Floreio Basic Workout - beginner

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps
or
A5. Slide Into Low Bridge X 30 sec hold
A6. Rotations Into Arch Using The Wall X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups X 14 reps / 3 sets / 60 sec rest
C1. High Bridge Hold X 35 sec
C2. Rotations Into Arch Using The Wall X 14 reps
Repeat C1-C2 for 3 sets / 60 sec rest
D1. Au Cortado X 14 reps / 3 sets / 60 sec rest
E1. Role work, right-left-left-right-left, etc.. (In Random) for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido's Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only

Floreio Basic Workout - intermediate

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrists Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups X 14 reps / 3 sets / 60 sec rest
C1. Rotations into High Bridge X 14 reps / 3 sets / 60 sec rest
D1. Au Cortado X 14 reps / 3 sets / 60 sec rest
E1. Role work, right-left-left-right-left, etc.. (In Random) for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido’s Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only
Floreio Basic Workout - advanced

Warm Up - Mobility
A1. 5 min jump rope
A2. Wrist Routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. Rotations Into Low Bridge X 10 reps

Singular Movement Polish
B1. QDR Rotational Push Ups -Advanced variation X 14 reps / 3 sets / 60 sec rest
C1. Rotations Into High Bridge Advanced X 14 reps / 3 sets / 60 sec rest
D1. Au Cortado Presses X 10 reps / 3 sets / 60 sec rest
E1. Role work, right-left-right-left, etc.. (In Random) as little rest as you can for 2 minutes straight / 3 sets / rest 30 sec (Yes, 30 sec!) Breath, fluid movement! This will become more respiratory than usual after a while, hold on!

Extra Mobility Cool Down
F1. Shoulder ROM and Stabilization routine
F2. Ido's Squat Clinic Routine
F3. Scapula Mobilization Routine
Repeat F1-F3 X 3 times and rest 60 seconds after F3 only

FLOREIO WORKOUT NUMBER 1 - BEGINNER

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set
D1 Slide Into Low Bridge X 5 reps of 5 seconds holds in position (each rep)
D2 Rotations Into Arch Using The Wall X 10 reps
D3 QDR Rotational Push Ups -Beginner variation 10 reps
Repeat D1-3 for 3 total sets

FLOREIO WORKOUT NUMBER 1 - INTERMEDIATE

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set
D1 Rotations Into Low Bridge X 10 reps
D2 QDR Rotational Push Ups -Beginner variation (Lift both feet off the floor) 10 reps
Repeat D1-2 for 3 total sets
FLOREIO WORKOUT NUMBER 1 - ADVANCED

A1 Perform 5 min of jump rope
B1 Shoulder ROM and Stabilization routine X 1 set
C1 Ido's Squat Clinic Routine X 1 set

D1 Rotations Into Low Bridge Advanced X 10 reps
D2 QDR Rotational Push Ups -Advanced variation X 10 reps
Repeat D1-2 for 3 total sets

Floreio Workout Number 2 - Beginners and Intermediates

A1 5 min of total body joint mobility (If clueless about this - educate yourself! Youtube is a great friend)
B1 Shoulder ROM and Stabilization routine X 2 sets / no rest
C1 Ido's Squat Clinic Routine X 1 set

D1 Slide Into Low Bridge X 5 reps of 5 seconds holds in position (each rep)
D2 Rotations Into Arch Using The Wall X 10 reps
or
D1 Rotations Into Low Bridge X 10 reps
D3 High Bridge hold - total time 30 sec (you can break this up into a couple of subsequent attempts, but dont continue to the next exercise until 30 seconds have been completed)
or
D3 Rotations into High Bridge X 10 reps
D4 Half Au Cortado X 14 reps
or
D4 Au Cortado X 10 reps
D5 QDR Rotational Push Ups -Beginner variation X 10 reps
Complete the whole D1-D5 circuit 3 times, without resting between exercises, but resting 90 seconds after the complete circuit.
Floreio Workout Number 2 - Advanced

