

Push					
Exercises	Series	Repetitions	Rests	Level	Muscle group
Archer push-ups (each side)	4	11	1 min	Advanced	Chest, Triceps, Shoulders
Knuckle push-up	4	16	1 min	Intermediate	Chest, Triceps
Decline push-ups	4	11	1 min	Intermediate	Chest, Triceps, Shoulders
Pike push-up	4	7	1 min	Intermediate	Chest, Triceps, Shoulders
Dips	4	11	1 min	Intermediate	Chest, Triceps
Hollow dips	4	6	1 min	Intermediate	Triceps, Chest, Abs, Dorsals
Wall assisted handstand	4	30"	1 min	Beginner	Shoulders, Triceps
Assisted handstand push-up	4	6	1 min	Intermediate	Shoulders, Triceps
Traction					
Exercises	Series	Repetitions	Rests	Level	Muscle group
Rubber band assisted muscle up	4	5	1 min	Intermediate	Chest, Triceps, Dorsals, Biceps
Prone pull-ups	4	9	1 min	Intermediate	Dorsals, Biceps
Close Grip Chin Ups	4	9	1 min	Intermediate	Dorsals, Biceps
Isometric Pull Up Command	4	6	1 min	Intermediate	Dorsals, Biceps
Neutral pull-ups	4	9	1 min	Intermediate	Dorsals, Biceps
Wide grip pull-ups	4	6	1 min	Intermediate	Dorsals, Biceps
Chest Pull Ups	4	9	1 min	Intermediate	Dorsals, Biceps
Dead Hang	4	25"	1 min	Beginner	Forearms
Leg					
Exercises	Series	Repetitions	Rests	Level	Muscle group
Squat	4	15	1 min	Beginner	Quadriceps, Buttocks
Deep squat	4	15	1 min	Intermediate	Quadriceps, Femoral, Buttocks
Lunges	4	15	1 min	Beginner	Quadriceps, Buttocks
Back lunges	4	15	1 min	Beginner	Quadriceps, Femoral, Buttocks, Legs
Femoral bridge	4	20	1 min	Beginner	Femoral, Buttocks
Isometric single leg femoral bridge	4	20	1 min	Beginner	Femoral, Buttocks
Side leg raises	4	11	1 min	Beginner	Legs
Jump rope	2	3 min	1 min	Beginner	Calves
Abdomen					
Exercises	Series	Repetitions	Rests	Level	Muscle group
Hollow body knee raises	4	20	1 min	Beginner	Abs
Tucked hollow body hold	4	40"	1 min	Beginner	Abs
Bar Knee raises	4	30	1 min	Intermediate	Abs
Isometric L sit on bar	4	30"	1 min	Intermediate	Abs
Plank	4	40"	1 min	Beginner	Abs, Lumbar
Side step abdominal plank (each side)	4	40"	1 min	Beginner	Buttocks, Core
Side plank (each side)	4	40"	1 min	Beginner	Abs, Obliques
Lateral planche with extended arms	4	40"	1 min	Beginner	Abs, Shoulders