



**WEEK 2**

Workout 1		Workout 2		Workout 3		Workout 4																																																																																		
Skill Training: <b>Pull-ups</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: <b>Frog Stand</b>  <i>Max hold (min. 100sec)</i>	<i>Time achieved without break:</i>	Skill Training: <b>Side Plank</b>  <i>Max hold (min. 100sec)</i>	<i>Time achieved without break:</i>	Challenge: <b>Archer Push-Ups</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>																																																																																	
Workout Routine: <b>Pull-Up Pyramid</b> 1, 2, 3, 4, 5 4, 3, 2, 1  <b>Wash Heights Warrior</b>  Each exercise for 1min:  Squat Jumps  Bodyw. Rows  Lunges  Push-ups  Burpees  <i>3 sets with 1min break in between</i>	<i>Overall time achieved:</i>   <i>Reps achieved:</i>  <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Set 1	Set 2	Set 3																			Workout Routine: <b>Broadway</b>  - 100 Shoulder Diamonds  - 10 Pull-ups  - 20 Tricep Dips  - 20 Bodyw. Rows  - 20 Pike Push-ups  <i>3 sets with 1min break in between</i>	<i>Overall time achieved:</i>	Workout Routine: <b>Amsterdam</b>  Each exercise for 30sec:  Burpees  Plank  Squat Calf Raises  Push-ups  Lunges  Side Plank (right)  Side Plank (left)  <i>4 sets with 1min break in between</i>   Optional: <b>Legs &amp; Cardio Boost</b>	<i>Reps achieved:</i>  <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>S 1</th> <th>S 2</th> <th>S 3</th> <th>S 4</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	S 1	S 2	S 3	S 4																																	Workout Routine: <b>Audubon</b>  Each exercise for 1min:  Burpees  Leg Flutters  Lunges  Glute Bridge  Squat Jumps  Plank  <i>3 sets, 1min break</i>   Workout Routine: <b>London</b>	<i>Reps/time:</i>  <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Set 1	Set 2	Set 3																					
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				<p>Each for 30sec:</p> <p>Jumping Lunges</p> <p>Leg Flutters</p> <p>Squat Sit</p> <p>Glute Bridge</p> <p>Front Jumps</p> <p><i>3 sets, 30secs rest in between</i></p>	<p><i>Reps/time achieved:</i></p> <table border="1"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </tbody> </table>	Set 1	Set 2	Set 3																<p>1min L-Sit Kick-O.</p> <p>1min Knee Raises</p> <p>30sec Side Plank (right)</p> <p>30sec Side Plank (left)</p> <p><i>3 sets, 1min rest in between</i></p>	<p><i>Reps achieved:</i></p> <table border="1"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </tbody> </table>	Set 1	Set 2	Set 3												
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Skill Training: <b>Chin-ups</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: <b>Handstand Kick-Up</b>  <i>Max. hold for 100sec</i>	<i>Time achieved without break:</i>	Skill Training: <b>Bodyweight Row</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: <b>In-and-out Push-Ups</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>																																
Workout Routine: <b>Around the Block</b>  - 5 Pull-ups - 10 Tricep Dips - 10 Push-ups  <i>5 sets with 1min break in between</i>  Optional: <b>Pull-up &amp; Push-up Mixer</b>  - 1 Pull-up - 5secs each hold - 10 Push-ups - 2 Pull-ups ...  <i>All the way up until failure</i>	<i>Overall time achieved:</i>          <i>No. of sets achieved:</i>	Workout Routine: <b>Pinehurst</b>  - 1 Push-up - 1sec Plank - 2 Push-ups - 2sec Plank - ...  <i>All the way up to 10 - 1 set</i>	<i>Overall time achieved:</i>          <i>Overall time achieved:</i>	Workout Routine: <b>Amsterdam</b>  Each exercise for 30sec:  Burpees  Plank  Squat Calf Raises  Push-ups  Lunges  Side Plank (right)  Side Plank (left)  <i>4 sets with 1min break in between</i>	<i>Reps achieved:</i>  <table border="1"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> <th>Set 4</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Set 1	Set 2	Set 3	Set 4																													Workout Routine: <b>Stumbling</b>  - 20 Lunges - 15 Squat Calf Raises - 10 Squat Jumps - 5 Front Jumps - 30sec Squat Sit  Workout Routine: <b>The Abination</b>  - 15 Leg Raises - 10 L-Sit Kick-Outs - 25 Knee Raises  <i>5 sets, with 1min break in between</i>	<i>Overall time achieved:</i>          <i>Overall time achieved:</i>
		Set 1		Set 2		Set 3	Set 4																																
		Workout Routine: <b>Cabrini Chest</b>  - 10 Push-ups - 10 Diam. Push-ups - 10 Arch. Push-ups  <i>3 sets, 1min break</i>		Optional: <b>Upper Body Boost</b>																																			