A1 5 min of total body joint mobility (If clueless about this - educate yourself! Youtube is a great friend)
B1 Shoulder ROM and Stabilization routine X 2 sets / no rest
C1 Ido’s Squat Clinic Routine X 1 set
D1 Rotations Into Low Bridge X 10 reps / 1 set
E1 Rotations Into High Bridge X 10 reps / 1 set
F1 Rotations Into Low Bridge Advanced X 10 reps
F2 Au Cortado / Au Cortado Presses X 10 reps
F3 Rotations Into High Bridge Advanced X 10 reps
F4 QDR Rotational Push Ups -Advanced variation X 10 reps

Floreio Workout Number 3 - Beginners, Intermediates and Advanced

A1 Jump Rope 3 Min
A2 Ido’s Squat Clinic Routine X 1 set
A3 Shoulder ROM and Stabilization routine X 1 set
A4 Wrists Routine X 1 set (For info - read Preparations For Our Daily Training post)

Repeat for a total of 3 subsequent sets - no rest

Floreio Workout Number 4 - Beginner

A1 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido’s Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set
Rest 2 min
B1. Handstand Body Line Wall Drill X 10 sec X 5 sets / 45-60 sec of rest
Rest 3 min
C1. Gatherings Beginner Variations
C2. Rotations Into Low Bridge (Or the Slide Into Low Bridge and Rotations Into Arch Using The Wall combination for the same number of reps, each exercise, indicated below for the rotations)
C3. QDR Rotational Push Ups
Perform 10,8,6,4,2 reps per exercise, rest after C3 only for 75,60,45,30 second accordingly
Rest 2 min
D1. Role work, right-left-left-right-left, etc.. (In Random) as little rest as you can for 3 minutes straight. Flow around the floor. Sweat will go flying. Good stuff!
Floreio Workout Number 4 - Intermediate

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set
Rest 2 min
B1. Handstand Body Line Wall Drill X 20 sec X 4 sets / 45-60 sec of rest
Rest 2 min
C1. Handstand Straighten Into Line X 30 sec of total work X 2 sets / 90 sec (try to implement the body line achieved in B1 here)
Rest 3 min
C1. Gatherings Intermediate Variations
C2. Rotations Into Low Bridge
C3. QDR Rotational Push Ups
Perform 10,8,6,6,6 reps per exercise, rest after C3 for 60,60,45,45 second accordingly
D1. Role work, right-left-right-left, etc.. (In Random) as little rest as you can for 5 minutes straight. Flow around the floor.

Floreio Workout Number 4 - Advanced

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido's Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
A5. The assisted stretching part of the Shoulder ROM and Stabilization routine only (no rotator cuff work at the start) for 1 more subsequent set
Rest 2 min
B1. Handstand Body Line Wall Drill X 30 sec X 3 sets / 45 sec of rest
Rest 2 min
C1. Handstand Straighten Into Line X 45 sec of total work X 3 sets / 90 sec (try to implement the body line achieved in B1 here)
Rest 3 min
C1. Gatherings Advanced
C2. Rotations Into Low Bridge Advanced
C3. QDR Rotational Push Ups Advanced
Perform 5 sets of 10 reps per exercise, rest after C3 for 45-90 seconds
D1. Role work + other Floreio movements you have down for 1 minute straight. Flow around the floor. Improvisation exercise.
Rest for 1 min and complete 3 total sets
**Floreio Workout Number 5 - Beginner**

A1. 5 min rope jump  
A2. Wrist routine X 1 set  
A3. [Ido's Squat Clinic Routine](#) X 1 set  
A4. [Shoulder ROM and Stabilization routine](#) X 1 set  

Rest 2 min

B1. [Rotations Into Low Bridge](#) or if you can already [Rotations into High Bridge](#) X 10 reps  
B2. [Gatherings Beginner Variations](#) X 10 reps  

Complete 3 sets of B1-B2 resting 30 seconds in squatting position in between exercises  

Rest 2 min

C1. [Half Au Cortado](#) X 14 reps or [Au Cortado](#) X 10 reps  
C2. [Role Into QDR sequence](#) X 10 reps  

Complete 3 sets of C1-C2 resting 30 seconds while standing in between exercises  

Rest 2 min

D1. [NDA Lateral Push Ups](#) side to side X 20/18/16 reps  
Rest 60 seconds between sets

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**Floreio Workout Number 5 - Intermediate**

