

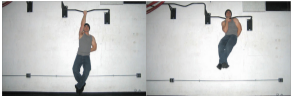





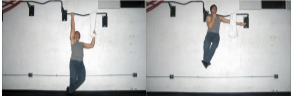





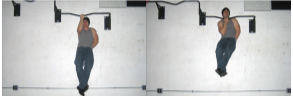





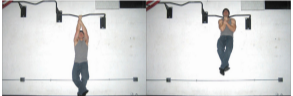





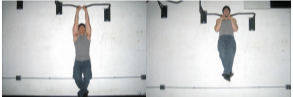
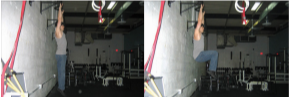



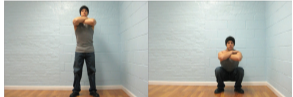
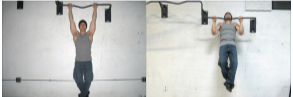











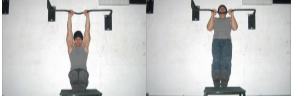

















CONVICT CONDITIONING

	<u>PUSHUPS</u>	<u>SQUATS</u>	<u>PULLUPS</u>	<u>LEG RAISES</u>	<u>BRIDGES</u>	<u>HANDSTAND PUSHUPS</u>
<u>MASTER STEP</u>	<u>ONE-ARM PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 ELITE: 1X100	<u>ONE-LEG SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 ELITE: 2X50	<u>ONE-ARM PULLUPS</u>  BEGINNER: 1X1 INTERMEDIATE: 2X3 ELITE: 2X6	<u>HANGING STRAIGHT LEG RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 ELITE: 2X30	<u>STAND-TO-STAND BRIDGES</u>  BEGINNER: 1X1 INTERMEDIATE: 2X3 ELITE: 2X10-30	<u>ONE-ARM HANDSTAND PUSHUPS</u>  BEGINNER: 1X1 INTERMEDIATE: 2X2 ELITE: 1X5
<u>STEP 9</u>	<u>LEVER PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>ASSISTED ONE-LEG SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>ASSISTED ONE-ARM PULLUPS</u>  BEGINNER: 1X3 INTERMEDIATE: 2X5 PROGRESSION: 2X7	<u>PARTIAL STRAIGHT LEG RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X15	<u>CLOSING BRIDGES</u>  BEGINNER: 1X1 INTERMEDIATE: 2X3 PROGRESSION: 2X6	<u>LEVER HANDSTAND PUSHUPS</u>  BEGINNER: 1X3 INTERMEDIATE: 2X4 PROGRESSION: 2X6
<u>STEP 8</u>	<u>1/2 ONE-ARM PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>1/2 ONE-LEG SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>1/2 ONE-ARM PULLUPS</u>  BEGINNER: 1X4 INTERMEDIATE: 2X6 PROGRESSION: 2X8	<u>HANGING FROG RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X15	<u>WALL WALKING BRIDGES (UP)</u>  BEGINNER: 1X2 INTERMEDIATE: 2X4 PROGRESSION: 2X8	<u>1/2 ONE-ARM HANDSTAND PUSHUPS</u>  BEGINNER: 1X4 INTERMEDIATE: 2X6 PROGRESSION: 2X8
<u>STEP 7</u>	<u>UNEVEN PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>UNEVEN SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>UNEVEN PULLUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X7 PROGRESSION: 2X9	<u>HANGING BENT LEG RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X15	<u>WALL WALKING BRIDGES (DOWN)</u>  BEGINNER: 1X5 INTERMEDIATE: 2X6 PROGRESSION: 2X10	<u>UNEVEN HANDSTAND PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X8 PROGRESSION: 2X10
<u>STEP 6</u>	<u>CLOSE PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>CLOSE SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>CLOSE PULLUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X8 PROGRESSION: 2X10	<u>HANGING KNEE RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X15	<u>FULL BRIDGES</u>  BEGINNER: 1X6 INTERMEDIATE: 2X10 PROGRESSION: 2X15	<u>CLOSE HANDSTAND PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X9 PROGRESSION: 2X12
<u>STEP 5</u>	<u>FULL PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>FULL SQUATS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X30	<u>FULL PULLUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X8 PROGRESSION: 2X10	<u>FLAT STRAIGHT LEG RAISES</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20	<u>HALF BRIDGES</u>  BEGINNER: 1X8 INTERMEDIATE: 2X15 PROGRESSION: 2X20	<u>HANDSTAND PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X15
<u>STEP 4</u>	<u>HALF PUSHUPS</u>  BEGINNER: 1X8 INTERMEDIATE: 2X12 PROGRESSION: 2X25	<u>HALF SQUATS</u>  BEGINNER: 1X8 INTERMEDIATE: 2X35 PROGRESSION: 2X50	<u>HALF PULLUPS</u>  BEGINNER: 1X8 INTERMEDIATE: 2X11 PROGRESSION: 2X15	<u>FLAT FROG RAISES</u>  BEGINNER: 1X8 INTERMEDIATE: 2X15 PROGRESSION: 3X25	<u>HEAD BRIDGES</u>  BEGINNER: 1X8 INTERMEDIATE: 2X15 PROGRESSION: 2X25	<u>HALF HANDSTAND PUSHUPS</u>  BEGINNER: 1X5 INTERMEDIATE: 2X10 PROGRESSION: 2X20
<u>STEP 3</u>	<u>KNEELING PUSHUPS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X15 PROGRESSION: 3X30	<u>SUPPORTED SQUATS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X15 PROGRESSION: 3X30	<u>JACKKNIFE PULLS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X15 PROGRESSION: 3X20	<u>FLAT BENT LEG RAISES</u>  BEGINNER: 1X10 INTERMEDIATE: 2X15 PROGRESSION: 3X30	<u>ANGLED BRIDGES</u>  BEGINNER: 1X8 INTERMEDIATE: 2X15 PROGRESSION: 3X30	<u>WALL HANDSTANDS</u>  BEGINNER: 30 SECS INTERMEDIATE: 1 MIN PROGRESSION: 2 MINS
<u>STEP 2</u>	<u>INCLINE PUSHUPS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X40	<u>JACKKNIFE SQUATS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X40	<u>HORIZONTAL PULLS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X30	<u>FLAT KNEE RAISES</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X35	<u>STRAIGHT BRIDGES</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X40	<u>CROW STANDS</u>  BEGINNER: 10 SECS INTERMEDIATE: 30 SECS PROGRESSION: 1 MIN
<u>STEP 1</u>	<u>WALL PUSHUPS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X25 PROGRESSION: 3X50	<u>SHOULDERSTAND SQUATS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X25 PROGRESSION: 3X50	<u>VERTICAL PULLS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X20 PROGRESSION: 3X40	<u>KNEE TUCKS</u>  BEGINNER: 1X10 INTERMEDIATE: 2X25 PROGRESSION: 3X40	<u>SHORT BRIDGES</u>  BEGINNER: 1X10 INTERMEDIATE: 2X25 PROGRESSION: 3X50	<u>WALL HEADSTANDS</u>  BEGINNER: 30 SECS INTERMEDIATE: 1 MIN PROGRESSION: 2 MINS