

⚙️

35% COMPLETE

🕒

PP - TW1 - Day 5 - Friday - Test PP-3

BASICS - Prep Phase - Week 2

✓

PP - W2 - Day 8 - Monday - Capi A

✓

PP - W2 - Day 11 - Thursday - Capi B

BASICS - Prep Phase - Week 3

✓

PP - W3 - Day 15 - Monday - Capi A

✓

PP - W3 - Day 17 - Wednesday - Capi B

✓

PP - W3 - Day 19 - Friday - Capi A

BASICS - Prep Phase - Week 4

✓

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

📄 PP - TW1 - Day 5 - Friday - Test PP-3

START

EX.2

EX.3

EX.4

PIKE WALK

10

FIND 15RM

2

2



⏸

+5M

AM

START

EX.2

EX.3

EX.4

GLUTE HAM RAISE

10

FIND 20RM

2

2



⏸

+5M

AM

START

EX.2

EX.3

EX.4


CANDLE RAISE

10

FIND 20RM

1

2



⏸

+5M

AM

START

EX.2

EX.3

EX.4

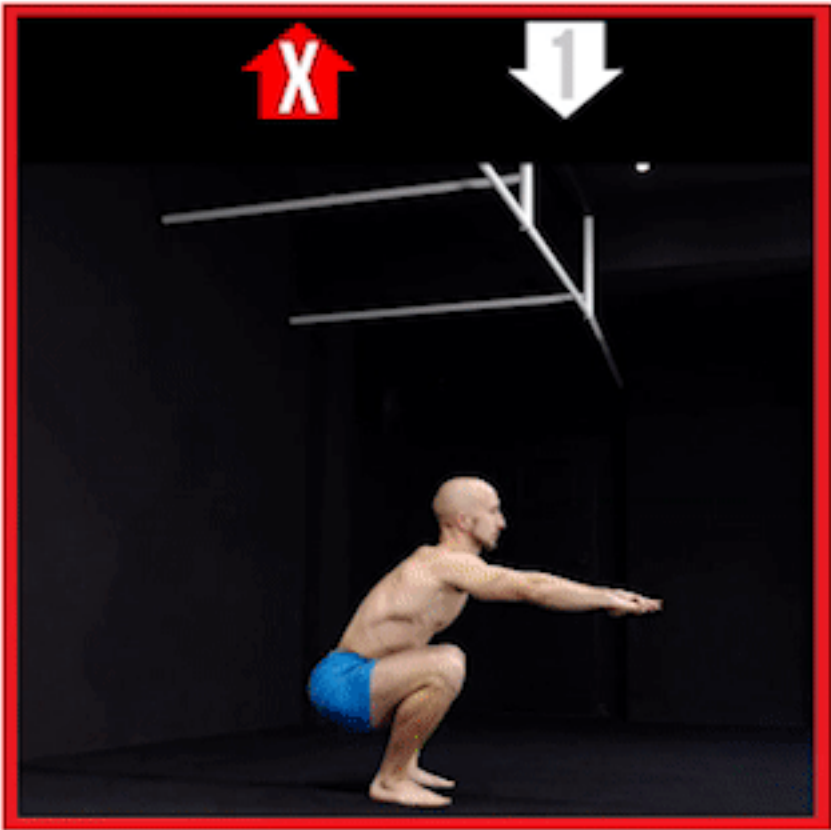
JUMPING SQUAT

10

FIND 20RM

X

1



⏸

+5M

AM