

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

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

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

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