

WORKOUT PROGRAM INTERMEDIATE

LEVEL 1

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Pull ups	10	4	
Full body workout	Straight bar dips	12	4	
Full body workout	Side to side pull up	5	3	
Full body workout	Diamond push ups	12	3	
Full body workout	Wall handstand push ups	6	4	
Full body workout	Bar leg raises	7	3	
Full body workout	Squats	25	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen dynamic skills progressions	10 min	-	-
Skills	Chosen dynamic skills progressions	10 min	-	-
Skills	Chosen dynamic skills progressions	10 min	-	-
Full body workout	Wall handstand push ups	6	4	
Full body workout	Pseudo planche push ups	6	3	
Full body workout	Chin ups	10	4	
Full body workout	Dips	12	3	
Full body workout	Pike push ups	10	4	
Full body workout	Izometrics (pull up position)	5s,10s,5s	2	
Full body workout	Bent knees windshield wipers	4 each side	3	
Full body workout	Hiptrusts	15	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Close grip chin ups	12	2	
Full body workout	Pull ups	10	2	
Full body workout	Straight bar dips	12	3	
Full body workout	Diamond push ups	10	3	
Full body workout	Pull ups burnout	Max	2	
Full body workout	Push ups burnout	Max	2	
Full body workout	Dragon fly negatives	4	4	
Full body workout	Calf raises	15,15,20	4	

LEVEL 2

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Pull ups	10	4	
Full body workout	Straight bar dips	12	4	
Full body workout	Archery pull ups	3 a side	3	
Full body workout	Diamond push ups	14	3	
Full body workout	Wall handstand push ups	8	4	
Full body workout	Bar leg raises	10	3	
Full body workout	Squats	30	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen dynamic skills progressions	10 min	-	-
Skills	Chosen dynamic skills progressions	10 min	-	-
Skills	Chosen dynamic skills progressions	10 min	-	-
Full body workout	Wall handstand push ups	8	4	
Full body workout	Pseudo planche push ups	8	3	
Full body workout	Chin ups	10	4	
Full body workout	Dips	14	3	
Full body workout	Hindui push ups	10	4	
Full body workout	Muscle up negatives	1	6	
Full body workout	Bent knees windshield wipers	6 each side	3	
Full body workout	Hiptrusts	15	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Close grip chin ups	12	2	
Full body workout	Pull ups	12	2	
Full body workout	Straight bar dips	14	3	
Full body workout	Diamond push ups	12	3	
Full body workout	Pull ups burnout	Max	2	
Full body workout	Push ups burnout	Max	2	
Full body workout	Dragon fly	4	4	
Full body workout	Calf raises	15,15,20	4	

LEVEL 3

DAY 1

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Muscle ups	3	4	
Full body workout	Back clap push ups	3	4	
Full body workout	Wide to close push ups	10	3	
Full body workout	Pull ups	10	4	
Full body workout	Hefesto curls	8	3	
Full body workout	Dips	15	4	
Full body workout	Push ups	20	3	
Full body workout	Dragon fly	4	4	
Full body workout	Calf raises	15,15,20	4	

DAY 3

Day 1		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Muscle ups	3	4	
Full body workout	Superman push ups	3	4	
Full body workout	L-hang chin ups	8	3	
Full body workout	Biceps curls	10	3	
Full body workout	Clock	4 a side	3	
Full body workout	Wall handstand push ups	8	4	
Full body workout	Squats	30	3	

4

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Full body workout	Muscle ups	3	4	
Full body workout	Muscle up negatives	1	6	
Full body workout	Pull ups	10	4	
Full body workout	Straight bar dips	12	3	
Full body workout	Side to side pull ups	8	4	
Full body workout	Triceps extensions	8	4	
Full body workout	Inverted deadlifts	5	4	
Full body workout	Lowerback extensions	8	3	

LEVEL 4

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	Muscle ups	4	4	
Full body workout	Behind back clap push ups	3	3	
Full body workout	Hammer grip pull ups	12	4	
Full body workout	Straight bar dips	13	4	
Full body workout	Backlever raises	3	3	
Full body workout	Close grip chin ups	10	3	
Full body workout	Decline diamond push ups	10	4	
Full body workout	Inverted deadlifts	6	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Full body workout	High pull ups	4	4	
Full body workout	Wide push ups	15	4	
Full body workout	Advanced tuck front lever raises	4	4	
Full body workout	Dips	15	4	
Full body workout	Wall handstand push ups	10	4	
Full body workout	Hindui push ups	12	3	
Full body workout	Bar leg raises	3,3,3	3	
Full body workout	Dragon fly	5	4	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Full body workout	Muscle ups	4	4	
Full body workout	Archery walk	10s	3	
Full body workout	Archery pull ups + typewriters	3 each side	3	
Full body workout	Dips	15	3	
Full body workout	Pull ups	12	3	
Full body workout	Triceps extensions	10	4	
Full body workout	Clock	4 each side	4	
Full body workout	Hollowbody	20s	4	