A1. 5 min rope jump  
A2. Wrist routine X 1 set  
A3. [Ido's Squat Clinic Routine](#) X 1 set  
A4. [Shoulder ROM and Stabilization routine](#) X 1 set  

Rest 2 min

B1. [Rotations into High Bridge](#) X 10 reps  
B2. [Gatherings Intermediate Variations](#) X 10 reps  

Complete 3 sets of B1-B2 resting 30 seconds in squatting position in between exercises  

Rest 2 min

C1. [Au Cortado](#) X 10 reps  
C2. [Role Into QDR sequence](#) X 10 reps  

Complete 3 sets of C1-C2 resting 30 seconds while squating in between exercises  

Rest 2 min

D1. [NDA Lateral Push Ups](#) side to side X 20 reps  
Perform 3 sets resting 45 seconds between sets
Floreio Workout Number 5 - Advanced

A1. 5 min rope jump
A2. Wrist routine X 1 set
A3. Ido’s Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set

Rest 2 min

B1. Rotations Into High Bridge Advanced X 10 reps
B2. Gatherings Advanced X 6 reps

Complete 3 sets of B1-B2 resting 45 seconds in between exercises

Rest 1 min

C1. Au Cortado Presses X 6 reps as slow as possible
C2. Role Into QDR Rotational Push Ups X 10 reps

Complete 3 sets of C1-C2 resting 90 sec only after C2

Rest 2 min

D1. NDA Lateral One Arm Push Ups side to side X 10/8/6/4/2 reps
 Rest 60/45/30/15 seconds between sets

Locomotion Workout Beginner

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido’s Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
B1. Walk While Swinging Into Handstand 12 meters
B2. Duck Walk 24 meters
B3. Static High Bridge Hold for 30 seconds / Front Bridge Walking for 12 meters
B4. Horse Walk 24 meters
B5. Lizard Walk (beginner variation) 12 meters
B6. Ostrich Walk 24 meters
Rest 120 seconds after B6 and repeat 3-5 total circuits

Locomotion Workout Intermediate

A1. 5 min Joint Mobility
A2. Wrist routine X 1 set
A3. Ido’s Squat Clinic Routine X 1 set
A4. Shoulder ROM and Stabilization routine X 1 set
B1. Handstand Walk 12 meters
B2. Duck Walk 24 meters
B3. Front Bridge Walking for 12 meters
B4. Horse Walk 24 meters
B5. Lizard Walk (Advanced variation) 12 meters
B6. Ostrich Walk 24 meters
Rest 90 seconds after B6 and repeat 3-5 total circuits
**Locomotion Workout Advanced**

A1. 5 min Joint Mobility  
A2. Wrist routine X 1 set  
A3. [Ido’s Squat Clinic Routine](#) X 1 set  
A4. [Shoulder ROM and Stabilization routine](#) X 1 set  
B1. Handstand Walk Elbow To Knee 15 meters  
B2. Duck Walk 30 meters  
B3. Back Bridge Walking for 15 meters  
B4. Horse Walk 30 meters  
B5. Lizard Walk (Advanced variation) 15 meters  
B6. Ostrich Walk 30 meters  
Rest 75 seconds after B6 and repeat 3-5 total circuits

**Floreio Static QDR and Sequence Development Workout Beginner**

Warm Up  
A1. 5 min Rope Jump  
A2. Wrist routine X 1 set  
A3. [Ido’s Squat Clinic Routine](#) X 1 set  
A4. [Shoulder ROM and Stabilization routine](#) X 1 set  

Rest 90 sec  
QDR Static Work  
B1. [Static QDR](#) 10-30 sec per side / 3-5 sets / 45 sec rest  
Rest 90 sec  
Sequencing Movements Work  
C1. [Role Into Half Au](#) / [Role Into Au Cortado](#) 12 reps / 3-5 sets / 60 sec rest  
D1. [Role Into QDR sequence](#) X 12 reps / 3-5 sets / 60 sec rest  

PreHab Cool Down  
E1. Wrist Routine X 3 subsequent sets
Floreio Static QDR and Sequence Development Workout Intermediate

Warm Up
A1. 5 min Rope Jump
A2. Wrist routine X 1 set
A3. *Ido's Squat Clinic Routine* X 1 set
A4. *Shoulder ROM and Stabilization routine* X 1 set

