CONVICT CONDITIONING PROGRESS

	PUSHUPS			SQUATS			PULLUPS			LEG RAISES			BRIDGES			HANDSTANDS		
1	Wall		Shoulderstand			Vertical			Knee Tucks			Short			Wall	Wall Headstands		
	1x10	2x25	3x50	1x10	2x25	3x50	1x10	2x20	3x40	1x10	2x25	3x40	1x10	2x25	3x50	30sec	1min	2min
2	Incline		Jackknife		Holizontal		Flat Knee		Straight			Crow Stands						
	1x10	2x20	3x40	1x10	2x20	3x40	1x10	2x20	3x30	1x10	2x20	3x35	1x10	2x20	3x40	10sec	30sec	1min
3	Kneeing		Supported			Jackknife			Flat Bent Leg			Angled			Wall			
	1x10	2x15	3x30	1x10	2x15	3x30	1x10	2x15	3x20	1x10	2x15	3x30	1x8	2x15	3x30	30sec	1min	2min
4		Half			Half			Half		F	- lat Fro	g		Head			Half	
	1x8	2x12	2x25	1x8	2x35	2x50	1x8	2x10	2x15	1x8	2x15	2x25	1x8	2x15	2x25	1x5	2x10	2x20
5	Full		Full			Full			Flat Straight Leg			Half			Full			
	1x5	2x10	2x20	1x5	2x10	2x30	1x5	2x8	2x10	1x5	2x10	2x20	1x8	2x15	2x20	1x5	2x10	2x15
6	Close		Close			Close			Hanging Knee			Full			Close			
	1x5	2x10	2x20	1x5	2x10	2x20	1x5	2x8	2x20	1x5	2x10	2x20	1x6	2x10	2x15	1x5	2x9	2x12
7	Uneven		Uneven			Uneven			Hanging Bent Leg			Wall Walking Down			Uneven			
	1x5	2x10	2x20	1x5	2x10	2x20	1x5	2x7	2x9	1x5	2x10	2x15	1x3	2x6	2x10	1x5	2x8	2x10
8	1/2 One-Arm		1/2 One-Leg			1/2 One-Arm			Hanging Frog			Wall Walking Up			1/2 One-Arm			
	1x5	2x10	2x20	1x5	2x10	2x20	1x4	2x6	2x8	1x5	2x10	2x15	1x2	2x4	2x8	1x4	2x6	2x8
9	Lever		Assisted One-Leg			Asisted One-Arm			Partial Straight Leg			Closing			Lever			
	1x5	2x10	2x20	1x5	2x10	2x20	1x4	2x5	2x7	1x5	2x10	2x15	1x1	2x3	2x6	1x3	2x4	2x6
10	One-Arm		One-Leg			One-Arm			Hangin	Hanging Straight Leg			Stand-to-Stand			One-Arm		
	1x5 2x10 2x20		1x5 2x10 2x50		1x1 2x3 2x6		1x5 2x10 2x30		1x1 2x3 2x10			1x1 2x2 1x5						