold that you are having difficulty with, it shouldn't take you too many reps until you start to feel worn out.

Focus on form and “making it look pretty”. Call it a day when that form breaks down.

Phase 4 - Full Flow

Flow

In the flow, you will use the highest level in the exercise block for each skill. They don't have to match up in terms of difficulty, and most likely won't, there will be skills that you'll get better at more quickly than others. The great thing about this program is that you have a variety of progressions within the exercise blocks to choose from, and you can perform the full Flow at whatever level you are at.

WARM-UP

1. P2 Warm Up Movements
2. Handstands on P-bars
 - Max time x 2 sets
3. V-Sit Hold
 - 5 seconds x 2 sets
4. Straddle Hold
 - 5 seconds x 2 sets
5. Bent Arm Stand
 - 5 seconds x 2 sets

FLOW ROUTINE

1. Planche Hold to Double Arm Lever
2. Lever Spin to Straddle Hold
3. Press Handstand to V-Sit
4. Jump Back to Seiza

Performance Suggestions

At this point in the training, don't think about sets and reps. Instead, focus on performing the flow as cleanly as possible. Work on holding each position a little bit longer, not falling out of your lever or handstand, and not working at a level that is out of reach.

A good way to start the training session is to take all of your movements/holds down 1 level from what you are capable of doing and use that flow as a gauge. Use this to determine

your capability for that day and adjust your training as necessary.

Also, as you begin your work on this flow it will help to focus on one section. Repeat this chosen section a few times, and the other sections just once or twice. Alternate the section of focus at every session, until you feel comfortable performing the entire flow.

This is actually how Ryan trains skill work now, instead of a planned session of sets and reps, he uses auto-regulation to vary the intensity of the training. In addition he choose to focus on a certain transition or skill within the entirety of the session, and alternate that focus to address different skills over time.

Once you've gone through the foundational work and progressed to this level of flow work, the training can and should be personalized and varied on any given day.

Focus on the skills, give yourself plenty of rest, and then stop when you sense that your form will break on the next round. That is smart and effective training.

DAILY PROGRAM CHARTS - PREP PHASE WEEK 1

Week 1				
Day 1 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 3 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 4 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 5 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 2

Week 2				
Day 8 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 10 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 11 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 12 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 3

Week 3				
Day 15 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 17 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 18 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 19 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PREP PHASE WEEK 4

Week 4				
Day 22 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 24 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Plank Lean • Push Ups • Swings 	<ul style="list-style-type: none"> • Tuck to Tuck Bent Arm Stand • L-Sit Hold • Handstands • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 25 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 26 Prep Workout	<ul style="list-style-type: none"> • Warm-Up • Chin-Up • L-Chin Repeats 	<ul style="list-style-type: none"> • Skin the Cat • Straight Arm Pike Pulls • Cool-Down 	Up to 5 sets: Up to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No p-bar training at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 1

Week 1				
Day 1 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 3 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 5 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 2

Week 2				
Day 8 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 10 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 11 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 12 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 3

Week 3				
Day 15 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 17 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 18 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 19 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 4

Week 4				
Day 22 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 24 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 25 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 26 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 1 WEEK 5

Week 5				
Day 29 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 30 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 31 Workout B Bent Arm	<ul style="list-style-type: none"> • Warm-Up • Push Ups Skill Work (One Move from Each) <ul style="list-style-type: none"> • Double Arm Lever Block • Single Arm Lever Block • Bent Arm Press to Handstand and Lower 	Conditioning <ul style="list-style-type: none"> • Single Arm Push Ups • Headstand Push Ups on Ground • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 32 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 33 Workout A Straight Arm	<ul style="list-style-type: none"> • Warm-Up • Plank Lean Hold Skill Work (One Move from Each) <ul style="list-style-type: none"> • Planche Hold Block • Straddle Hold Block • V-Sit Block 	Conditioning <ul style="list-style-type: none"> • Plank Holds • L-Sit Pushes • Handstand on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 34, 35 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No p-bar work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 1

Week 1				
Day 1 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog Holds • Regular Push Ups Skill Work <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	Conditioning <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 3 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands on P-Bars Skill Work <ul style="list-style-type: none"> • Bent Arm Press • Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> • Bent Arm Plank Push to Straddle Hold • Tuck to V Sit Repeats • Handstands on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 5 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog Holds • Regular Push Ups Skill Work <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	Conditioning <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 2

