

Level 1			Level 2			Level 3		
Warm Up	3 Sets	Belly to the Wall	Warm Up	4 Sets	Belly to the Wall	Warm Up	6 Sets	Belly to the Wall
		x 10 sec Wall Tightness Drill			x 15 sec Wall Tightness Drill			x 20 sec Wall Tightness Drill
x 10 sec Belly to the Wall w Shoulder Push		x 20 sec Belly to the Wall w Shoulder Push	x 40 sec Belly to the Wall w Shoulder Push					
Day 1 to 3	2 Sets	x 1 min Downward Dog to Turbo Dog Drill	Day 1 to 3	3 Sets	x 15 sec L-Handstand on the Wall	Day 1 to 3	3 Sets	x 30 sec L-Handstand on the Wall
		x 15 sec Dolphin			x 3 Wall Scissor (Level 2)			x 3 Wall Scissor (Level 3 at 5 sec hold)
		x 1 Wall Scissor (Level 1)			x 10 Supine Straddle			x 3 Full Wall Slide Away
		x 5 Supine Straddle			x 3 Straddle Ups with Blocks			x 5 Straddle Ups
Day 4 to 6	2 Sets	x 15 sec Dolphin	Day 4 to 6	3 Sets	x 20 sec L-Handstand on the Wall	Day 4 to 6	3 Sets	x 30 sec L-Handstand on the Wall
		x 15 sec L-Handstand on the Wall			x 3 Wall Scissor (Level 3)			x 3 Wall Scissor (Level 3 at 5 sec hold)
		x 1 Wall Scissor (Level 1)			x 1 1st Position Hold on Wall			x 1 1st Position Hold on Wall
		x 3 Plank to Pike: Press Drill			x 3 Straddle Up with Blocks			x 5 Straddle Up and Down
Day 7 to 9	3 Sets	x 15 Dolphin on Wall	Day 7 to 9	3 Sets	x 3 Wall Scissor (Level 3 at 5 sec hold)	Day 7 to 9	3 Sets	x 45 sec L-Handstand on the Wall
		x 10 sec L-Handstand on the Wall			x 3 Half Wall Slide Away			x 3 Wall Scissor (Level 3 at 5 sec hold)
		x 2 Wall Scissor (Level 2)			x 3 1st Position Hold on Wall			x 2 Straddle Press Down on Wall
		x 3 Plank to Pike: Press Drill			x 3 Straddle Up with Blocks			x 5 Straddle Ups w Slow Straddle Down
Day 10 to 12	3 Sets	x 15 sec L-Handstand on the Wall	Day 10 to 12	3 Sets	x 15 sec Wall Scissor (Level 3 at 5 sec hold)	Day 10 to 12	3 sets	x 1 min Wall Scissor (Level 3 at 5 sec hold)
		x 2 Wall Scissor (Level 3)			x 3 Full Wall Slide Away			x 3 Straddle Press Down on Wall
		x 3 Plank to Pike: Press Drill			x 2 Straddle Press Down on Wall			x 1 Straddle Press Ups / Slow Press Down
Plus	3	x 3 Straddle Up with Blocks	Plus	3	x *** Freestanding HS with Shoulder Push at 3 sec	Plus	5	x *** Freestanding HS with Shoulder Push at 3 sec
		5 min Meditation			5 min Meditation			5 min Meditation