

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 1 – 4 (2 SESSIONS PER WEEK)

WEEK 1

A. AÚ DE FRENTE

A1. Step 1

15 rep / side - Rest as needed between rep

A2. Step 2

2 - 3 rep / side - Rest as needed between rep

WEEK 2

A. AÚ DE FRENTE

A1. Step 2

15 rep / side - Rest as needed between rep

A2. Step 3

2 - 3 rep / side - Rest as needed between rep

WEEK 3

A. AÚ DE FRENTE

A1. Step 3

15 rep / side - Rest as needed between rep

A2. Step 4

2 - 3 rep / side - Rest as needed between rep

WEEK 4

A. AÚ DE FRENTE

A1. Step 3

15 rep / side - Rest as needed between rep

A2. Step 4

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 1

15 rep / side - Rest as needed between rep

B2. Step 2

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 1

15 rep / side - Rest as needed between rep

B2. Step 2

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 2

15 rep / side - Rest as needed between rep

B2. Step 3

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 2

15 rep / side - Rest as needed between rep

B2. Step 3

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 1

10 rep / side - Rest as needed between rep

C2. Step 2

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 2

10 rep / side - Rest as needed between rep

C2. Step 3

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 3

10 rep / side - Rest as needed between rep

C2. Step 4

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 3

10 rep / side - Rest as needed between rep

C2. Step 4

2 - 3 rep / side - Rest as needed between rep

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 5 – 8 (2 SESSIONS PER WEEK)

WEEK 5

A. AÚ DE FRENTE

A1. Step 4

15 rep / side - Rest as needed between rep

A2. Step 5

2 - 3 rep / side - Rest as needed between rep

WEEK 6

A. AÚ DE FRENTE

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

2 - 3 rep / side - Rest as needed between rep

WEEK 7

A. AÚ DE FRENTE

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

2 - 3 rep / side - Rest as needed between rep

WEEK 8

A. AÚ DE FRENTE

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 3

15 rep / side - Rest as needed between rep

B2. Step 4

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 3

15 rep / side - Rest as needed between rep

B2. Step 4

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 3

15 rep / side - Rest as needed between rep

B2. Step 4

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 3

15 rep / side - Rest as needed between rep

B2. Step 4

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

2 - 3 rep / side - Rest as needed between rep

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

D. SISSY SQUAT

3 sets x 8 rep - 90 sec rest

Stop the movement at your maximum amplitude and stand up

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

E. PROGRESSIVE ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side

Stop the movement at your limit

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 9 – 12 (2 SESSIONS PER WEEK)

WEEK 9

A. AÚ DE FRENTE

A1. Step 6

15 rep / side - Rest as needed
between rep

A2. Step 7

2 – 3 rep / side - Rest as needed
between rep

WEEK 10

A. AÚ DE FRENTE

A1. Step 6

15 rep / side - Rest as needed
between rep

A2. Step 7

2 – 3 rep / side - Rest as needed
between rep

WEEK 11

A. AÚ DE FRENTE

A1. Step 6

15 rep / side - Rest as needed
between rep

A2. Step 7

2 – 3 rep / side - Rest as needed
between rep

WEEK 12

A. AÚ DE FRENTE

A1. Step 7

15 rep / side - Rest as needed
between rep

A2. Step 8

2 – 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

2 – 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

2 – 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

2 – 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 5

15 rep / side - Rest as needed
between rep

B2. Step 6

2 – 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 5

10 rep / side - Rest as needed
between rep

C2. Step 6

2 – 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 5

10 rep / side - Rest as needed
between rep

C2. Step 6

2 – 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 5

10 rep / side - Rest as needed
between rep

C2. Step 6

2 – 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 5

10 rep / side - Rest as needed
between rep

C2. Step 6

2 – 3 rep / side - Rest as needed
between rep

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 13 – 16 (2 SESSIONS PER WEEK)

