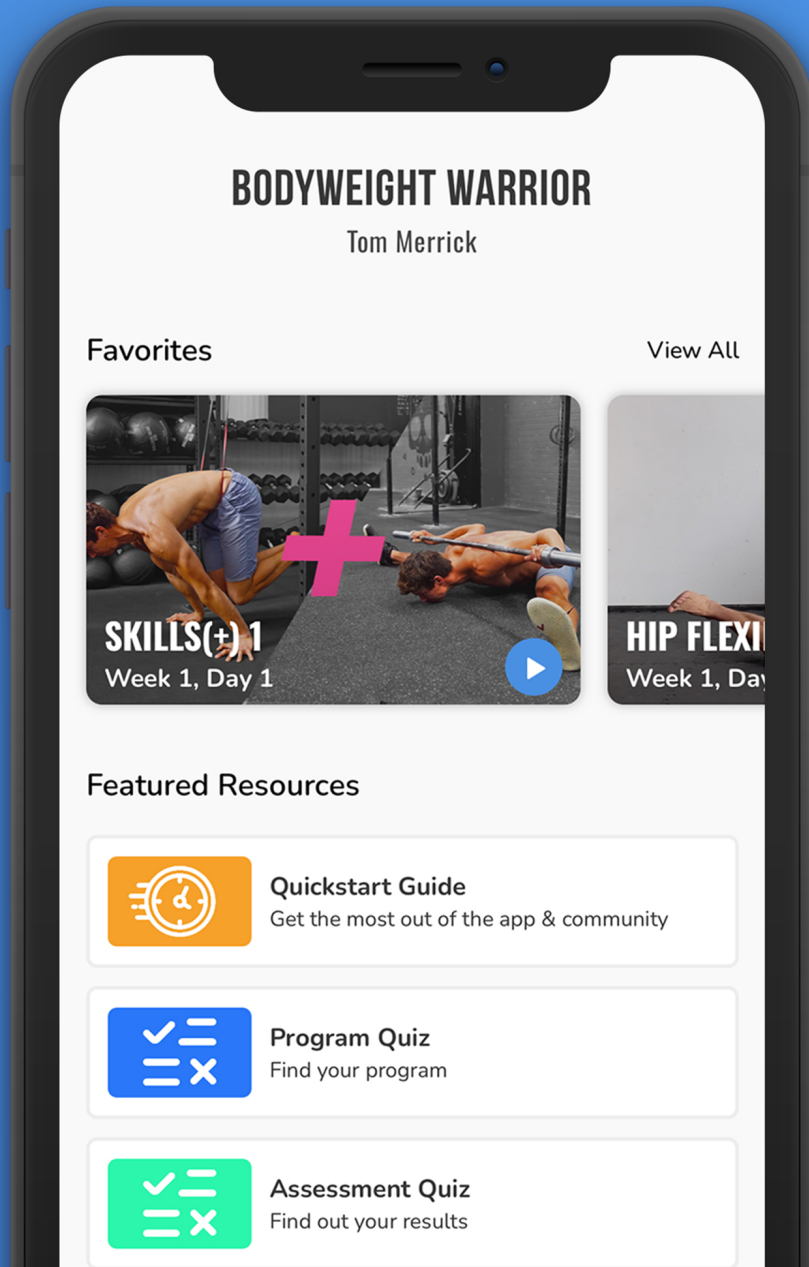


2025 "END GAME" GOALS

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
Upper	Lower + Plyos	Rest	Full Body + Plyos	Rest

UPPER

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	3-5	3-0-X-0	90s				
B1. <u>Planche Push Up Tri-Set</u>	1-4	3-4	6-8 + Max	2-2-1-0	90s				
B2. <u>Arch Chin Up Dropset</u>	1-4	3-4	6-8 + Max	2-0-1-0	90s				
C. <u>100 Rep Finisher</u>	1-4	1	100	2-0-1-0	90s				

LOWER

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Back Squat</u>	1-4	4	5,5,5,20	3-0-1-0	180s				
B. <u>Good Morning</u>	1-4	3-4	8-10	2-2-1-0	120s				
C1. <u>Quad Bias</u>	1-4	3-4	10-15 per side	2-0-1-0	30s				
C2. <u>Back Extension</u>	1-4	3-4	10-15	2-0-1-0	90s				
D. <u>Hip Circuit</u>	1-4	2-3	30 per position, per side	-	60s				

FULL BODY

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1. <u>Explosive Pike Push Up</u>	1-4	3-5	3-5	X-0-X-0	30s				
A2. <u>Grip n Rip Chin Up</u>	1-4	3-5	3-5	X-0-X-0	90s				
B1. <u>Oscillation Rotator Cuff</u>	1-4	3	30 per position, per side	X-0-X-0	10s				
B2. <u>Tricep of Choice</u>	1-4	3	10-15	2-0-1-0	10s				
B3. <u>Bicep Curl of Choice</u>	1-4	3	10-15	2-0-1-0	90s				
C1. <u>Quad Iso</u>	1-4	3	30s	-	30s				
C2. <u>Hamstring Iso</u>	1-4	3	30s	-	30s				
D. <u>Calf Raise Complex</u>	1-4	3	20-30 per position	1-0-1-0	90s				

PLYOS

Exercise	Week	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A. <u>Leaping of Choice</u>	1-4	4	8-10	X-0-X-0	-				
B. <u>Single Leg of Choice</u>	1-4	4-6	3-6 per side	X-0-X-0	-				