

# WORKOUT PROGRAM ADVANCED

## LEVEL 1

### 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	-	-
FBW	Headstand to handstand push ups	3	3	
FBW	Assisted OAP (forearm)	3 each arm	4	
FBW	Deep bar dips	10	4	
FBW	Tuck front lever pull ups with izometrics	4	4	
FBW	Pull ups	14	4	
FBW	Push ups (slow eccentric movement)	10	4	
FBW	Onearm dragonfly negatives	1 each arm	4	
FBW	Headstand RLL	6	4	

### 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	-	-
FBW	Handstand push ups negatives	1	6	
FBW	Handstand	30s	4	
FBW	Archery push ups	6 each side	4	
FBW	Wide L-hang pull ups	8	4	
FBW	Impossible hold	Max s.	4	
FBW	Chest activation dips	10	4	
FBW	Onearm L-hang	Max s.	2 each ar	
FBW	Backlever pulls (half)	4	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	-	-
FBW	L-sit to straddle planche	1	4	
FBW	Tuck planche push ups	4	4	
FBW	Full front lever negatives	1	5	
FBW	Pull ups	14	4	
FBW	Elevated triceps extensions	8	4	
FBW	Diamond push ups	20	4	
FBW	Tuck l-sit lifts	Max	4	
FBW	Bar leg raises	10	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	-	-
FBW	Headstand to handstand push ups	3	3	
FBW	Assisted OAP (biceps)	3 each arm	3	
FBW	Deep bar dips	12	4	
FBW	Advanced tuck FL pull ups	4	4	
FBW	Pull ups	14	4	
FBW	Push ups (slow eccentric movement)	10	4	
FBW	Halfway onearm dragon fly	1 each arm	5	
FBW	Headstand RLL	8	4	

### DAY 3

Day 3		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	-	-
FBW	Handstand push ups negatives	1	8	
FBW	Handstand	40s	4	
FBW	Archery push ups	8 each side	4	
FBW	Wide L-hang pull ups	10	4	
FBW	Impossible (half)	4	4	
FBW	Chest activation dips	12	4	
FBW	Onearm L-hang	Max s.	2 each ar	
FBW	Backlever pulls	4	4	

### 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	-	-
FBW	L-sit to straddle planche	1	4	
FBW	Tuck planche push ups	4	4	
FBW	Full front lever negatives	1	6	
FBW	Pull ups	14	4	
FBW	Elevated triceps extensions	10	4	
FBW	Diamond push ups	20	4	
FBW	Tuck l-sit lifts	Max	4	
FBW	Bar leg raises	12	4	

## LEVEL 3

### 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	-	-
FBW	Handstand push ups	1	6	
FBW	OAP negatives	1 each arm	4	
FBW	Muscle ups	5	5	
FBW	L Front lever pull ups	6	4	
FBW	Bar dips	18	4	
FBW	Explosive chin ups	6	4	
FBW	Dragon fly	5	5	
FBW	Onearm leg raises	4 each arm	4	

### 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	-	-
FBW	Wall handstand push ups	10	4	
FBW	Handstand to l-sit	4	4	
FBW	Elevated triceps extensions	10	4	
FBW	Wide L-hang pull ups	12	3	
FBW	Impossible (half)	4	4	
FBW	Pull ups (slow eccentric)	10	3	
FBW	Weighted hollowbody hold	Max s.	4	
FBW	Circular archups	5 each side	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	-	-
FBW	Maltease lean	Max s.	4	
FBW	Pseudo planche push ups	10	4	
FBW	Advanced tuck FL raises	1	6	
FBW	Pull ups (slow eccentric)	10	3	
FBW	Impossible negatives	1	5	
FBW	Diamond push ups (slow eccentric)	10	4	
FBW	Lallane hold	Max	4	

## LEVEL 4

### 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	-	-
FBW	Handstand push ups	2	4	
FBW	Assisted OAP (shoulder)	2 each arm	4	
FBW	Muscle ups	7	4	
FBW	L Front lever pull ups	8	4	
FBW	Bar dips	20	4	
FBW	Explosive chin ups	8	4	
FBW	Onearm dragon fly	2 each arm	4	
FBW	Onearm leg raises to bar	4 each arm	2	

### 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	-	-
FBW	Wall handstand push ups	10	4	
FBW	L-sit press to handstand	1	4	
FBW	Elevated triceps extensions	10	4	
FBW	Wide L-hang pull ups	12	3	
FBW	Impossible (half)	4	4	
FBW	Pull ups (slow eccentric)	10	3	
FBW	Weighted hollowbody hold	Max s.	4	
FBW	Circular archups	5 each side	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	-	-
FBW	Maltease lean	Max s.	4	
FBW	Pseudo planche push ups	10	4	
FBW	Straddle FL raises	1	6	
FBW	Pull ups (slow eccentric)	10	3	
FBW	Impossible negatives	1	5	
FBW	Diamond push ups (slow eccentric)	10	4	
FBW	Lallane walks	Max	4	

