**WORKOUT 1**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 1**

**WEIGHTLIFTING**

**TRI-SET ON TIME 3X 20/20/20/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
4 SETS 10 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 8 SECONDS  
MINUTES 2 REPS 8 REPS  
MINUTES 3 HOLD 8 SECONDS   
MINUTES 4 REPS 8 REPS  
MINUTES 5 HOLD 8 SECONDS   
MINUTES 6 REPS 8 REPS

**WORKOUT 2**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 2**

**WEIGHTLIFTING**

**TRI-SET ON TIME 3X 25/25/25/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
4 SETS 15 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 10 SECONDS  
MINUTES 2 REPS 9 REPS  
MINUTES 3 HOLD 10 SECONDS   
MINUTES 4 REPS 9 REPS  
MINUTES 5 HOLD 10 SECONDS   
MINUTES 6 REPS 9 REPS

**WORKOUT 3**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 3**

**WEIGHTLIFTING**

**TRI-SET ON TIME 3X 30/30/30/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
5 SETS 15 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 10 SECONDS  
MINUTES 2 REPS 10 REPS  
MINUTES 3 HOLD 10 SECONDS   
MINUTES 4 REPS 10 REPS  
MINUTES 5 HOLD 10 SECONDS   
MINUTES 6 REPS 10 REPS

**WORKOUT 4**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 4**

**WEIGHTLIFTING**

**TRI-SET ON TIME 4X 25/25/25/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
5 SETS 20 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 8 SECONDS  
MINUTES 2 REPS 8 REPS  
MINUTES 3 HOLD 8 SECONDS   
MINUTES 4 REPS 8 REPS  
MINUTES 5 HOLD 8 SECONDS   
MINUTES 6 REPS 8 REPS  
MINUTES 7 HOLD 8 SECONDS   
MINUTES 8 REPS 8 REPS

**WORKOUT 5**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 5**

**WEIGHTLIFTING**

**TRI-SET ON TIME 4X 30/30/30/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
6 SETS 18 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 8 SECONDS  
MINUTES 2 REPS 10 REPS  
MINUTES 3 HOLD 8 SECONDS   
MINUTES 4 REPS 10 REPS  
MINUTES 5 HOLD 8 SECONDS   
MINUTES 6 REPS 10 REPS  
MINUTES 7 HOLD 8 SECONDS   
MINUTES 8 REPS 10 REPS

**WORKOUT 6**

**CONDITIONING**

**FIT-GAME BW EXERCISE SHORT NR 6**

**WEIGHTLIFTING**

**TRI-SET ON TIME 4X 35/35/35/60**DUMBELL HANGING POWER SNATCH SA L  
DUMBELL HANGING POWER SNATCH SA R

DUMBELL CLEAN  
REST

**GYMNASTICS**

**HANDSTAND HOLD *(PICK A STEP)***   
6 SETS 25 SECONDS HOLD, 45 SECONDS REST  
*STEP 1 HANDSTAND   
STEP 2 HANDSTAND WALL SUPPORT  
STEP 3 HANDSTAND FEET ON BOX MODIFIDE*   
 **PUSH-UP EMOM 70 SECONDS HOLD AND REPS**

MINUTES 1 HOLD 10 SECONDS  
MINUTES 2 REPS 10 REPS  
MINUTES 3 HOLD 10 SECONDS   
MINUTES 4 REPS 10 REPS  
MINUTES 5 HOLD 10 SECONDS   
MINUTES 6 REPS 10 REPS  
MINUTES 7 HOLD 10 SECONDS   
MINUTES 8 REPS 10 REPS