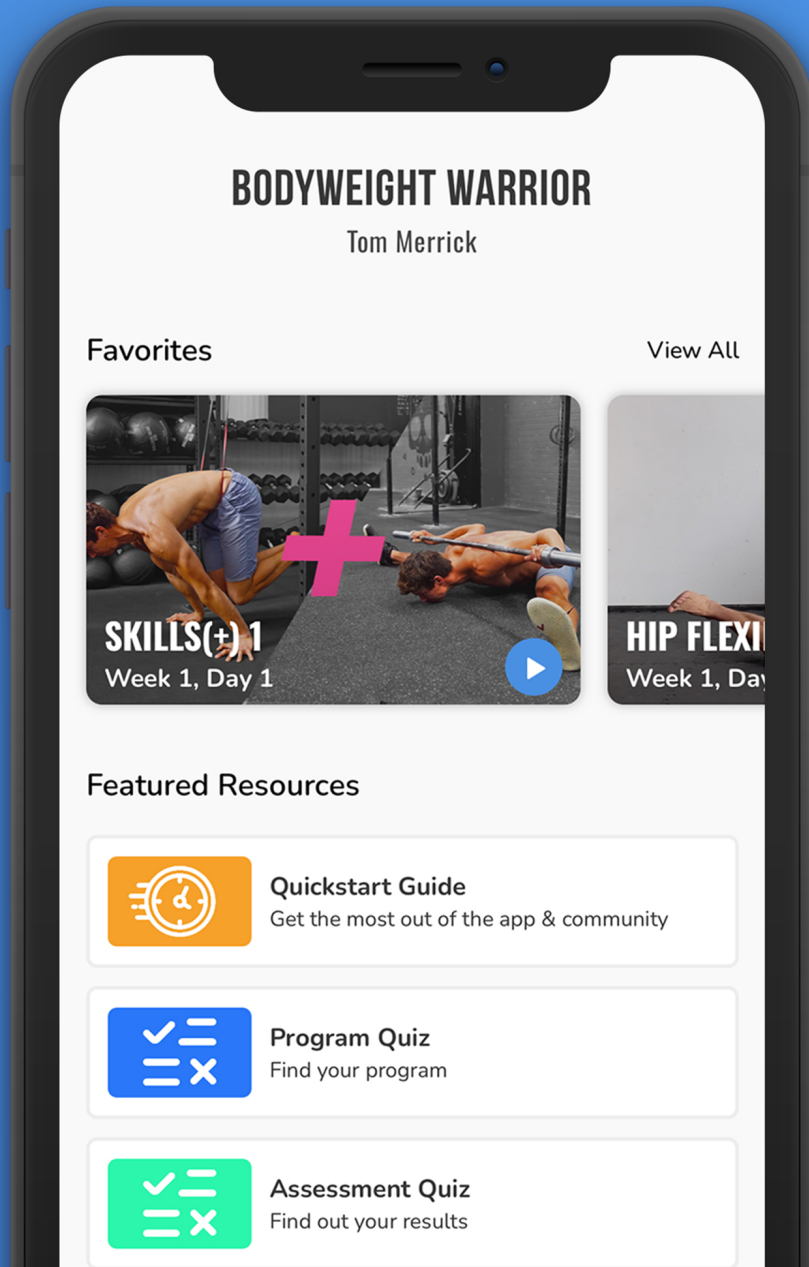


2025 "END GAME" GOALS

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
A1. <u>Btw Deep HSPU</u>	1-4	3-5	3-5	3-0-X-0	90s				
A2. <u>High Arch Pull Up</u>	1-4	3-5	5	1-0-X-0	90s				
C1. <u>Pseudo Planche Push Up</u>	1-4	3	10-15	2-1-1-0	90s				
C2. <u>L Assisted Chin Up (Neutral Grip)</u>	1-4	3	15-20	2-0-1-0	90s				
D1. <u>Incline Zottman Curl</u>	1-4	2-3	15-20	3-0-1-0	60s				
D2. <u>Incline Tricep Extension</u>	1-4	2-3	15-20	3-1-1-0	60s				

UPPER B

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Btw Deep HSPU</u>	1-4	3-5	3-5	3-0-X-0	90s				
A2. <u>Subscap Pull Up</u>	1-4	3-5	5	3-0-1-0	90s				
B1. <u>Assisted Dips</u>	1-4	3	15-20	2-0-1-0	90s				
B2. <u>Ring Row (Supinating)</u>	1-4	3	15-20	2-0-1-0	90s				
C1. <u>Arm In Front External Rotation</u>	1-4	2-3	8-10	3-0-3-0	60s				
C2. <u>Hammer Curl</u>	1-4	2-3	10-15	3-0-1-0	60s				

LOWER A

Accumulation

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Podium Snatch Deadlift</u>	1-4	4	6	3-0-1-0	180s				
B. <u>Pause Back Squat</u>	1-4	3	8-10	2-2-1-0	120s				
C1. <u>Quad Bias</u>	1-4	3	15-20	2-0-1-0	30s				
C2. <u>Glute/Ham Bias</u>	1-4	3	15-20	2-0-1-0	90s				
D. <u>Calves of Choice</u>	1-4	2-3	15-20	2-0-1-1	60s				

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	-	-				