



EQUIPMENT	BEGINNER	INTERMEDIATE	ADVANCED
WARM-UP /// 3 SETS			
HORIZONTAL LADDER	Hang 30s (Rest 10-20s then repeat)	Down & Back (Rest 10-20s then repeat)	Down & Back + 5 pull ups (Rest 10-20s then repeat)
UPPER BODY CIRCUIT /// 3 SETS			
PARALLEL BARS	Shoulder shrugs x 15 Dips x 15 (can use sit up bench)	Shoulder shrug tuck position x 15 Dips x 15	Shoulder shrug pike position x 15 Elbow Dips x 15
MULTI BARS	Inverted Row x 12 Incline Pushup x 12	Inverted Row x 12-15 Pushup x 12-15	Inverted Row x 15 Decline Pushup x 15
PARALLEL BARS	Supported Travel Down & Back	ISupported Travel + Shrug Down & Back	Support Shrug + Jump Down & Back
Complete all exercises then rest for 1 min and repeat.			
LOWER BODY CIRCUIT /// 3-4 SETS			
PLYO BOXES	Step ups (low box) x 30 In-Out Side Squat x 30 Box Jumps x 12-15 Hip Raise x 20	Step ups (med box) x 30 Shuffle overs x 30 Box Jumps x 12-15 Box Hip Raise x 20	Step ups (high box) x 30 Shuffle overs x 50 Burpee Box Jumps x 12-15 Box Hip Raise - Hold x 20
PARALLEL BARS	Back Extension x 20 (Squeeze at top)	Back Extension x 20 (Squeeze at top)	Back Extension x 20 (Squeeze at top)
Complete all exercises then rest for 1 min and repeat.			
Finish with cardio. Alternate walking, lunging, and running 3 min each for 30 min.			