

General Conditioning – Arms and Stomach (Day 1/3)

Phase: General	Prep	Tin	Zin	Copper	Bronze	Silver	Gold
1. Press-ups	3 x 5 Sec holds (use variation) Goal: develop quality shapes	3 x 5 Press ups + 3 sec hold Parallets	3 x 8 Press ups + 5 sec hold. Elevated (hands end of two panel mats)	3 x 10 Press ups	3 x 12 Press-ups Parallelets	3 x 10 Press ups (weighted)	3 x 12 Press ups (weighted)
2. Dips	3 x 5 secs holds (tuck, pike, straight) + 3 x 5 tricep dips	3 x 5 (below 90 degrees) – hands on panel mats	3 x 5 (straight legs – p-bars	3 x 8 p-bars	2 x 10 p-bars	2 x 10 (weighted) p-bars	2 x 10 (weighted) p-bars
3. Chin ups	3 x 5 sec holds (tuck) 1 x 5 with a slider on block	3 x 5 (tuck – block on knee) – support if required	3 x 5 (straight legs)	3 x 8	2 x 10	2 x 10 (weighted)	2 x 10 (weighted)
4. 90* HS press-ups	3 x 5 tuck foams block press ups	3 x 8 supported	3 x 5	3 x 8	3 x 10	3 x 5 H/S Press-ups	3 x 10 H/S Press-ups
5. Leg Lifts	3 x 5 Straight leg lifts on floor + V holds (5s)	3 x 8 Full leg lifts	3 x 10 full leg lifts	3 x 10 Middle tops	3 x 12 Middle tops	3 x 15 Middle tops	3 x 20 Middle tops (dumbbell)
6. Upside down sit ups	3 x 5-10 regular sit ups (hands behind head)	3 x 20 regular sit ups (hands behind head – twist last set)	3 x 5 upside down sit ups	3 x 10 upside down sit-ups	3 x 15 upside down sit-ups	3 x 20 upside down sit-ups	3 x 20 upside down sit-ups (weighted)
7. Dish Rocks	3 x 5-10 sec dish hold (hold floor bar)	3 x 20 sec dish hold (hold floor bar)	3 x 10 rocks	3 x 15 rocks	3 x 20 rocks	3 x 25 rocks	3 x 30 rocks
8. V-sits	3 x 5-10 straight leg sit ups – feet under crash mat (move feet up wall – as progression	3 x 10 V-sits	3 x 12 V-sits	3 x 15 V-sits	3 x 30 V-sits	3 x 25 V-sits	3 x 30 V-sits

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