Week 2				
Day 8 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands on P-Bars Skill Work <ul style="list-style-type: none"> • Bent Arm Press • Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> • Bent Arm Plank Push to Straddle Hold • Tuck to V Sit Repeats • Handstands on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 9 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 10 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog Holds • Regular Push Ups Skill Work <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	Conditioning <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 11 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 12 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands on P-Bars Skill Work <ul style="list-style-type: none"> • Bent Arm Press • Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> • Bent Arm Plank Push to Straddle Hold • Tuck to V Sit Repeats • Handstands on Parallettes • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 3

Week 3				
Day 15 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog Holds • Regular Push Ups Skill Work <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	Conditioning <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 16 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 17 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands on P-Bars Skill Work <ul style="list-style-type: none"> • Bent Arm Press • Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> • Bent Arm Plank Push to Straddle Hold • Tuck to V Sit Repeats • Handstands on Parallettes <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 18 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 19 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog Holds • Regular Push Ups Skill Work <ul style="list-style-type: none"> • Planche Hold Lower to Double Arm Lever • Lever Spin 	Conditioning <ul style="list-style-type: none"> • Planche Holds • Single Arm Lever • Single Bar Push Ups <ul style="list-style-type: none"> • Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 2 WEEK 4

Week 4				
Day 22 Workout B	<ul style="list-style-type: none"> Warm-Up Handstands on P-Bars Skill Work <ul style="list-style-type: none"> Bent Arm Press Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> Bent Arm Plank Push to Straddle Hold Tuck to V Sit Repeats Handstands on Parallettes Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 23 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 24 Workout A	<ul style="list-style-type: none"> Warm-Up Low Frog Holds Regular Push Ups Skill Work <ul style="list-style-type: none"> Planche Hold Lower to Double Arm Lever Lever Spin 	Conditioning <ul style="list-style-type: none"> Planche Holds Single Arm Lever Single Bar Push Ups Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 25 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 26 Workout B	<ul style="list-style-type: none"> Warm-Up Handstands on P-Bars Skill Work <ul style="list-style-type: none"> Bent Arm Press Handstand Lower to L-Sit 	Conditioning <ul style="list-style-type: none"> Bent Arm Plank Push to Straddle Hold Tuck to V Sit Repeats Handstands on Parallettes Cool-Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No p-bar work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 1

Week 1				
Day 1 Workout A	<ul style="list-style-type: none"> Warm-Up Low Frog Push Ups <p>Skill Work</p> <ul style="list-style-type: none"> Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	<p>Conditioning</p> <ul style="list-style-type: none"> Planche Hold Single Arm Lever Switches Single Bar Push Ups <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 2 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 3 Workout B	<ul style="list-style-type: none"> Warm-Up Handstands Straddle Hold Bent Arm Stand Hold <p>Skill Work</p> <ul style="list-style-type: none"> Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand Movement B: Handstand to V-Sit, V-Sit to Seiza 	<p>Conditioning</p> <ul style="list-style-type: none"> Bent Arm Press to Handstand from Bent Arm Stand Handstand Hold <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 4 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 5 Workout A	<ul style="list-style-type: none"> Warm-Up Low Frog Push Ups <p>Skill Work</p> <ul style="list-style-type: none"> Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	<p>Conditioning</p> <ul style="list-style-type: none"> Planche Hold Single Arm Lever Switches Single Bar Push Ups <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 2

Week 2				
Day 8 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands • Straddle Hold • Bent Arm Stand Hold <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand • Movement B: Handstand to V-Sit, V-Sit to Seiza 	<p>Conditioning</p> <ul style="list-style-type: none"> • Bent Arm Press to Handstand from Bent Arm Stand • Handstand Hold • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 9 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 10 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog • Push Ups <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	<p>Conditioning</p> <ul style="list-style-type: none"> • Planche Hold • Single Arm Lever Switches • Single Bar Push Ups • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 11 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 12 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands • Straddle Hold • Bent Arm Stand Hold <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand • Movement B: Handstand to V-Sit, V-Sit to Seiza 	<p>Conditioning</p> <ul style="list-style-type: none"> • Bent Arm Press to Handstand from Bent Arm Stand • Handstand Hold • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 13, 14 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 3

