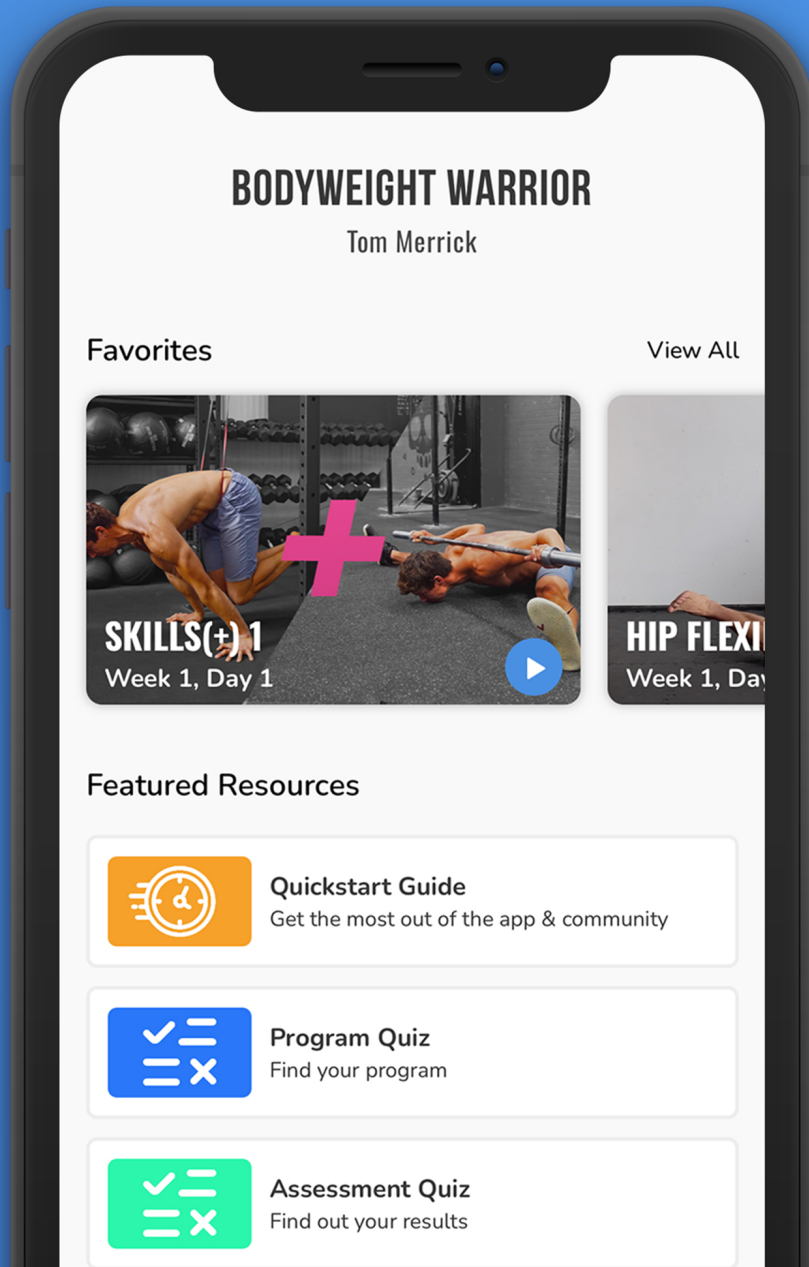


2025 "END GAME" GOALS

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>Tuck Handstand</u>	1-4	3	20-30s	-	90s				
A2. <u>Single Arm Scap Pull Up</u>	1-4	3	6-8 p.s.	1-0-1-4	90s				
B1. <u>Pike Push Up</u>	1-4	4	10-15	3-0-1-0	120s				
B2. <u>Chin Up</u>	1-4	4	10-15	3-0-1-0	120s				
C1. <u>Pseudo Push Up Dropset</u>	1-4	2	8-10/MAX	3-0-1-0	120s				
C2. <u>Arc Row Dropset</u>	1-4	2	8-10/MAX	3-0-1-0	120s				
D1. <u>Bicep Curl - Scott</u>	1-4	2	12-15	2-0-1-0	60s				
D2. <u>Tricep Extension - Neutral</u>	1-4	2	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	4	6	3-0-1-0	150s				
B. <u>Standing Good Morning</u>	1-4	3	10-12	3-1-1-0	120s				
C1. <u>Smith Cyclist Squat</u>	1-4	3	10-12	3-1-1-0	30s				
C2. <u>Standing Calf Raise</u>	1-4	3	8-10	2-0-1-1	120s				

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	-	-				