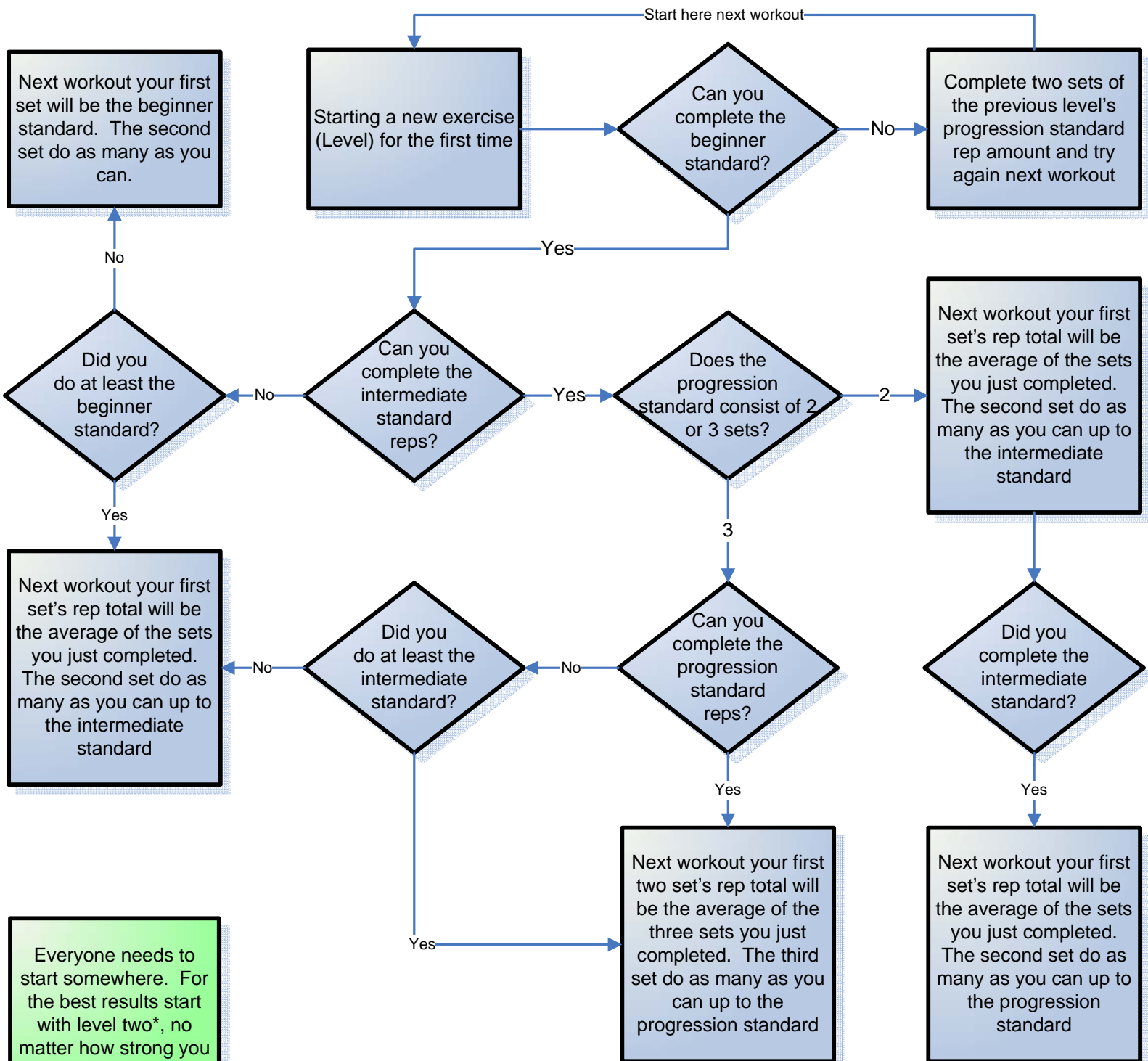


# Flow chart as to how many sets/reps should you try



Everyone needs to start somewhere. For the best results start with level two\*, no matter how strong you think you are.

