

KDA Beginner Tricking Program (Weight Lift Day)				
Stage	Activity	Duration (Seconds)	Reps	Sets
Warmup	Running	60		
	Jumping Jacks	60		
	Front Arm Crossover Body Right	10		
	Front Arm Crossover Body Left	10		
	Behind the Back Arm Stretch Right	10		
	Behind the Back Arm Stretch Left	10		
	Front Wrist Bend Right	10		
	Front Wrist Bend Left	10		
	Back Wrist Bend Right	10		
	Back Wrist Bend Left	10		
Lifts	Lunges/Squats		5	5
	Single-leg Deadlifts/Deadlifts		5	3
	Pushups/Overhead Press		10	3
	Chinups/Dumbbell Rows		5	3
	Planks/Weighted Crunches	60	10	3
Total:		260	35	17

Program Summary						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Kick-day	Active-Rest	Flip-day	Active-Rest	Combo day	Weight Lift	Rest