

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	S&C	Stretch & Flex	S&C	Handstands	S&C		
7:00 AM	S&C	Handstands	S&C	Stretch & Flex	S&C		
8:00 AM						Handstands	
9:00 AM						Ring Strength	Stretch & Flex
5:30 PM	S&C	Handstands	S&C	Calisthenics	Stretch & Flex		
6:30 PM	Handstands	Calisthenics	Stretch & Flex	Handstands			

### Strength & Conditioning

A classic combination of weights, bodyweight, flexibility, core and cardio. Runs in 6 week cycles to be stronger, fitter and flexier.

### Handstands

From complete beginner to advanced — individual progressions based on your level. Balance, kick ups, shapes, presses and more.

### Stretch & Flex

Undoing all day at the desk. Splits, back bends, pancakes and more — for regular people. No yogi needed, but you'll be challenged.

### Calisthenics / Bodyweight

Working towards skills like planche, levers, handstand pushups and one-arm chin ups.

### Ring Strength

Ring skills like muscle ups, forward rolls, shoulder stands, ring routines and all the strength needed along the way.