Week 3				
Day 15 Workout A	<ul style="list-style-type: none"> Warm-Up Low Frog Push Ups Skill Work <ul style="list-style-type: none"> Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	Conditioning <ul style="list-style-type: none"> Planche Hold Single Arm Lever Switches Single Bar Push Ups <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 16 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 17 Workout B	<ul style="list-style-type: none"> Warm-Up Handstands Straddle Hold Bent Arm Stand Hold Skill Work <ul style="list-style-type: none"> Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand Movement B: Handstand to V-Sit, V-Sit to Seiza 	Conditioning <ul style="list-style-type: none"> Bent Arm Press to Handstand from Bent Arm Stand Handstand Hold <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 18 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:
Day 19 Workout A	<ul style="list-style-type: none"> Warm-Up Low Frog Push Ups Skill Work <ul style="list-style-type: none"> Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	Conditioning <ul style="list-style-type: none"> Planche Hold Single Arm Lever Switches Single Bar Push Ups <ul style="list-style-type: none"> Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 20, 21 Active Recovery	<ul style="list-style-type: none"> Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 3 WEEK 4

Week 4				
Day 22 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands • Straddle Hold • Bent Arm Stand Hold <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand • Movement B: Handstand to V-Sit, V-Sit to Seiza 	<p>Conditioning</p> <ul style="list-style-type: none"> • Bent Arm Press to Handstand from Bent Arm Stand • Handstand Hold • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 23 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 24 Workout A	<ul style="list-style-type: none"> • Warm-Up • Low Frog • Push Ups <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Planche Hold to Lower to Double Arm Lever to Lever Spin 	<p>Conditioning</p> <ul style="list-style-type: none"> • Planche Hold • Single Arm Lever Switches • Single Bar Push Ups • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 25 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:
Day 26 Workout B	<ul style="list-style-type: none"> • Warm-Up • Handstands • Straddle Hold • Bent Arm Stand Hold <p>Skill Work</p> <ul style="list-style-type: none"> • Movement A: Double Arm Lever to Straddle Hold, Straddle Hold Press to Handstand • Movement B: Handstand to V-Sit, V-Sit to Seiza 	<p>Conditioning</p> <ul style="list-style-type: none"> • Bent Arm Press to Handstand from Bent Arm Stand • Handstand Hold • Cool-Down 	Up to 10 rounds:	RPT: RPE:
Day 27, 28 Active Recovery	<ul style="list-style-type: none"> • Recovery 			RPT: RPE:

DAILY PROGRAM CHARTS - RECUPERATION

Recuperation Week			
Day 1	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 2	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 3	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 4	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 5	<ul style="list-style-type: none"> • Warm-Up • Work on two of your most challenging movements • Cool Down 	3 to 5 sets: 3 to 5 reps: 60-90s rest:	RPT: RPE:
Day 6, 7 Active Recovery	<ul style="list-style-type: none"> • No p-bar work at all today 		RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 4 WEEK 1

Week 1				
<p>Day 1 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>
<p>Day 2, 4, 6, 7 Active Recovery</p>	<ul style="list-style-type: none"> • No p-bar work 			<p>RPT: RPE:</p>
<p>Day 3 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>
<p>Day 5 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>

DAILY PROGRAM CHARTS - PHASE 4 WEEK 2

Week 2				
Day 8 Flow	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	P2 Flow <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	3 to 5 sets: 5 to 8 reps: 60-120s rest:	RPT: RPE:
Day 9, 11, 13, 14 Active Recovery	<ul style="list-style-type: none"> • No p-bar work 			RPT: RPE:
Day 10 Flow	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	P2 Flow <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	3 to 5 sets: 5 to 8 reps: 60-120s rest:	RPT: RPE:
Day 12 Flow	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	P2 Flow <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	3 to 5 sets: 5 to 8 reps: 60-120s rest:	RPT: RPE:

DAILY PROGRAM CHARTS - PHASE 4 WEEK 3

Week 3				
<p>Day 15 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>
<p>Day 16, 18, 20, 21 Active Recovery</p>	<ul style="list-style-type: none"> • No p-bar work 			<p>RPT: RPE:</p>
<p>Day 17 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>
<p>Day 19 Flow</p>	<ul style="list-style-type: none"> • Warm-Up Routine • Handstands on P-Bars • V-Sit Hold • Straddle Hold • Bent Arm Stand 	<p>P2 Flow</p> <ul style="list-style-type: none"> • Planche Hold to Double Arm Lever • Lever Spin to Straddle Hold • Press Handstand to V-Sit • Jump Back to Seiza • Cool-Down Flow 	<p>3 to 5 sets: 5 to 8 reps: 60-120s rest:</p>	<p>RPT: RPE:</p>