

Test Course

7-Day Program

Day 1

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch the back up and then down.	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand with back to a wall, feet 2 feet away, arms extended up the wall.	3	12 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	4	30-60 seconds
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier for beginners.	3	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	4	10-15 reps
Plank	A core strength exercise that involves maintaining a horizontal position.	3	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
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Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 2

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	3	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture...	3	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is for beginners...	3	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance...	4	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a horizontal position...	3	60 seconds
Push-ups	Classic upper body exercise. Lower body to ground and back up...	3	10-15 reps

Stretching

Exercise	Description	Sets	Reps
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Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 3

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch the back up towards the ceiling, then dip the back down towards the floor.	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart, keeping arms straight.	3	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier for beginners.	3	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	4	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Plank	A core strength exercise that involves maintaining a horizontal position on the floor.	3	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs off the floor.	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Extend one arm forward, with the other hand pulling the fingers back.	2	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on th...	1h...	60-90 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2d...	30 seconds each side

Day 4

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	3	15 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation...	3	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength...	4	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground...	3	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders...	3	30-45 seconds
Plank	A core strength exercise that involves maintaining...	3	60 seconds

Stretching

Exercise	Description	Sets	Reps
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Wrist Stretch	A stretch to improve flexibility and prevent injuries.	2	30 seconds each side
Child's Pose	Sit back on heels with arms extended forward on the floor.	1	60-90 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold.	2	30 seconds each side

Day 5

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	3	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground...	3	10-15 reps
Plank	A core strength exercise that involves maintaining...	3	60 seconds
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders...	3	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on th...	1	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injur...	2	30 seconds each side

Day 6

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees...	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart...	4	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength...	5	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground...	4	10-15 reps
Plank	A core strength exercise that involves maintaining...	4	60 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury...	2	30 seconds each side
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on th...	60-90 seconds
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Day 7

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, arch the back up and then down.	2	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand with back against a wall, arms extended upwards.	4	12 reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart overhead.	4	15 reps

Handstand

Exercise	Description	Sets	Reps
Wall Handstand Hold	Hold a handstand against a wall to build strength and balance.	5	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground.	4	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and legs.	4	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Extend one arm forward, pull fingers back.	2	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on th...	1h...	60-90 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold...	2d...	30 seconds each side