

LEVEL 1		LEVEL 2		LEVEL 3	
<b>WARM UP Sequence</b>	<a href="#">Yoga Warm Up</a>	<b>WARM UP Sequence</b> 6 x	<a href="#">Wall Tightness Drill &amp; Belly to the Ground</a>	<b>WARM UP Sequence</b> 6 x	<a href="#">Wall Tightness Drill &amp; Belly to the Ground</a>
<b>DAY 1-3</b>	1 x 15 sec <a href="#">Belly to the Ground</a>	2 x 3	Supine Tuck Ups	3 x 5	Supine Tuck Ups
	1 x 15 sec <a href="#">Plank w Blocks</a>	2 x 3	Headstand Tuck Ups	3 x 5	Headstand Tuck Ups
	1 x 3 <a href="#">Supine Tuck Ups</a>	2 x 3 sec <a href="#">Tuck Hold on Wall</a>		3 x 5 sec <a href="#">Tuck Hold on Wall</a>	
	1 x 1 <a href="#">Headstand Tuck Ups</a>	2 x 3	Tuck Ups	3 x 5	Tuck Ups
<b>DAY 4-6</b>	2 x 15 sec <a href="#">Belly to the Ground</a>	3 x 3	Supine Tuck Ups	4 x 5	Supine Tuck Ups
	2 x 5 sec <a href="#">Crow w Blocks</a>	3 x 3	Headstand Tuck Ups	4 x 5	Headstand Tuck Ups
	2 x 5 <a href="#">Supine Tuck Ups</a>	3 x 3	Tuck Ups	4 x 5	Tuck Ups
	2 x 3 <a href="#">Headstand Tuck Ups</a>	3 x 1 sec <a href="#">Freestanding Tuck Hold</a>		4 x 5 <a href="#">Freestanding Tuck Hold w/ 2 sec hold</a>	
<b>DAY 7-9</b>	3 x 15 sec <a href="#">Belly to the Ground</a>	4 x 3	Supine Tuck Ups	5 x 5	Supine Tuck Ups
	3 x 15 sec <a href="#">Plank w Blocks</a>	4 x 3	Headstand Tuck Ups	5 x 5	Headstand Tuck Ups
	3 x 3 <a href="#">Supine Tuck Ups</a>	4 x 3 sec <a href="#">Tuck Hold on Wall</a>		5 x 5 sec <a href="#">Tuck Hold on Wall</a>	
	3 x 3 <a href="#">Headstand Tuck Ups</a>	4 x 3	Tuck Ups	5 x 5	Tuck Ups
<b>DAY 10-12</b>	4 x 15 sec <a href="#">Belly to the Ground</a>	5 x 3	Supine Tuck Ups	5 x 5	Supine Tuck Ups
	4 x 5 sec <a href="#">Crow w Blocks</a>	5 x 3	Headstand Tuck Ups	5 x 5	Headstand Tuck Ups
	4 x 5 <a href="#">Supine Tuck Ups</a>	5 x 3	Tuck Ups	5 x 5	Tuck Ups
	4 x 3 <a href="#">Headstand Tuck Ups</a>	5 x 3 <a href="#">Freestanding Tuck Hold w/ 2 sec hold</a>		4 x 5 <a href="#">Freestanding Tuck Hold w/ 5 sec hold</a>	
<b>PLUS</b>	3 x 2 <a href="#">Tuck Ups</a> 2 min <a href="#">Meditation</a>	<b>PLUS</b>	3 min <a href="#">Freestanding Handstands</a> <a href="#">Meditation</a>	<b>PLUS</b>	3 x goal <a href="#">Freestanding Handstands</a> 3 min <a href="#">Meditation</a>




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