Rest 90 sec

QDR Static Work
B1. *Static QDR* 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequencing Movements Work
C1. *Role Into Au Cortado* 12 reps / 3-5 sets / 60 sec rest
D1. *Role Into QDR sequence* X 12 reps / 3-5 sets / 60 sec rest

PreHab Cool Down
E1. Wrist Routine X 3 subsequent sets

Floreio Static QDR and Sequence Development Workout Advanced

Warm Up
A1. 5 min Rope Jump
A2. Wrist routine X 1 set
A3. *Ido's Squat Clinic Routine* X 1 set
A4. *Shoulder ROM and Stabilization routine* X 1 set

Rest 90 sec

QDR Static Work
B1. *Static QDR* 10-30 sec per side / 3-5 sets / 45 sec rest

Rest 90 sec

Sequencing Movements Work
C1. *Role Into Regretting Au* X 12 reps / 3-5 sets / 60 sec rest
D1. *Role Into QDR Rotational Push Ups* X 12 reps / 3-5 sets / 60 sec rest

PreHab Cool Down
E1. Wrist Routine X 3 subsequent sets
Floreio Workout of the Day - Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Horse Walk from Locomotion Conditioning Routine X 20 meters
A4. Duck Walk from Locomotion Conditioning Routine X 20 meters
A5. Ostrich Walk from Locomotion Conditioning Routine X 20 meters
A6. Scapula Mobilization Routine X 1 set
Rest 90 sec
Equilibre Work
B1. Handstand Body Line Wall Drill X 10 sec X 3 sets / 45-60 sec of rest
Rest 90 sec
Sequence Work
C1. Half Au Cortado And Entry Rotation Into Low Bridge
Perform 3 sets of 10,8,6 reps / 60 sec of rest
D1. Role Into QDR sequence
Perform 3 sets of 10,8,6 reps / 60 sec of rest
Rest 90 sec
Finisher
E1. High Bridge Static Hold 30,25,20 sec
E2. Gatherings Beginner Variations X 12,10,8 reps
Rest 45 sec between E1 and E2, complete 3 sets with the reps/time mentioned above
Prehab
F1. Shoulder ROM and Stabilization routine X 2 subsequent sets, no rest

Floreio Workout of the Day – Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Horse Walk from Locomotion Conditioning Routine X 20 meters
A4. Duck Walk from Locomotion Conditioning Routine X 20 meters
A5. Ostrich Walk from Locomotion Conditioning Routine X 20 meters
A6. Scapula Mobilization Routine X 1 set
Rest 90 sec
Equilibre Work
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest
Rest 90 sec
Sequence Work
C1. Au Cortado And Rotation Into Low Bridge
Perform 3 sets of 10,8,8 reps / 60 sec of rest
D1. Role Into QDR sequence
Perform 3 sets of 10,8,8 reps / 60 sec of rest
Rest 90 sec
Finisher
E1. Rotations into High Bridge X 12,10,8 reps
E2. Gatherings Intermediate Variations X 12,10,8 reps
Rest 45 sec between E1 and E2, complete 3 sets with the reps mentioned above
Prehab
F1. Shoulder ROM and Stabilization routine X 2 subsequent sets, no rest
**Floreio Workout of the Day – Advanced**

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Horse Walk from Locomotion Conditioning Routine X 20 meters
A4. Duck Walk from Locomotion Conditioning Routine X 20 meters
A5. Ostrich Walk from Locomotion Conditioning Routine X 20 meters
A6. Scapula Mobilization Routine X 1 set

Rest 90 sec

Equilibre Work
B1. Handstand Body Line Wall Drill X 30 sec
B2. Handstand Straighten Into Line X 45 sec total work

Complete 2 cycles of B1-B2, resting 60 sec between exercises

Rest 90 sec

Sequence Work
C1. Au Cortado Press And Rotation Into One Arm Low Bridge
Perform 3 sets of 10,8,6 reps / 60 sec of rest
D1. Role Into QDR Rotational Push Ups
Perform 3 sets of 10,8,6 reps / 60 sec of rest

Rest 90 sec

Finisher
E1. Rotations into High Bridge X 12,10,8 reps
E2. Gatherings Advanced X 12,10,8 reps

