

LEVEL 1	LEVEL 2	LEVEL 3
WARM UP Sequence Yoga Warm Up	WARM UP Sequence 6 x 15 sec Belly to Ground 6 x 20 sec Wall Tightness Drill 6 x 20 sec Belly to Wall	WARM UP Sequence 6 x 15 sec Belly to Ground 6 x 20 sec Wall Tightness Drill 6 x 20 sec Belly to Wall
DAY 1-3 1 x 15 sec Belly to the Ground 1 x 15 sec Plank w Blocks 1 x 3 Supine Tuck Ups 1 x 1 Headstand Tuck Ups	DAY 1-3 2 x 3 Supine Tuck Ups 2 x 3 Headstand Tuck Ups 2 x 3 sec Tuck Hold on Wall 2 x 3 Tuck Ups	DAY 1-3 3 x 5 Supine Tuck Ups 3 x 5 Headstand Tuck Ups 3 x 5 sec Tuck Hold on Wall 3 x 5 Tuck Ups
DAY 4-6 2 x 15 sec Belly to the Ground 2 x 5 sec Crow w Blocks 2 x 5 Supine Tuck Ups 2 x 3 Headstand Tuck Ups	DAY 4-6 3 x 3 Supine Tuck Ups 3 x 3 Headstand Tuck Ups 3 x 3 Tuck Ups 3 x 1 sec Tuck Hold	DAY 4-6 4 x 5 Supine Tuck Ups 4 x 5 Headstand Tuck Ups 4 x 5 Tuck Ups 4 x 5 sec Tuck Hold
DAY 7-9 3 x 15 sec Belly to the Ground 3 x 15 sec Plank w Blocks 3 x 3 Supine Tuck Ups 3 x 3 Headstand Tuck Ups	DAY 7-9 4 x 3 Supine Tuck Ups 4 x 3 Headstand Tuck Ups 4 x 3 sec Tuck Hold on Wall 4 x 3 Tuck Ups	DAY 7-9 5 x 5 Supine Tuck Ups 5 x 5 Headstand Tuck Ups 5 x 5 sec Tuck Hold on Wall 5 x 5 Tuck Ups
DAY 10-12 4 x 15 sec Belly to the Ground 4 x 5 sec Crow w Blocks 4 x 5 Supine Tuck Ups 4 x 3 Headstand Tuck Ups	DAY 10-12 5 x 3 Supine Tuck Ups 5 x 3 Headstand Tuck Ups 5 x 3 Tuck Ups 5 x 3 sec Tuck Hold	DAY 10-12 5 x 5 Supine Tuck Ups 5 x 5 Headstand Tuck Ups 5 x 5 Tuck Ups 5 x 1 Handstand to Crow
PLUS 3 x 2 Tuck Ups 2 min Meditation	PLUS 3 min Freestanding Handstands Meditation	PLUS 3 x goal Freestanding Handstands 3 min Meditation






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