

	Day 1	Day 2	Day 3
	4 Sets	4 Sets	4 Sets
	3 Strict HSPU to minimum possible Abmats	3 Negative HSPU (kip up if possible)	6 Piked Parralette HSPU
	Rest 20s	Rest 20s	Rest 20s
	30s CFW Handstand Hold	6 Piked HSPU	8 KB Z Press
	Rest 2 minutes	Rest 2 minutes	Rest 2 minutes
	3 Sets	3 Sets	3 Sets
	5 Bar Dips	2 Piked Handstand Around the Worlds	3 Negative HSPU (kip up if possible)
	Rest 15s	Rest 15s	Rest 15s
	8 Ring Push Ups	8 DB Arnold Press	10 CFW Handstand Shoulder Taps
	Rest 15s	Rest 15s	Rest 15s
	30s KB OH Hold	10 DB Skullcrushers	3 Wall climbs
	2-3 Sets	2-3 Sets	2-3 Sets
	30 Hollow Rocks	10 Piked Rower V-Ups	40s Ring Front Leaning Rest Hold
	30 Band Tricep Extensions	30 DB Strict Press	30 DB Skullcrushers