Once you can answer "yes" to any of the question blocks use it as a starting point for the flow chart until you can do the progression standard

When your average is 90% of the standard you are working on try to complete that standard. E.g. the intermediate standard is 2 sets of 25 if your previous average was 23 try to do the 2 sets of 25

Do a maximum of two sets for warm ups. When starting up use level 2 for the exercises and one each of the level one intermediate and progression standards for the warm up. Once you reach level three at your discretion use two preceding level's intermediate standard sets sizes for your warm up.

# The Big Four Exercises Summary Sheet

## Push ups

Muscles worked:  
Pectorals (major and minor),  
anterior (front) deltoid, triceps

### Step One:

Wall Pushups  
Beginner 1 set of 10  
Intermediate 2 sets of 25  
Progression 3 sets of 50

### Step Two:

Incline Pushups  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 40

### Step Three:

Kneeling Pushups  
Beginner 1 set of 10  
Intermediate 2 sets of 15  
Progression 3 sets of 30

### Step Four:

Half Pushups  
Beginner 1 set of 8  
Intermediate 2 sets of 12  
Progression 2 sets of 25

### Step Five:

Full Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Six:

Close Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Seven:

Uneven Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Eight:

Half One-Arm Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Nine:

Lever Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Master Step:

One Arm Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Elite Stand. 1 set of 100

## Leg Raises

Muscles worked:  
Abdominals, obliques, rectus  
femoris, sartorius, the entire  
frontal hip complex

### Step One:

Knee Tucks  
Beginner 1 set of 10  
Intermediate 2 sets of 25  
Progression 3 sets of 40

### Step Two:

Flat Knee Raises  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 35

### Step Three:

Flat Bent Leg Raises  
Beginner 1 set of 10  
Intermediate 2 sets of 15  
Progression 3 sets of 30

### Step Four:

Flat Frog Raises  
Beginner 1 set of 8  
Intermediate 2 sets of 15  
Progression 3 sets of 25

### Step Five:

Flat Straight Leg Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Six:

Hanging Knee Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Step Seven:

Hanging Bent Leg Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Step Eight:

Hanging Frog Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Step Nine:

Partial Straight Leg Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Master Step:

Hanging Straight Leg  
Raises  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Elite Stand. 2 sets of 30

## Squats

Muscles worked:  
Quads, butt, hamstrings,  
inner thighs, hips, calves, feet

### Step One:

Shoulderstand Squats  
Beginner 1 set of 10  
Intermediate 2 sets of 25  
Progression 3 sets of 50

### Step Two:

Jackknife Squats  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 40

### Step Three:

Supported Squats  
Beginner 1 set of 10  
Intermediate 2 sets of 15  
Progression 3 sets of 30

### Step Four:

Half Squats  
Beginner 1 set of 8  
Intermediate 2 sets of 35  
Progression 2 sets of 50

### Step Five:

Full Squats  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 30

### Step Six:

Close Squats  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Seven:

Uneven Squats  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Eight:

Half One Leg Squats  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Nine:

Assisted One Leg Squats  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Master Step:

Name  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Elite Stand. 2 sets of 50

## Pull ups

Muscles worked:  
Latissimus dorsi teres,  
rhomboid and trapezius,  
biceps, forearms and hands

### Step One:

Vertical Pulls  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 40

### Step One & 1/2:

Bent Leg Horz Pulls  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 30

### Step Two:

Horizontal Pulls  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 30

### Step Three:

Jackknife Pulls  
Beginner 1 set of 10  
Intermediate 2 sets of 15  
Progression 3 sets of 20

### Step Four:

Half Pullups  
Beginner 1 set of 8  
Intermediate 2 sets of 11  
Progression 2 sets of 15

### Step Five:

Full Pullups  
Beginner 1 set of 5  
Intermediate 2 sets of 8  
Progression 2 sets of 10

### Step Six:

Close Pullups  
Beginner 1 set of 5  
Intermediate 2 sets of 8  
Progression 2 sets of 10

