

	Day 1	Day 2	Day 3
	CFW Handstand Hold	3 Sets	BFW Handstand Hold
	3xM.E	10 Handstand Shoulder Shrugs	3xM.E
	Rest 2 minutes	Rest 30s	Rest 2 minutes
		10 Piked Handstand Shoulder Taps	
	3 Sets	Rest 30s	4 Sets
	2 Piked Handstand Around the Worlds	2 Turkish Get Ups EA	2-3 Handstand Kick Ups
	Rest 15s		Rest 30s
	20m KB OH Carry	3 Sets	20m SA Plate OH Carry EA
	Rest 15s	10 Piked Handstand Thigh Taps	Rest 30s
	25 Hollow Rocks	Rest 30s	20 Seated L-Sit Leg Raises
		10 SA KB Turkish Sit Ups EA	
	2-3 Sets	Rest 30s	
	3 Wall Climbs	10 Scap Push Ups to V-Ups	
	Rest 15s		
	10 Plate Shoulder Shrugs EA		
	Rest 15s		
	20 Arch Rocks		