

Tatakae

Upper Body

Chest:

- Dips: 10 reps x 4 sets
- Push-Ups (Hands lightly below shoulders, angle between body and elbow really wide): 12 reps x 6 sets
- Diamond Push-Ups: 6 reps x 4 sets
- Archer Push-Ups: 6 reps x 4 sets

Biceps:

- Bicep Curls: 10 reps x 4 sets
- Hammer Curls: 10 reps x 4 sets
- Inclined Curl 10 reps x 4 sets

Triceps:

- Dips: 10 reps x 4 sets
- Triceps Extensions: 12 reps x 4 sets
- Close-Grip Push-Ups: 8 reps x 4 sets
- Extension On wall 12 reps x 4 sets

Forearms (Avant-Bras):

- Wrist Rotation with Rod: 15 reps x 3 sets
- Grip (without finger flexion): 30 seconds x 3 sets
- Wrist Extension (with weights, front/behind): 15 reps x 4 sets
- Reverse Curl (Curl Inversé): 10 reps x 4 sets
- Hammer Curl (Curl Marteau): 10 reps x 4 sets

Core (Abs):

- Negative Push-Ups: 6 reps x 6 sets
- Push-Ups on Knees: 6 reps x 8 sets
- Plank (Gainage): 60 seconds x 4 sets
- Russian Twists: 15 reps x 4 sets
- Leg Raises: 12 reps x 4 sets

Lower Body

- Squats: 12 reps x 4 sets
- 6x6 Squats 8 reps x 4 sets
- Lunges: 12 reps x 4 sets
- Glute Bridges: 15 reps x 4 sets
- Jumping Rope 2min x 4 sets
- Hip Trust