**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