



LEVEL 1		LEVEL 2		LEVEL 3	
<b>Day 1 - 4</b>	WARM UP <a href="#">Warm Up Sequence 1</a> 3 x 15 sec <a href="#">Crow Pose w/ blocks</a> 3 x 3 <a href="#">Supine Pike Ups</a> 3 x 3 <a href="#">Headstands Pike Up</a>	<b>Day 1 - 4</b>	WARM UP <a href="#">BTG, WTD &amp; BTW (15-10-10)</a> 3 x 3 <a href="#">Supine Pike Ups</a> 3 x 20 sec <a href="#">L-Handstand on Wall</a> 3 x 3 <a href="#">Freestanding Pike Ups</a>	<b>Day 1 - 4</b>	WARM UP <a href="#">BTG, Wall Tightness &amp; BTW (15-20-20)</a> 3 x 5 <a href="#">Supine Pike Ups</a> 3 x 30 sec <a href="#">L-Handstand On Wall</a> 3 x 5 <a href="#">Freestanding Pike Ups (fast!)</a>
<b>Day 5 - 8</b>	WARM UP <a href="#">Warm Up Sequence 2</a> 4 x 4 <a href="#">Supine Pike Ups</a> 4 x 4 <a href="#">Plank to Pike Jump w/ Blocks</a> 4 x 4 Headstands Pike Up	<b>Day 5 - 8</b>	WARM UP <a href="#">6x 20 sec WTD &amp; 40 sec BTW</a> 4 x 4 Supine Pike Ups 3 x 3 <a href="#">Single Leg Pike Press Down on Wall</a> 3 x 3 Freestanding Pike Ups	<b>Day 5 - 8</b>	WARM UP <a href="#">Wall Tightness &amp; Belly to Wall (20-40)</a> 3 x 3 Supine Pike Ups 3 x 3 <a href="#">Single Leg Pike Press Down on Wall</a> 3 x 3 Freestanding Pike Ups (Fast Up, Slow Press Down)
<b>Day 9 - 12</b>	5 x 3 <a href="#">Wall Scissors (Level 1)</a> 3 x 5 <a href="#">Plant to Pike Press Drills</a> 3 x 10 sec <a href="#">L-Handstand on Wall</a> 3 x 3 Headstands Pike Up	<b>Day 9 - 12</b>	WARM UP <a href="#">6x 1 min BTW</a> 5 x 5 Supine Pike Ups 3 x 30 sec L-Handstand On Wall 3 x 3 Freestanding Pike Ups	<b>Day 9 - 12</b>	WARM UP <a href="#">Belly to Wall (BTW, 1 min)</a> 3 x 1 min L-Handstand On Wall 3 x 4 Single Leg Pike Press Down on Wall 3 x 5 Freestanding Pike Ups (Slow Up & Down)
<b>PLUS</b>	3 x 3 <a href="#">Kick Switches</a> 5 min Meditation	<b>PLUS</b>	5 x goal Freestanding Handstands w/ blocks 5 min Meditation	<b>PLUS</b>	5 x goal Freestanding Handstands 5 min Meditation

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