

STARTER HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 1 – 4 (2 SESSIONS PER WEEK)

WEEK 1

A. CARTWHEEL

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. CARTWHEEL

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. CARTWHEEL

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. CARTWHEEL

A1. Step 3

15 rep / side - Rest as needed
between rep

A2. Step 4

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

B. CHAPÉU DE COURO

B1. Step 1

15 rep / side - Rest as needed
between rep

B2. Step 2

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

B. CHAPÉU DE COURO

B1. Step 2

15 rep / side - Rest as needed
between rep

B2. Step 3

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

B. CHAPÉU DE COURO

B1. Step 3

15 rep / side - Rest as needed
between rep

B2. Step 4

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

B. CHAPÉU DE COURO

B1. Step 3

15 rep / side - Rest as needed
between rep

B2. Step 4

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

C. STAR

C1. Step 1

10 rep / side - Rest as needed
between rep

C2. Step 2

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

C. STAR

C1. Step 2

10 rep / side - Rest as needed
between rep

C2. Step 3

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

C. STAR

C1. Step 2

10 rep / side - Rest as needed
between rep

C2. Step 3

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

C. STAR

C1. Step 3

10 rep / side - Rest as needed
between rep

C2. Step 4

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. 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

STARTER HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 5 - 8 (2 SESSIONS PER WEEK)

WEEK 5

A. CARTWHEEL

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. CARTWHEEL

A1. Step 4

15 rep / side - Rest as needed
between rep

A2. Step 5

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

WEEK 7

A. CARTWHEEL

A1. Step 4

15 rep / side - Rest as needed
between rep

A2. Step 5

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

WEEK 8

A. CARTWHEEL

A1. Step 4

15 rep / side - Rest as needed
between rep

A2. Step 5

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

B. CHAPÉU DE COURO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

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

B. CHAPÉU DE COURO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

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

B. CHAPÉU DE COURO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

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

B. CHAPÉU DE COURO

B1. Step 4

15 rep / side - Rest as needed
between rep

B2. Step 5

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

C. STAR

C1. Step 3

10 rep / side - Rest as needed
between rep

C2. Step 4

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

C. STAR

C1. Step 3

10 rep / side - Rest as needed
between rep

C2. Step 4

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

C. STAR

C1. Step 3

10 rep / side - Rest as needed
between rep

C2. Step 4

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

C. STAR

C1. Step 4

10 rep / side - Rest as needed
between rep

C2. Step 5

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. 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

STARTER HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 9 – 12 (2 SESSIONS PER WEEK)

WEEK 9

A. CARTWHEEL

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

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

WEEK 10

A. CARTWHEEL

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

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

WEEK 11

A. CARTWHEEL

A1. Step 5

15 rep / side - Rest as needed between rep

A2. Step 6

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

WEEK 12

A. CARTWHEEL

A1. Step 6

15 rep / side - Rest as needed between rep

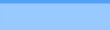
A2. Step 7

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

B. CHAPÉU DE COURO

B1. Step 5

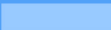
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

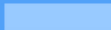
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

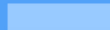
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

15 rep / side - Rest as needed between rep



C. STAR

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

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

C. STAR

C1. Step 4

10 rep / side - Rest as needed between rep

C2. Step 5

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

C. STAR

C1. Step 4

10 rep / side - Rest as needed between rep

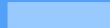
C2. Step 5

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

C. STAR

C1. Step 5

10 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. 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

STARTER HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 13 – 16 (2 SESSIONS PER WEEK)

WEEK 13

A. CARTWHEEL

A1. Step 6

15 rep / side - Rest as needed between rep

A2. Step 7

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

WEEK 14

A. CARTWHEEL

A1. Step 6

15 rep / side - Rest as needed between rep

A2. Step 7

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

WEEK 15

A. CARTWHEEL

A1. Step 6

15 rep / side - Rest as needed between rep

A2. Step 7

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

WEEK 16

A. CARTWHEEL

A1. Step 7

15 rep / side - Rest as needed between rep

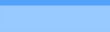
A2. Step 8

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

B. CHAPÉU DE COURO

B1. Step 5

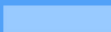
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

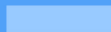
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

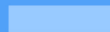
15 rep / side - Rest as needed between rep



B. CHAPÉU DE COURO

B1. Step 5

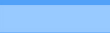
15 rep / side - Rest as needed between rep



C. STAR

C1. Step 5

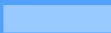
10 rep / side - Rest as needed between rep



C. STAR

C1. Step 5

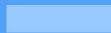
10 rep / side - Rest as needed between rep



C. STAR

C1. Step 5

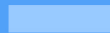
10 rep / side - Rest as needed between rep



C. STAR

C1. Step 5

10 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. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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

STARTER HAND SOFTACROBATICS ONLINE COURSE PROGRAM

WEEK 17 – 20 (2 SESSIONS PER WEEK)

WEEK 17

A. CARTWHEEL

A1. Step 7

15 rep / side - Rest as needed between rep

A2. Step 8

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

WEEK 18

A. CARTWHEEL

A1. Step 7

15 rep / side - Rest as needed between rep

A2. Step 8

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

WEEK 19

A. CARTWHEEL

A1. Step 8

15 rep / side - Rest as needed between rep

WEEK 20

A. CARTWHEEL

A1. Step 8

15 rep / side - Rest as needed between rep

B. CHAPÉU DE COURO

A1. Step 5

15 rep / side - Rest as needed between rep

B. CHAPÉU DE COURO

A1. Step 5

15 rep / side - Rest as needed between rep

B. CHAPÉU DE COURO

A1. Step 5

15 rep / side - Rest as needed between rep

B. CHAPÉU DE COURO

A1. Step 5

15 rep / side - Rest as needed between rep

C. STAR

A1. Step 5

10 rep / side - Rest as needed between rep

C. STAR

A1. Step 5

10 rep / side - Rest as needed between rep

C. STAR

A1. Step 5

10 rep / side - Rest as needed between rep

C. STAR

A1. Step 5

10 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. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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

E. MEDIUM BRIDGE ROTATIONAL

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