

LEVEL 1		LEVEL 2		LEVEL 3	
WARM UP Sequence Yoga Warm Up		WARM UP Sequence 6 x Belly to Ground, Wall Tightness Drill & Belly to Wall		WARM UP Sequence 6 x Belly to Ground, Wall Tightness Drill & Belly to Wall	
DAY 1-3	1 x 15 sec Belly to the Ground	DAY 1-3	2 x 3 Supine Pike Ups	DAY 1-3	2 x 5 Supine Pike Ups
	1 x 5 sec Wall Tightness Drill		2 x 3 Headstand Pike Ups		2 x 5 Headstand Pike Ups
	1 x 3 Supine Pike Ups		2 x 1 sec Kneeling Pike to HS		2 x 5 Kneeling Pike to HS
	1 x 1 Headstand Pike Ups		2 x 3 Pike Ups w/ Blocks		2 x 5 Pike Ups w/ Blocks
DAY 4-6	2 x 15 sec Belly to the Ground	DAY 4-6	3 x 3 Supine Straddle Ups	DAY 4-6	3 x 5 Supine Straddle Ups
	2 x 10 sec Wall Tightness Drill		3 x 3 Headstand Straddle Ups		3 x 5 Headstand Straddle Ups
	2 x 5 Supine Pike Ups		3 x 3 Tuck on Pillar w/ Single Leg Extension		3 x 4 Tuck on Pillar w/ Single Leg Extension
	2 x 5 Plank to Pike Press		3 x 1 sec Pike Ups w/ Blocks		3 x 5 Pike Ups w/ Blocks
DAY 7-9	3 x 15 sec Belly to the Ground	DAY 7-9	4 x 3 Supine Straddle Ups	DAY 7-9	4 x 5 Supine Pike Ups
	3 x 15 sec Wall Tightness Drill		4 x 3 Headstand Straddle Ups		4 x 5 Headstand Pike Ups
	3 x 3 Supine Pike Ups		4 x Downward Dog to HS		4 x 1 Downward Dog to HS
	3 x 3 Headstand Pike Ups		4 x 3 Straddle Ups		4 x 5 Pike Ups w/ Blocks
DAY 10-12	4 x 15 sec Belly to the Ground	DAY 10-12	5 x 3 Supine Straddle Ups	DAY 10-12	5 x 5 Supine Straddle Ups
	4 x 20 sec Wall Tightness Drill		5 x 3 Headstand Straddle Ups		5 x 5 Headstand Straddle Ups
	4 x 4 Plank to Pike Press		5 x 3 Straddle Ups		5 x 5 Pike Ups w/ Blocks
	4 x 4 Headstand Pike Ups		5 x 3 Straight to Pike to Straight Continious Movements		5 x 3 Straight to Pike to Straight Continious Movements
PLUS 3 x 2 Wall Scissors L1 & L2 2 min Meditation		PLUS 3 min Freestanding Handstands Meditation		PLUS 5 x goal Freestanding Handstands 3 min Meditation	

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