LEVEL 5

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Chest + triceps+core	Muscle ups	4	4	
Chest + triceps+core	Straight bar dips	15	4	
Chest + triceps+core	Impossible hold	Max s.	4	
Chest + triceps+core	Impossible dip negatives	4	4	
Chest + triceps+core	Diamond push ups	15	3	
Chest + triceps+core	Wide push ups burnout	Max	3	
Chest + triceps+core	Windshield wipers	6 each side	4	
Chest + triceps+core	Inverted deadlifts	6	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Back + biceps + core	Toe touches pull ups	4	4	
Back + biceps + core	Icecream makers	6	4	
Back + biceps + core	Oneleg front lever negatives	1	5	
Back + biceps + core	Tuck front lever pull ups	4	4	
Back + biceps + core	Pull ups	12	4	
Back + biceps + core	Dragon fly	5	4	
Back + biceps + core	L-sit	Max s.	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Shoulders	Scapula push ups	12	3	
Shoulders	Tuck planche hold	Max s.	4	
Shoulders	Tuck planche push ups	5	4	
Shoulders	Planche lean	Max s.	4	
Shoulders	Wall handstand push ups	10	4	
Shoulders	Pseudo planche push ups	6	4	

LEVEL 6

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Chest + triceps+core	Muscle ups	5	4	
Chest + triceps+core	Straight bar dips	16	4	
Chest + triceps+core	Impossible hold	Max s.	4	
Chest + triceps+core	Impossible dip negatives	4	4	
Chest + triceps+core	Diamond push ups	17	3	
Chest + triceps+core	Wide push ups burnout	Max	3	
Chest + triceps+core	Windshield wipers	8 each side	4	
Chest + triceps+core	Inverted deadlifts	8	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Back + biceps + core	Toe touches pull ups	4	4	
Back + biceps + core	Icecream makers	6	4	
Back + biceps + core	Full front lever negatives	1	5	
Back + biceps + core	Tuck front lever pull ups	5	4	
Back + biceps + core	Pull ups	12	4	
Back + biceps + core	Dragon fly	5	4	
Back + biceps + core	L-sit	Max s.	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Shoulders	Scapula push ups	12	3	
Shoulders	Tuck planche hold	Max s.	4	
Shoulders	Tuck planche push ups	6	4	
Shoulders	Planche lean	Max s.	4	
Shoulders	Planche lean scapula push ups	8	3	
Shoulders	Wall handstand push ups	10	4	
Shoulders	Pseudo planche push ups	8	4	

LEVEL 7

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Chest + triceps+core	Muscle ups	5	4	
Chest + triceps+core	Straight bar dips	16	4	
Chest + triceps+core	Onearm push ups	3	4	
Chest + triceps+core	Dips	14	4	
Chest + triceps+core	Triceps extensions	10	3	
Chest + triceps+core	Diamond push ups burnout	Max	3	
Chest + triceps+core	L-hang leg raises	5	4	
Chest + triceps+core	Inverted deadlifts	8	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Back + biceps + core	Explosive muscle ups	3	4	
Back + biceps + core	Icecream makers	8	4	
Back + biceps + core	Straddle front lever pull ups	1	5	
Back + biceps + core	German hang pull ups	5	4	
Back + biceps + core	Pull ups	12	4	
Back + biceps + core	Dragon fly	5	4	
Back + biceps + core	Victorian raises	5	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Shoulders	Scapula resistance band push ups	10	3	
Shoulders	Advanced tuck hold	Max s.	4	
Shoulders	Tuck planche push ups	6	4	
Shoulders	Planche lean	Max s.	4	
Shoulders	L-sit to straddle planche	4	4	
Shoulders	Wall handstand push ups	10	4	
Shoulders	Pseudo planche push ups	8	4	

LEVEL 8

DAY 1

Day 1		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Chest + triceps+core	Muscle ups	5	4	
Chest + triceps+core	Straight bar dips	18	4	
Chest + triceps+core	Onearm push ups	4	4	
Chest + triceps+core	Dips	16	4	
Chest + triceps+core	Triceps extensions	12	3	
Chest + triceps+core	Diamond push ups burnout	Max	3	
Chest + triceps+core	L-hang leg raises	6	4	
Chest + triceps+core	Inverted deadlifts	10	3	

DAY 3

Day 3		Reps	Sets	Rest time
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Skills	Chosen static skills progressions	10 min	-	-
Back + biceps + core	Explosive muscle ups	3	4	
Back + biceps + core	Icecream makers	8	4	
Back + biceps + core	Full front lever pull up	1	5	
Back + biceps + core	German hang pull ups	6	4	
Back + biceps + core	Pull ups	14	4	
Back + biceps + core	Dragon fly	5	4	
Back + biceps + core	Victorian raises	8	3	

DAY 5

Day 5		Reps	Sets	Rest time
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Skills	Chosen dynamics skills progressions	10 min	-	-
Shoulders	Scapula resistance band push ups	12	3	
Shoulders	Advanced tuck hold	Max s.	4	
Shoulders	Tuck planche push ups	8	4	
Shoulders	Planche lean	Max s.	4	
Shoulders	L-sit to straddle planche	4	4	
Shoulders	Handstand	Max s.	4	
Shoulders	Pseudo planche push ups	8	4	