Rest 45 sec between E1 and E2, complete 3 sets with the reps mentioned above

Prehab
F1. Shoulder ROM and Stabilization routine X 2 subsequent sets, no rest

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**Bridge Workout - beginner**

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 10-30 sec per side / 3 sets / 45 sec rest

Floreio
C1. Head Bridge To QDR Work (choose the variation you are capable of)
10-20 reps / 3 sets / 60 sec
D1. High Bridge Static Hold 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps

or
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
E1. Corta Capim Rotations X 20 reps per side / 3 sets / 60 sec

Conditioning
F1. The Shrimp (foot+knee or just knee of the back leg touching the ground)
F2. Swedish Bench Hanging Leg Raises
F3. Basic Bridge Push Ups

Perform 10 (5-5 per leg in the shrimp),8,6,4,2 reps with as little rest as possible of F1-F3

Rehab
G1. Wrists Routine X 2 subsequent sets / 60 sec rest
**Bridge Workout - intermediate**

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 20-30 sec per side / 3 sets / 45 sec rest

Floreio
C1. Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec
D1. Corta Capim Rotations X 30 reps per side / 3 sets / 60 sec

Conditioning
E1. The Shrimp (just knee of the back leg touching the ground)
E2. 0-90 Hanging Leg Raises
E3. One Leg Bridge Push Ups (change legs every rep)
Perform 10 (5-5 per leg in the shrimp),8,6,4,2 reps with as little rest as possible of F1-F3

Rehab
G1. Wrists Routine X 2 subsequent sets / 60 sec rest

**Bridge Workout - advanced**

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static QDR 30 sec per side / 3 sets / 45 sec rest

Floreio
C1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
D1. Corta Capim Rotations X 45 sec of work per side / 3 sets / 60 sec

Conditioning
E1. The Shrimp - in a quad stretch position or with knee only touching behind you
E2. 0-90 Hanging Leg Raises or One Arm Hanging Leg Raises (change arms every rep)
E3. One Arm Bridge Push Ups (change arms every rep)
Perform 10 (5-5 per leg in the shrimp),8,6,4,2 reps with as little rest as possible of F1-F3

Rehab
G1. Wrists Routine X 2 subsequent sets / 60 sec rest
**Another Workout Beginners**

**Warm Up - Mobility**
- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

**Equilibre**
- B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

**Floreio**
- C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
- D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
- D2. Rotations Into Arch Using The Wall X 10 reps / perform 3 sets of d1-d2 resting 60 sec after D2 only
- E1. Corta Capim Spin X 14 reps / 3 sets / 60 sec of rest

**Conditioning**
- F1. NDA Lateral Push Ups side to side X 20/18/16 reps
  Rest 60 seconds between sets

**Prehab**
- F1. Shoulder ROM and Stabilization routine X 1 set
- F2. Scapula Mobilization Routine X 1 set
  Complete 2 subsequent supersets of F1-F2 no rest

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**Another Workout Intermediates**

**Warm Up - Mobility**
- A1. 5 min Joint Mobility
- A2. Wrists Routine X 1 set
- A3. Shoulder ROM and Stabilization routine X 1 set
- A4. Ido's Squat Clinic Routine X 1 set
- A5. Scapula Mobilization Routine X 1 set

**Equilibre**
- B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

**Floreio**
- C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 3 sets / 60 sec of rest
- D1. Rotations into High Bridge or Rotation Into High Bridge to Head to ODR Exit X 10 reps / 3 sets / 60 sec rest
- E1. Corta Capim Spin X 14 reps / 3 sets / 45 sec of rest

**Conditioning**
- F1. NDA Lateral Push Ups side to side X 20 reps
  Perform 3 sets resting 45 seconds between sets

**Prehab**
- F1. Shoulder ROM and Stabilization routine X 1 set
- F2. Scapula Mobilization Routine X 1 set
  Complete 2 subsequent supersets of F1-F2 no rest
Another Workout Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. **Shoulder ROM and Stabilization routine** X 1 set
A4. **Ido's Squat Clinic Routine** X 1 set
A5. **Scapula Mobilization Routine** X 1 set