WEEK 13

A. AÚ DE FRENTE

A1. Step 7

15 rep / side - Rest as needed
between rep

A2. Step 8

2 - 3 rep / side - Rest as needed
between rep

WEEK 14

A. AÚ DE FRENTE

A1. Step 8

15 rep / side - Rest as needed
between rep

A2. Step 9

2 - 3 rep / side - Rest as needed
between rep

WEEK 15

A. AÚ DE FRENTE

A1. Step 8

15 rep / side - Rest as needed
between rep

A2. Step 9

2 - 3 rep / side - Rest as needed
between rep

WEEK 16

A. AÚ DE FRENTE

A1. Step 8

15 rep / side - Rest as needed
between rep

A2. Step 9

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 5

15 rep / side - Rest as needed
between rep

B2. Step 6

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 5

15 rep / side - Rest as needed
between rep

B2. Step 6

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 5

15 rep / side - Rest as needed
between rep

B2. Step 6

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 5

15 rep / side - Rest as needed
between rep

B2. Step 6

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 6

10 rep / side - Rest as needed
between rep

C2. Step 7

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 6

10 rep / side - Rest as needed
between rep

C2. Step 7

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 7

10 rep / side - Rest as needed
between rep

C2. Step 8

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 7

10 rep / side - Rest as needed
between rep

C2. Step 8

2 - 3 rep / side - Rest as needed
between rep

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

D. HIGH BRIDGE FEET ELEVATED

10 sec hold x 3 sets - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

E. GROUND WALKING STAND UP

3 sets x 8 rep - 90 sec rest

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 17 – 20 (2 SESSIONS PER WEEK)

WEEK 17

A. AÚ DE FRENTE

A1. Step 8

15 rep / side - Rest as needed between rep

A2. Step 9

2 - 3 rep / side - Rest as needed between rep

WEEK 18

A. AÚ DE FRENTE

A1. Step 9

15 rep / side - Rest as needed between rep

A2. Step 10

2 - 3 rep / side - Rest as needed between rep

WEEK 19

A. AÚ DE FRENTE

A1. Step 9

15 rep / side - Rest as needed between rep

A2. Step 10

2 - 3 rep / side - Rest as needed between rep

WEEK 20

A. AÚ DE FRENTE

A1. Step 9

15 rep / side - Rest as needed between rep

A2. Step 10

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 6

15 rep / side - Rest as needed between rep

B2. Step 7

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 7

15 rep / side - Rest as needed between rep

B2. Step 8

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 7

15 rep / side - Rest as needed between rep

B2. Step 8

2 - 3 rep / side - Rest as needed between rep

B. MACACO

B1. Step 8

15 rep / side - Rest as needed between rep

B2. Step 9

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 7

10 rep / side - Rest as needed between rep

C2. Step 8

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 7

10 rep / side - Rest as needed between rep

C2. Step 8

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 8

10 rep / side - Rest as needed between rep

C2. Step 9

2 - 3 rep / side - Rest as needed between rep

C. MONKEY SWING

C1. Step 8

10 rep / side - Rest as needed between rep

C2. Step 9

2 - 3 rep / side - Rest as needed between rep

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest after the second side between sets

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 21 – 24 (2 SESSIONS PER WEEK)

WEEK 21

A. AÚ DE FRENTE

A1. Step 9

15 rep / side - Rest as needed
between rep

A2. Step 10

2 - 3 rep / side - Rest as needed
between rep

WEEK 22

A. AÚ DE FRENTE

A1. Step 10

15 rep / side - Rest as needed
between rep

A2. Step 11

2 - 3 rep / side - Rest as needed
between rep

WEEK 23

A. AÚ DE FRENTE

A1. Step 10

15 rep / side - Rest as needed
between rep

A2. Step 11

2 - 3 rep / side - Rest as needed
between rep

WEEK 24

A. AÚ DE FRENTE

A1. Step 10

15 rep / side - Rest as needed
between rep

A2. Step 11

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 8

15 rep / side - Rest as needed
between rep

B2. Step 9

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 8

15 rep / side - Rest as needed
between rep

B2. Step 9

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 8

15 rep / side - Rest as needed
between rep

B2. Step 9

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 9

15 rep / side - Rest as needed
between rep

B2. Step 10

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C2. Step 10

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C2. Step 10

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C2. Step 10

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C2. Step 10

2 - 3 rep / side - Rest as needed
between rep

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 25 – 28 (2 SESSIONS PER WEEK)

