

Push				
Exercises	Series	Repetitions	Rests	Muscle group
Archer push-ups	4	11	1 min	Chest, Triceps, Shoulders
Knuckel push-up	4	16	1 min	Chest, Triceps
Decline push-ups	4	11	1 min	Chest, Triceps, Shoulders
Pike push-up	4	7	1 min	Chest, Triceps, Shoulders
2-3 min				
Dips	4	11	1 min	Chest, Triceps
Hollow dips	4	6	1 min	Triceps, Chest, Abs, Dorsals
Wall assisted handstand	4	30 s	1 min	Shoulders, Triceps
Assisted handstand push-up	4	6	1 min	Shoulders, Triceps

Traction				
Exercices	Series	Repetitions	Rests	Muscle group
Prone pull-ups	4	9	1 min	Dorsals, Biceps
Rubber band assisted muscle up	4	5	1 min	Chest, Triceps, Dorsals, Biceps
2-3 min				
Close Grip Chin Ups	4	9	1 min	Dorsals, Biceps
Isometric Pull Up Command	4	6	1 min	Dorsals, Biceps
2-3 min				
Neutral pull-ups	4	9	1 min	Dorsals, Biceps
Wide grip pull-ups	4	6	1 min	Dorsals, Biceps
2-3 min				
Elastic band assisted one arm pull-up	4	6	1 min	Dorsals, Biceps
One arm dead hang	4	10 s	1 min	Dorsals, Forearms

Leg				
Exercices	Series	Repetitions	Rests	Muscle group
Squat	4	15	1 min	Quadriceps, Buttocks
Deep squat	4	15	1 min	Quadriceps, Femoral, Buttocks
2-3 min				
Lunges	4	15	1 min	Quadriceps, Buttocks
Back lunges	4	15	1 min	Quadriceps, Femoral, Buttocks, Legs
2-3 min				
Femoral bridge	4	20	1 min	Femoral, Buttocks
Isometric single leg femoral bridge	4	20	1 min	Femoral, Buttocks
2-3 min				
Side leg raises	4	11	1 min	Legs
Jump rope	2	3 min	1 min	Calves

Abdomen				
Exercices	Series	Repetitions	Rests	Muscle group
Hollow body knee raises	4	20	1 min	Abs
Tucked hollow body hold	4	40 s	1 min	Abs
2-3 min				
Bar Knee raises	4	30	1 min	Abs
Isometric L sit on bar	4	10	1 min	Abs
2-3 min				
Plank	4	40 s	1 min	Abs, Lumbar
Side step abdominal plank	4	40 s	1 min	Buttocks, Core
2-3 min				
Side plank	4	40 s	1 min	Abs, Obliques
Lateral planche with extended arms	4	40 s	1 min	Abs, Shoulders