

	Day 1	Day 2	Day 3
	5 Sets	5 Sets	5 Sets
	3 Jumping Bar MU	3 Band Assisted Bar MU	3 Box Assisted Bar MU
	Rest 60s	Rest 60s	Rest 60s
	3 Negative Bar MU	2-3 Bar Pullovers	5 Lean Away Pull Ups
	Rest 2 minutes	Rest 2 minutes	Rest 2 minutes
	3 Sets	3 Sets	3 Sets
	5 Bar MU Rolling Drills	3 Box Hip Pops	3 Negative MU
	Rest 30s	Rest 30s	Rest 30s
	10s Bar Tuck Lever Hold	3 Hips to bar	5 Bar MU Rolling Drills
	Rest 30s	Rest 30s	Rest 30s
	5 Strict Pull ups/C2B	2-3 Ice Cream makers (tucked)	20s Feet Elevated Ring Row Hold
	2-3 sets	2-3 Sets	2-3 Sets
	3 Beat Swings	30s Hollow Hold	10 Band Resisted V-Sits
	3 Beat Swings with Toe Spot	30s Arch Hold	10 Prone Lat Pushdowns
	6 Ring Rows - feet elevated	10 Banded Straight Arm Lat Pulldowns	20s Prone Lat Pushdown hold