

## Weekly Training Guideline

- Choose programme levels suitable to your ability
- Pay attention to the requirements at each stage and increase to the next level once you have met the targets
- There is no time frame in which you need to achieve exercises. Everyone is different and will develop at different speeds. Don't rush the process; work at a level you are confident and safe with and the results will come.
- Warm Up and Flexibility is to be performed before each session, then pick 2 skill programmes to work on, for 4 of the days. Try to alternate a support skill i.e. handstand, with a hanging skill i.e muscle up, to avoid too much strain and repetition to muscle groups. Choose 2 rest days and 1 recovery day (the plan below shows day 5 as recovery day).
- You can increase your training days if you feel your body is coping well with the workload intensity.
- Listen to your body, 'Train Smart, Keep It Real!'

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Warm Up & Flexibility	Warm Up & Flexibility	Rest	Warm Up & Flexibility	Warm Up & Flexibility	Warm Up & Flexibility	Rest
	Muscle Up Programme	Tuck Planche Programme		Muscle Up Programme	Shoulder Activation	Tuck Planche Programme	
	Handstand Programme	Front Lever Programme		Handstand Programme	Mobility	Front Lever Programme	