

Convict Conditioning Ultimate Bodyweight Training Log Free Download

PUSHUPS	LEG RAISES	PULLUPS	SQUATS	BRIDGES	HANDSTAND PUSHUPS
1: Wall Pushups 3x50 ✓	1: Knee Tucks 3x40	1: Vertical Pulls 3x40	1: Shoulderstand Squats 3x50 ✓	1: Short Bridges 3x50	1: Wall Headstands 2 minutes
2: Incline Pushups 3x40	2: Flat Knee Raises 3x35	2: Horizontal Pulls 3x30	2: Jackknife Squats 3x40	2: Straight Bridges 3x40	2: Crow Stands 1 minute
3: Kneeling Pushups 3x30	3: Flat Bent Leg Raises 3x30	3: Jackknife Pulls 3x20	3: Supported Squats 3x30	3: Angled Bridges 3x30	3: Wall Handstands 2 minutes
4: Half Pushups 2x25	4: Flat Frog Raises 3x25	4: Half Pullups 2x15	4: Half Squats 2x50	4: Head Bridges 2x25	4: Half Handstand Pushups 2x20
5: Full Pushups 2x20	5: Flat Straight Leg Raises 2x20	5: Full Pullups 2x10	5: Full Squats 2x30	5: Half Bridges 2x20	5: Handstand Pushups 2x15
6: Close Pushups 2x20	6: Hanging Knee Raises 2x15	6: Close Pullups 2x10	6: Close Squats 2x20	6: Full Bridges 2x15	6: Close Handstand Pushups 2x12
7: Uneven Pushups 2x20	7: Hanging Bent Leg Raises 2x15	7: Uneven Pullups 2x9	7: Uneven Squats 2x20	7: Wall Walking Bridges (Down) 2x10	7: Uneven Handstand Pushups 2x10
8: ½ One-Arm Pushups 2x20	8: Hanging Frog Raises 2x15	8: ½ One-Arm Pullups 2x8	8: ½ One-Leg Squats 2x20	8: Wall Walking Bridges (Up) 2x8	8: ½ One-Arm Handstand Pushups 2x8
9: Lever Pushups 2x20	9: Partial Straight Leg Raises 2x15	9: Assisted One-Arm Pullups 2x7	9: Assisted One-Leg Squats 2x20	9: Closing Bridges 2x6	9: Lever Handstand Pushups 2x6
10: One-Arm Pushups Ultimate endurance: 1x100	10: Hanging Straight Leg Raises Ultimate endurance: 2x30	10: One-Arm Pullups Ultimate power: 2x6	10: One-Leg Squats Ultimate endurance: 2x50	10: Stand-to-Stand Bridges Ultimate ability: 2x10-30	10: One-Arm Handstand Pushups Ultimate power: 2x5

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