Equilibre
B1. **Handstand Body Line Wall Drill** X 30 sec
B2. Handstand Straighten Into Line X 45 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. **QDR Circles** X 10 reps per side / 3 sets / 60 sec of rest
D1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
E1. **Corta Capim Spin** X 14 reps / 3 sets / 45 sec of rest

Conditioning
F1. **D1. NDA Lateral One Arm Push Ups** side to side X 10/8/6/4/2 reps
Rest 60/45/30/15 seconds between sets

Prehab
F1. **Shoulder ROM and Stabilization routine** X 1 set
F2. **Scapula Mobilization Routine** X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Explosive Leg Workout - beginner/intermediate

Quick warm up
A1. 5 min joint mobility
A2. **Ido's Squat Clinic Routine** X 1 set

Explosive Movements Training
B1. **Jump Into Box - Standing** 8 reps X 3 sets / 90 sec rest
C1. **Jump Into Box - Iso-Squat** 8 reps X 3 sets / 90 sec rest

3 min rest

Strength Work
D1. **The Shrimp** (foot+knee or just knee of the back leg touching the ground) 5 reps per leg
D2. **Harop Curl** 5 reps
perform 5 total sets of A1-A2 rest 90 sec after both A1 and A2

Lower leg finisher
E1. 50 reps of jump rope (or just jumping) in place with right leg (No knee bend - calf work only)
E2. 60 sec of standing on right leg only with eyes shut
E3. 50 reps of jump rope (or just jumping) in place with left leg (No knee bend - calf work only)
E4. 60 sec of standing on left leg only with eyes shut
Perform 2 total sets of F1-F4 do not rest between exercises
Explosive Leg Workout - beginner/intermediate

Quick warm up
A1. 5 min joint mobility
A2. Ido’s Squat Clinic Routine X 1 set

Explosive Movements Training
B1. Front Flip - Standing X 5 reps X 3 sets / 90 sec rest
C1. Back Flip - Iso Squat X 5 reps X 3 sets / 90 sec rest

3 min rest

Strength Work
D1. The Shrimp - in a quad stretch position or with knee only touching behind you X 5 reps per leg
D2. Harop Curl X 5 reps
perform 5 total sets of A1-A2 rest 90 sec after both A1 and A2

Lower leg finisher
E1. 50 reps of jump rope (or just jumping) in place with right leg (No knee bend - calf work only)
E2. 60 sec of standing on right leg only with eyes shut
E3. 50 reps of jump rope (or just jumping) in place with left leg (No knee bend - calf work only)
E4. 60 sec of standing on left leg only with eyes shut
Perform 2 total sets of F1-F4 do not rest between exercises

Air Baby and Pulling Workout - Beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido’s Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Frog Stance 15-30 sec X 3-5 sets / 60 sec rest

Floreio work
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest or
D1. High Bridge hold - total time 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps / perform 3 sets of d1-d2 resting 60 sec after D2 only
E1. Corta Capim Rotations X 15 reps per side / 3 sets / 60 sec

Strength
F1. 90-90 Iso Pull Up Hang 10-20 sec / 5 sets / 60-90 sec rest

Prehab
G1. Wrists Routine X 3 subsequent sets
Air Baby and Pulling Workout - Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Air Baby Extensions 5-10 reps per side X 3-5 sets / 60 sec rest

Floreio work
C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge or Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec rest
E1. Corta Capim Rotations X 20 reps per side / 3 sets / 60 sec

Strength
F1. 90-90 Iso Pull Up Hang or rope assisted 90-90 One Arm Iso Chin Up Hang 10-30 sec / 5 sets / 60-90 sec rest

Prehab
G1. Wrists Routine X 3 subsequent sets

Air Baby and Pulling Workout - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static Air Baby 10-15 sec per side X 3-5 sets / 60 sec rest

Floreio work
C1. QDR Circles X 10 reps per side / 3 sets / 60 sec of rest
D1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
E1. Corta Capim Rotations X 25 reps per side / 3 sets / 60 sec

Strength
F1. 90-90 One Arm Iso Chin Up Hang 5-15 sec per side, resting 10 sec in between sides / 5 sets / 60-90 sec rest

Prehab
G1. Wrists Routine X 3 subsequent sets