### Step Seven:

Uneven Pullups  
Beginner 1 set of 5  
Intermediate 2 sets of 7  
Progression 2 sets of 9

### Step Eight:

½ One Arm Pullups  
Beginner 1 set of 4  
Intermediate 2 sets of 6  
Progression 2 sets of 8

### Step Nine:

Assisted One Arm Pullups  
Beginner 1 set of 3  
Intermediate 2 sets of 5  
Progression 2 sets of 7

### Master Step:

Name  
Beginner 1 set of 1  
Intermediate 2 sets of 3  
Elite Stand. 2 sets of 6

Chest and Abs are worked on the same workout, the back and legs are paired together in the same workout.  
Alternate between workout sessions, having at least one rest day inbetween sessions; doing this program no more than three times in a week.



# Two Extras For Good Behavior

## Handstand Pushups

Muscles worked:  
Triceps, the entire shoulder girdle, trapezius muscles, hands, fingers, forearms

### Step One:

Wall Headstands  
Beginner 30 seconds  
Intermediate 1 minute  
Progression 2 minutes

### Step Two:

Crow Stands  
Beginner 10 seconds  
Intermediate 30 seconds  
Progression 1 minute

### Step Three:

Wall handstands  
Beginner 30 seconds  
Intermediate 1 minute  
Progression 2 minutes

### Step Four:

Half Handstand Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 20

### Step Five:

Handstand Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Step Six:

Close Handstand Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 9  
Progression 2 sets of 12

### Step Seven:

Uneven Handstand Pushups  
Beginner 1 set of 5  
Intermediate 2 sets of 8  
Progression 2 sets of 10

### Step Eight:

½ One Arm Handstand Pushups  
Beginner 1 set of 4  
Intermediate 2 sets of 6  
Progression 2 sets of 8

### Step Nine:

Lever Handstand Pushups  
Beginner 1 set of 3  
Intermediate 2 sets of 4  
Progression 2 sets of 6

### Master Step:

One Arm Handstand Pushups  
Beginner 1 set of 1  
Intermediate 2 sets of 2  
Elite Stand. 1 set of 5

## Bridges

Muscles worked:  
All the spinal muscles, lower back, rear hips, biceps femoris (leg biceps)

### Step One:

Short Bridges  
Beginner 1 set of 10  
Intermediate 2 sets of 25  
Progression 3 sets of 50

### Step Two:

Straight Bridges  
Beginner 1 set of 10  
Intermediate 2 sets of 20  
Progression 3 sets of 40

### Step Three:

Angled Bridges  
Beginner 1 set of 8  
Intermediate 2 sets of 15  
Progression 3 sets of 30

### Step Four:

Head Bridges  
Beginner 1 set of 8  
Intermediate 2 sets of 15  
Progression 2 sets of 25

### Step Five:

Half Bridges  
Beginner 1 set of 8  
Intermediate 2 sets of 15  
Progression 2 sets of 20

### Step Six:

Full Bridges  
Beginner 1 set of 6  
Intermediate 2 sets of 10  
Progression 2 sets of 15

### Step Seven:

Wall Walking Bridges (Down)  
Beginner 1 set of 3  
Intermediate 2 sets of 6  
Progression 2 sets of 10

### Step Seven:

Wall Walking Bridges (Up)  
Beginner 1 set of 2  
Intermediate 2 sets of 4  
Progression 2 sets of 8

### Step Nine:

Closing Bridges  
Beginner 1 set of 1  
Intermediate 2 sets of 3  
Progression 2 sets of 6

### Master Step:

Stand to Stand Bridges  
Beginner 1 set of 1  
Intermediate 2 sets of 3  
Elite Stand. 2 sets of 10-30

Always follow this exercise with wall headstands to combine the full effect of both strength training and inverse balancing.

Do not attempt these bad boys until you have completed level six on ALL four of the Big Exercises on the previous page. These bad boys need foundation of your previous hard work to do the proper technique.

When starting out simply add this pair of exercises to the rotation. Do not do more than 3 sets of exercises per week until you feel like you are advanced enough. Once you have reached that point only do one exercise per day, Taking one day off during the week.