

CATEGORIA	ESERCIZIO	STEP 1	STEP 2	STEP 3
CORE	PLANK	ELEVATED PLANK 3-5 set x 45-60"	PLANK STRAIGHT ARMS 3-5 set x 45-60"	PLANK 1 ARM 3-5 set x 30-45"
	HOLLOW BODY POSITION	STANDARD (ginocchia raccolte) 3-5 set x 45-60"	STRADDLE 3-5 set x 45-60"	HOLLOW BODY ROCK 3-5 set x 30-45"
	SIDE PLANK	ELEVATED SIDE PLANK 3-5 set x 45-60"	STANDARD 3-5 set x 45-60"	STRAIGHT ARM 3-5 set x 30-45"
	ARCH BODY	ARCH UPS 3-5 set x 10-20 reps	ARCH HOLD 3-5 set x 45-60"	ARCH BODY ROCK 3-5 set x 30-45"
	L-SIT	SUPPORT HOLD 3-5 set x 45-60"	PIKE PULSES 3-5 set x 10-20 reps	TUCK / FULL L SIT 3-5 set x 30"
BALANCE	HANDSTAND	PIKE 3-5 set x 45-60"	FROG STAND 3-5 set x 45-60"	WALL 45° 3-5 set x 45"
BENT ARM STRENGTH	PUSH UP	ELEVATED PUSH UP 3-5 set x 10-20 reps	STANDARD 3-5 set x 10-20 reps	PSEUDO PLANCHE PUSH UP 3-5 set x 8-15 reps
	PULL UP	BODY ROW 3-5 set x 10-15 reps	NEGATIVE / HOLD 3-5 set x 3-5 negative da 6-10"	STANDARD (RINGS/BAR) 3-5 set x 8-15 reps
	DIP	BOX/BENCH DIP 3-5 set x 10-20 reps	NEGATIVE 3-5 set x 3-5 negative da 6-10"	STANDARD 3-5 set x 8-15 reps
	HANDSTAND PUSH UP	PIKE PUSH UP EASY 3-5 set x 10-15 reps	PIKE PUSH UP 3-5 set x 10-12 reps	HANDSTAND PUSH UP 3-5 set x 3-5 reps
GAMBE	HINGE & SQUAT	HINGE 3-5 set x 10-20 reps	SQUAT GOBLET/ AIR SQUAT 3-5 set x 20-30 reps	SQUAT JUMP 3-5 set x 6-12 reps
	UNILATERAL STRENGTH	LUNGES 3-5 set x 10-20 reps	BULGARIAN SPLIT SQUAT 3-5 set x 10-15 reps	STEP UP 3-5 set x 3-5 reps
	SQUAT 1 LEG (PISTOL & SHRIMP SQUAT)	ASSISTED PISTOL SQUAT 3-5 set x 10-20 reps	SHRIMP SQUAT BEGINNER 3-5 set x 10 reps	1 LEG SQUAT (PISTOL & SHRIMP SQUAT)

Nota: gli esercizi riportati seguono una logica basata su un punto di vista maturato con pratica ed esperienza personale, per cui è possibile sostituire laddove si voglia un movimento con un altro, seguendone la logica.