WEEK 25

A. AÚ DE FRENTE

A1. Step 10

15 rep / side - Rest as needed
between rep

A2. Step 11

2 - 3 rep / side - Rest as needed
between rep

WEEK 26

A. AÚ DE FRENTE

A1. Step 10

15 rep / side - Rest as needed
between rep

A2. Step 11

2 - 3 rep / side - Rest as needed
between rep

WEEK 27

A. AÚ DE FRENTE

A1. Step 11

15 rep / side - Rest as needed
between rep

WEEK 28

A. AÚ DE FRENTE

A1. Step 11

15 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 9

15 rep / side - Rest as needed
between rep

B2. Step 10

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 9

15 rep / side - Rest as needed
between rep

B2. Step 10

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 9

15 rep / side - Rest as needed
between rep

B2. Step 10

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 9

15 rep / side - Rest as needed
between rep

B2. Step 10

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

D. ENDING POSITION HOLDING IPSI LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side between
sets

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 29 – 32 (2 SESSIONS PER WEEK)

WEEK 29

WEEK 30

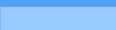
WEEK 31

WEEK 32

A. AÚ DE FRENTE

A1. Step 11

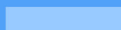
15 rep / side - Rest as needed
between rep



A. AÚ DE FRENTE

A1. Step 11

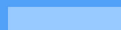
15 rep / side - Rest as needed
between rep



A. AÚ DE FRENTE

A1. Step 11

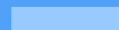
15 rep / side - Rest as needed
between rep



A. AÚ DE FRENTE

A1. Step 11

15 rep / side - Rest as needed
between rep



B. MACACO

B1. Step 10

15 rep / side - Rest as needed
between rep

B2. Step 11

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 10

15 rep / side - Rest as needed
between rep

B2. Step 11

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 10

15 rep / side - Rest as needed
between rep

B2. Step 11

2 - 3 rep / side - Rest as needed
between rep

B. MACACO

B1. Step 10

15 rep / side - Rest as needed
between rep

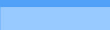
B2. Step 11

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



C. MONKEY SWING

C1. Step 9

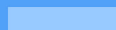
10 rep / side - Rest as needed
between rep



C. MONKEY SWING

C1. Step 9

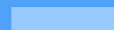
10 rep / side - Rest as needed
between rep



C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

BEGINNER 1 – HAND SOFTACROBATICS ONLINE COURSE PROGRAM

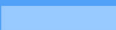
WEEK 33 – 36 (2 SESSIONS PER WEEK)

WEEK 33

A. AÚ DE FRENTE

A1. Step 11

15 rep / side - Rest as needed
between rep



B. MACACO

B1. Step 11

15 rep / side - Rest as needed
between rep

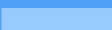
B2. Step 12

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

E. MEDIUM ROTATIONAL BRIDGE

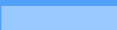
3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

WEEK 34

A. AÚ DE FRENTE

A1. Step 11

15 rep / side - Rest as needed
between rep



B. MACACO

B1. Step 11

15 rep / side - Rest as needed
between rep

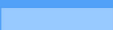
B2. Step 12

2 - 3 rep / side - Rest as needed
between rep

C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

E. MEDIUM ROTATIONAL BRIDGE

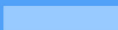
3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

WEEK 35

A. AÚ DE FRENTE

A1. Step 11

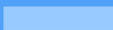
15 rep / side - Rest as needed
between rep



B. MACACO

B1. Step 12

15 rep / side - Rest as needed
between rep



C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets

WEEK 36

A. AÚ DE FRENTE

A1. Step 11

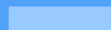
15 rep / side - Rest as needed
between rep



B. MACACO

B1. Step 12

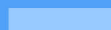
15 rep / side - Rest as needed
between rep



C. MONKEY SWING

C1. Step 9

10 rep / side - Rest as needed
between rep



D. ENDING POSITION HOLDING CONTRA LATERAL

10 sec hold x 3 sets / side
90 sec rest after the second side
and between sets

E. MEDIUM ROTATIONAL BRIDGE

3 sets x 5 rep / side - 90 sec rest
after the second side and between
sets