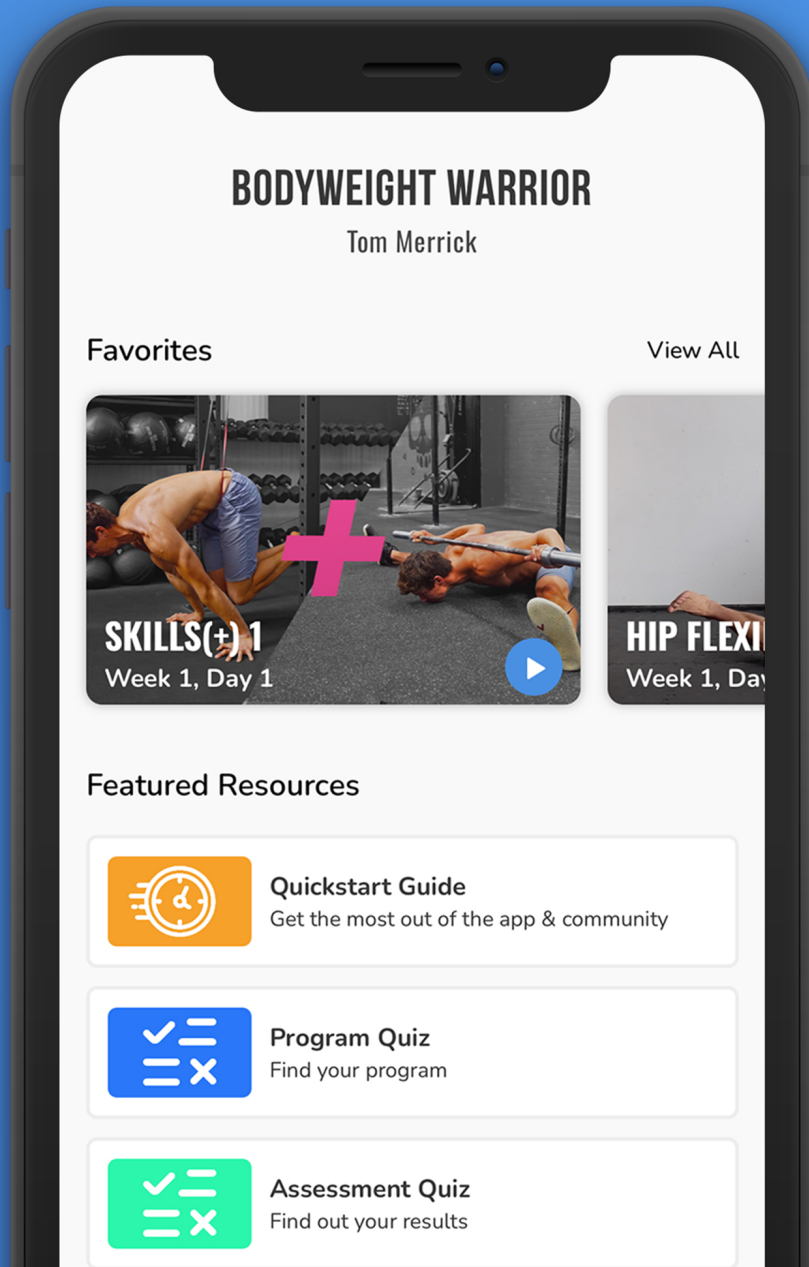


2025 "END GAME" GOALS

SCAN TO



DOWNLOAD



This routine is based on the "**SKILLS+**" program, focused on mastering the basics and developing bodyweight skills.

Whether you want to build strength, increase flexibility or learn to handstand, try the assessment workouts and quiz to find the program for you.

SCHEDULE

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Upper	Lower	Rest	Upper	Vari	Rest	Rest

UPPER

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>L-HSPU</u>	1-4	5	8	3-0-1-0	90s				
A2. <u>Chin Up</u>	1-4	5	8	3-0-1-0	90s				
B1. <u>Pseudo Push Up</u>	1-4	4	10-12	3-0-1-0	75s				
B2. <u>Ring Row</u>	1-4	4	10-12	3-0-1-1	75s				
C1. <u>Bicep Curl - Incline</u>	1-4	3	12-15	2-0-1-0	60s				
C2. <u>Tricep Extension - Neutral</u>	1-4	3	12-15	2-0-1-0	60s				

LOWER

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Back Squat</u>	1-4	5	8	3-0-1-0	60-90s				
B1. <u>Step Up</u>	1-4	4	10-12 p.s	2-0-1-0	0s				
B2. <u>Single Leg RDL</u>	1-4	4	10-12 p.s	2-0-1-0	90s				
C1. <u>Standing Calf Raise</u>	1-4	3	8-10	2-0-1-1	60s				
C2. <u>Hanging Leg Raise</u>	1-4	3	10-12	2-0-1-1	60s				

VARI

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Front Split</u>	1-4	-	10 min	-	-				
B. <u>Core / Weak Points</u>	1-4	-	10 min	-	-				
C. <u>Cardio of Choice</u>	1-4	-	30 min	-	-				