

# Flag

Complete 1 round of the general conditioning every time, prior to beginning the level you are working on. Don't move onto the next level until you feel comfortable and competent with the current level.

Complete 2 rounds of each exercise on each side with rest intervals of 90 Seconds.

## General Conditioning

- |                                 |                           |
|---------------------------------|---------------------------|
| 1. Side Lifts                   | 20 (Each Side)            |
| 2. Side Rocks                   | 20 (Each Side)            |
| 3. Side V-Sits                  | 20 (Each Side)            |
| 4. Wide Arm Push Ups            | 20                        |
| 5. Wide Arm Under Grip Chin Ups | 8-10                      |
| 6. Wide Arm Over Grip Chin Ups  | 8-10                      |
| 7. Side Plank                   | 1 Minute Hold (Each Side) |

## Level 1

- |  |         |
|--|---------|
| 1. Side Support, Hands on Wall Bars (Bottom Under Grip, Top Over Grip) | 30 Secs |
| 2. As Above, Add a Rotation  | 10      |
| 3. As Above, Add Knee Lift (Top and Bottom Leg Alternate)              | 10      |
| 4. Single Leg Raise  | 10      |
| 5. Hip Raises  | 10      |

## Level 2

- |  |            |
|--|------------|
| 1. Flag Hang on Wall Bars                      | 30 Secs    |
| 2. Flag Hang with Press Away                   | 10         |
| 3. Flag Hang Rotations                         | 6-8        |
| 4. Flag Hang Rotation to Single Leg Press Away | 6-8        |
| 5. Assisted Straddle Flag (Partner or Block)   | 15-20 Secs |

## Level 3

- |   |              |
|---|--------------|
| 1. Assisted Flag Legs Together (Partner or Block) | 15-20 Secs   |
| 2. Jump to Straddle Flag                          | 3 X Max Hold |
| 3. Jump to Straight Flag                          | 3 X Max Hold |
| 4. Wall Walk to Invert Hold                       | 20 Secs      |
| 5. Negatives in Straddle                          | 3            |
| 6. Attempts                                       | 3            |