				<p>Each for 1min:</p> <p>Diam. Push-ups</p> <p>Pull-ups</p> <p>Pike push-ups</p> <p>Knee Raises</p> <p>Chin-ups</p> <p><i>2 sets, 30secs rest</i></p>	<p><i>Reps achieved:</i></p> <table border="1"> <thead> <tr> <th><i>Set 1</i></th> <th><i>Set 2</i></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>	<i>Set 1</i>	<i>Set 2</i>												
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Skill Training: <b>Handstand Kick-Up</b>  <i>Max. hold for 100sec</i>	<i>Time achieved without break:</i>	Skill Training: <b>Squat Jumps</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>	Skill Training: <b>Tuck Front Lever</b>  <i>Max. hold for 100sec</i>	<i>Time achieved without break:</i>	Challenge: <b>Superman Push-up</b>  <i>Max. reps for 100sec</i>	<i>Reps achieved:</i>																											
Workout Routine: <b>Pull-up &amp; Push-up Mixer</b>  - 1 Pull-up - 5secs each hold - 10 Push-ups - 2 Pull-ups ... <i>All the way up until failure</i>  <b>Pull-up Pyramid</b> <i>1, 2, 3, 4, 5</i> <i>4, 3, 2, 1</i>	<i>No. of sets achieved:</i>          <i>Overall time achieved:</i>	Workout Routine: <b>London</b>  1min L-Sit Kick-Out  1min Knee Raises  30sec Side Plank  30sec Side Plank  <i>3 sets, 1min break</i>  <b>Pinehurst</b>  - 1 Push-up - 1sec Plank - 2 Push-ups - 2sec Plank...  <i>All the way up to 10 - 1 set</i>  Optional: <b>Legs &amp; Cardio Boost</b>	<i>Reps achieved:</i> <table border="1" data-bbox="817 529 1057 978"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> <th>Set 3</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </tbody> </table> <i>Overall time achieved:</i>	Set 1	Set 2	Set 3													Workout Routine: <b>Broadway</b>  - 100 Shoulder Diamonds  - 10 Pull-ups  - 20 Tricep Dips  - 20 Bodyw. Rows  - 20 Pike Push-ups  <i>3 sets with 1min break in between</i>  <b>Wadsworth</b>  - 10 Chin-ups - 10 Archer Push-ups	<i>Overall time achieved:</i>	Workout Routine: <b>Vermilya</b>  - 20 Push-ups - 60sec Plank - 30sec Side Plank (right) - 30sec Side Plank (left) - 30 Squat Calf Raises - 30sec Squat Sit - 60sec Leg Flutter  <i>4 sets, 1min break</i>  Optional: <b>Upper Body Boost</b>  Each for 1min:  Diam. Push-ups  Pull-ups  Pike push-ups  Knee Raises  Chin-ups	<i>Overall time achieved:</i>          <i>Reps achieved:</i> <table border="1" data-bbox="1803 1104 2027 1471"> <thead> <tr> <th>Set 1</th> <th>Set 2</th> </tr> </thead> <tbody> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </tbody> </table>	Set 1	Set 2										
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