

Previous Lecture

Complete and continue

PP - W4 - Day 22 - Monday - Circ A

PP - W4 - Day 24 - Wednesday - Circ B

PP - W4 - Day 26 - Friday - Circ A

BASICS - Prep Phase - Week 5

PP - W5 - Day 29 - Monday - Circ A

PP - W5 - Day 30 - Tuesday - Capi A

PP - W5 - Day 32 - Thursday - Circ B

PP - W5 - Day 33 - Friday - Capi B

BASICS - Explanations of Phase 1

What - Why - How (1:41)

Exercise Explanations (24:47)

BASICS - Phase 1 - Test Week 6

Phase 1 - Test Evaluation Sheet Download

P1 - TW6 - Day 37 - Tuesday - Test 1-1

P1 - TW6 - Day 39 - Thursday - Test 1-2

PP - W4 - Day 22 - Monday - Circ A

START

EX.2

EX.3

EX.4

EX.5


PIKE WALK

10

15RM

2

2



15s

START

EX.2

EX.3

EX.4

EX.5


EASY BRIDGE RAISE

10

20RM

2

2



15s

START

EX.2

EX.3

EX.4

EX.5

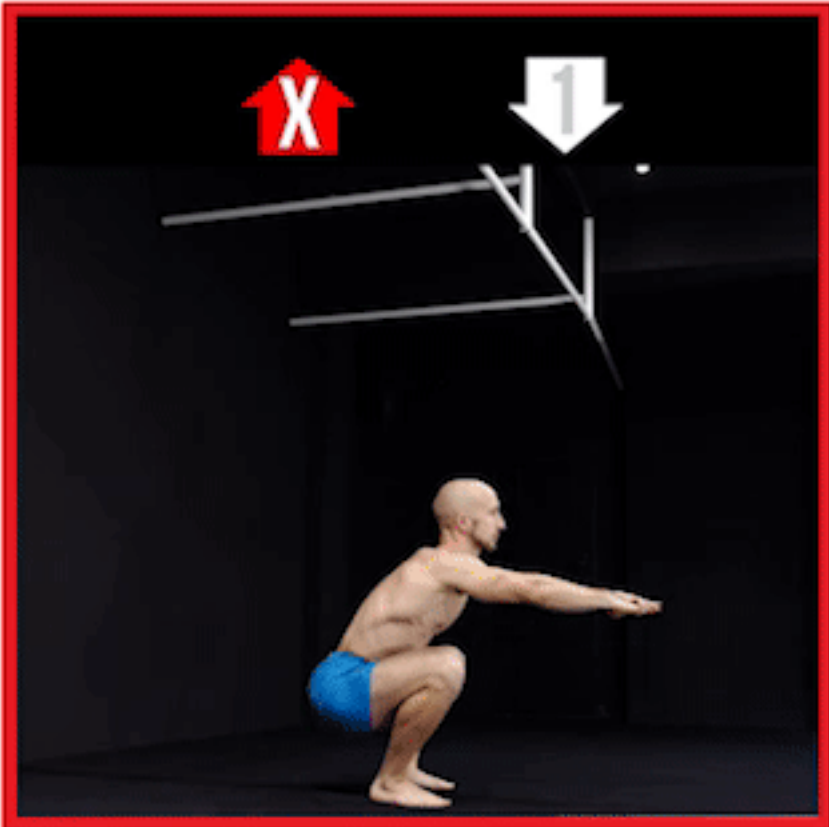
SQUAT JUMPS

10

20RM

X

1



15s

START

EX.2

EX.3

EX.4

EX.5


CANDLE RAISE

10

20RM

1

2



15s

START

EX.2

EX.3

EX.4

EX.5


PRONE ARM CIRCLES

10

20RM

1

1



90s