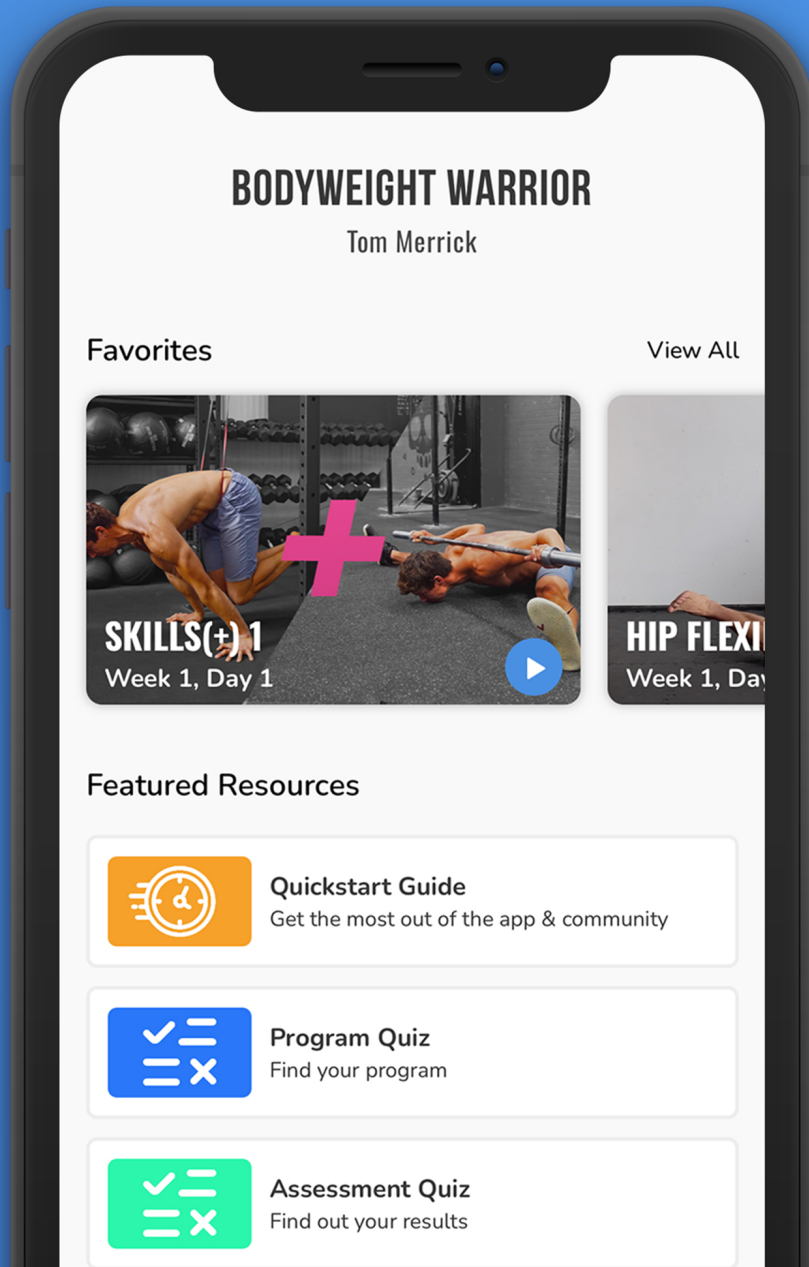


2025 "END GAME" GOALS

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 A	Lower A	Rest	Upper B	Lower B	Rest	Rest

UPPER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Free HSPU</u>	1-4	5	3-5	3-0-X-0	120s				
B. <u>Grip n Rip Chin Up</u>	1-4	5	3	X-0-1-0	60s				
C1. <u>Wide Pike Push Up</u>	1-4	3-4	12-15	3-0-1-0	90s				
C2. <u>Chin Up (Neutral Grip)</u>	1-4	3-4	12-15	3-0-1-1	90s				
D1. <u>Cuban Rotation</u>	1-4	2-3	8-10	3-0-1-0	60s				
D2. <u>Pec Flye</u>	1-4	2-3	12-15	3-1-1-0	60s				

UPPER B

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Tuck Planche Iso</u>	1-4	15 mins	8s	-	AMRAP				
A2. <u>Front Lever Iso</u>	1-4	15 mins	8s	-	AMRAP				
B1. <u>Ring Bulgarian Push Up</u>	1-4	3-4	10-15	3-1-1-0	90s				
B2. <u>Ring Bulgarian Row</u>	1-4	3-4	10-15	3-0-1-1	90s				
C1. <u>Bicep Curl</u>	1-4	2-3	10-15	2-0-1-1	60s				
C2. <u>Ring Roll Out</u>	1-4	2-3	10-15	3-0-1-0	60s				
C3. <u>Tricep Extension</u>	1-4	2-3	10-15	2-0-1-1	60s				

LOWER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Back Squat</u>	1-4	3	5	3-0-1-0	180s				
B. <u>Glute Ham Raise</u>	1-4	3-4	Max	2-0-1-0	120s				
C. <u>Dumbbell Split Squat</u>	1-4	3-4	8-10 p.s	3-1-1-0	120s				
D1. <u>Reverse Hyper</u>	1-4	2-3	20-30	3-1-1-0	30s				
D2. <u>Anchored Ab Raise</u>	1-4	2-3	12-15	2-0-1-1	120s				

LOWER B

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	-	-				

