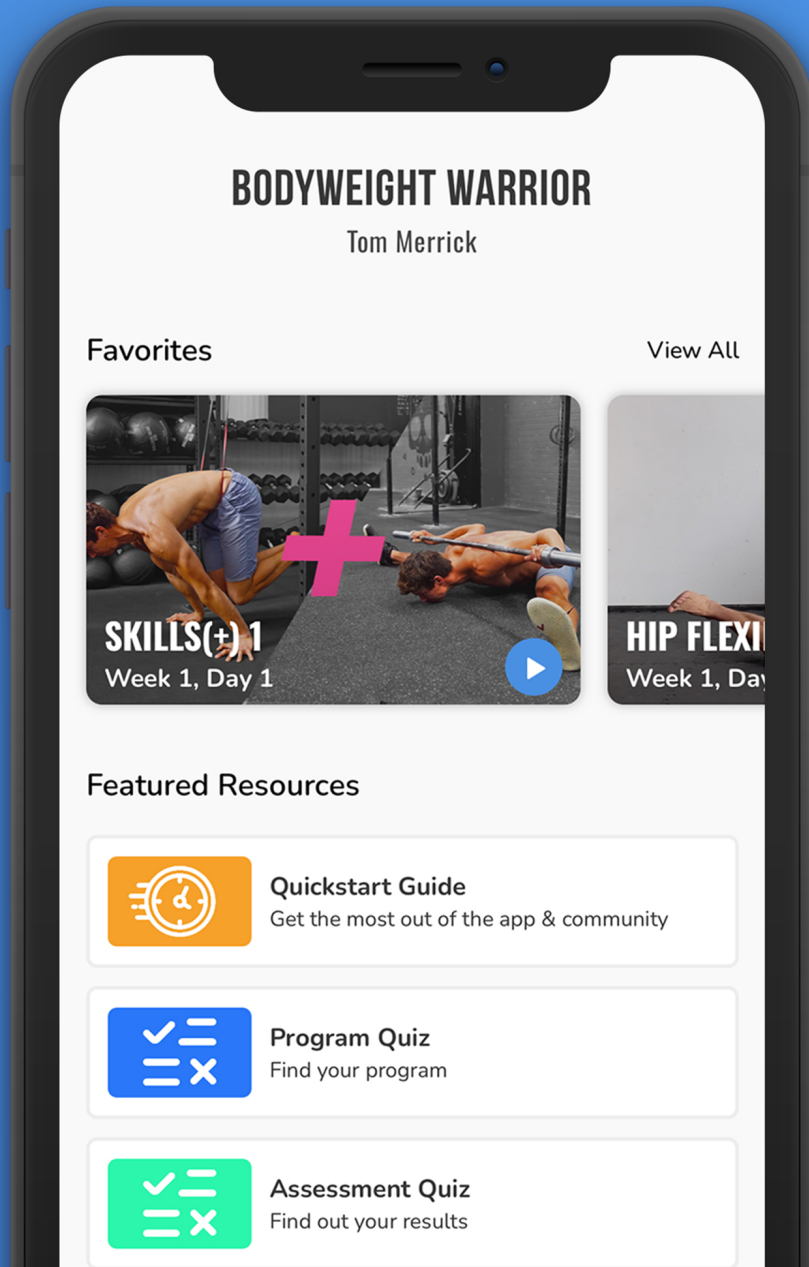


2025 "END GAME" GOALS

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
Push	Pull	Legs	Rest	Upper	Lower	Rest

PUSH

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Tuck Handstand</u>	1-4	3	20-30s	-	90s				
B. <u>HSPU Negative</u>	1-4	4	2-4	8-10s	180s				
C. <u>Planche Push Up</u>	1-4	3-4	6-10	3-0-1-0	120s				
D1. <u>Rotator Cuff Iso</u>	1-4	2-3	60s	-	60s				
D2. <u>Push Up Iso</u>	1-4	2-3	60s	-	60s				
E. <u>Tricep Extension</u>	1-4	2	30-50	1-0-1-0	60s				

PUSH

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Single Arm Scap Pull Up</u>	1-4	3	20-30s p. s	1-0-1-4	90s				
B. <u>Subscap Chin Up</u>	1-4	4	10-15	3-0-1-0	120s				
C. <u>Mixed Grip Chin Up</u>	1-4	3-4	6-10 total	3-0-1-1	120s				
D1. <u>Lateral Pull Iso</u>	1-4	2-3	60s	-	60s				
D2. <u>Row Iso</u>	1-4	2-3	60s	-	60s				
E. <u>Bicep Curl</u>	1-4	2	30-50	2-0-1-0	60s				

LEGS

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Back Squat</u>	1-4	4-5	5	3-0-1-0	180s				
B. <u>Standing Good Morning</u>	1-4	3-4	8-10	3-1-1-0	120s				
C1. <u>Smith Cyclist Squat</u>	1-4	2-3	8	3-1-1-0	30s				
C2. <u>Standing Calf Raise</u>	1-4	2-3	8-10	2-0-1-1	120s				

UPPER

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Tuck Planche</u>	1-4	3	30s	-	90s				
A2. <u>Chin Up Iso</u>	1-4	3	30s	-	90s				
B1. <u>Pike Push Up - Close Grip</u>	1-4	3-4	8-10	3-0-1-0	90s				
B2. <u>Front Lever Pull</u>	1-4	3-4	8-10	3-0-1-0	90s				
C1. <u>Tricep Ext. of Choice</u>	1-4	2	12-15	-	60s				
C2. <u>Bicep Curl of Choice</u>	1-4	2	12-15	-	60s				
D1. <u>Tricep Extension Iso</u>	1-4	2	60s	-	60s				
D2. <u>Bicep Curl Iso</u>	1-4	2	60s	-	60s				

LOWER

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Long Lunge</u>	1-4	3-5	45-60s	-	30s				
A2. <u>Zerker Jefferson / Pike</u>	1-4	3-5	45-60s	-	30s				
A3. <u>Horse Stance Iso</u>	1-4	3-5	45-60s	-	120s				
B. <u>Core / Weak Points</u>	1-4	-	10 min	-	-				
C. <u>Cardio of Choice</u>	1-4	-	30 min	-	-				