

BARS WORKOUTS

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
CASTS	<ul style="list-style-type: none"> ➤ Legs straight, belly off the bar ➤ 10x 	<ul style="list-style-type: none"> ➤ Cats as high as you can with straight body position ➤ 20x 	<ul style="list-style-type: none"> ➤ Try to cast to horizontal ➤ 20x
LEG CUT	<ul style="list-style-type: none"> ➤ Straight legs ➤ 3x 	<ul style="list-style-type: none"> ➤ Leg cut back to front support ➤ 3x 	<ul style="list-style-type: none"> ➤ Shoot Through ➤ 3x
PULLOVER	<ul style="list-style-type: none"> ➤ 5x ➤ With complete control and legs together 		
TUCK UPS	<ul style="list-style-type: none"> ➤ 10x 	<ul style="list-style-type: none"> ➤ 15x 	
LEG LIFTS	<ul style="list-style-type: none"> ➤ 10x 	<ul style="list-style-type: none"> ➤ 15x 	<ul style="list-style-type: none"> ➤ 20x
GLIDES	<ul style="list-style-type: none"> ➤ Pike glides ➤ 5x 	<ul style="list-style-type: none"> ➤ Pike glides ➤ Straddle Glides ➤ 10x 	
PULL UPS	<ul style="list-style-type: none"> ➤ Chin hold ➤ 10 sec 	<ul style="list-style-type: none"> ➤ 5x 	<ul style="list-style-type: none"> ➤ 15x
KIPS			<ul style="list-style-type: none"> ➤ 10x
HANDSTAND DRILLS			<ul style="list-style-type: none"> ➤ Kip, cast to handstand ➤ 10x