

BEGINNER PROGRAM

LEVEL 8

DAY 1

Day 1	Exercises	Reps	Sets	Rest
	HS practise	15 min - you can rest during the 15 min		Sufficient
	Explosive dips	3	5	Sufficient
	Pike push ups	8	3	Sufficient
	High pull ups	2	5	Sufficient
	Close pull ups	6	4	Sufficient
	Slow one arm rows	2 each arm	5	Sufficient
	Straddle dragon flag raises	2	5	Sufficient
	Hanging around the world	MAX	3	Sufficient
	Hanging l-sit hold	5 sec	4	Sufficient
	L-sit compression	20 sec	3	Sufficient

DAY 2 REST OR SKILLS TRAINING

DAY 3

Day 3	Exercises	Reps	Sets	Rest
	HS practise	15 min - you can rest during the 15 min		Sufficient
	Bent arm planche leg lifts	2	5	Sufficient
	HSPU with wall	3	4	Sufficient
	Elevated diamond push ups	12	4	Sufficient
	High pull ups	2	5	Sufficient
	Tuck front lever raises	3	5	Sufficient
	Planche leans	4	4	Sufficient
	Pull ups with slow negatives	4	4	Sufficient
	Leg raises over 90° on p-bar	6	4	Sufficient
	Superman plank	20 sec	4	Sufficient

DAY 4 REST OR SKILLS TRAINING

DAY 5

Day 5	Exercises	Reps	Sets	Rest
	Explosive pull ups	4	4	Sufficient
	Planche lean hold	5 sec	5	Sufficient
	Explosive dips	3	5	Sufficient
	Pull ups + arm shifts	1 each arm	5	Sufficient
	Slow wide pull ups	3	4	Sufficient
	Australian archer pull ups	6 each side	3	Sufficient
	Tiger band push ups	8	4	Sufficient
	Jump squats + hold	20 + 15 sec	4	Sufficient
	Dragon flag negatives	2	5	Sufficient
	L-sit hold on p-bar	10 sec	4	Sufficient

DAY 6 REST OR SKILLS TRAINING

DAY 7

Day 7	Exercises	Reps	Sets	Rest
	HS practise	15 min		Sufficient
	HS leg lifts from the wall	5	4	Sufficient
	Slow motion squats	10	4	Sufficient
	HSPU w/wall	3 reps	4	Sufficient
	Pistol squats	2 each leg	5	Sufficient
	Assisted pistol squats	5 each leg	2	Sufficient
	Hanging windshield wipers	2 each side	5	Sufficient
	Superman raises + hold	15+ 10 sec	3	Sufficient
	Hanging leg raises (FULL ROM)	12	3	Sufficient
	Hanging l-sit	MAX	1	Sufficient

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