

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. 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 -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-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-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
(Or the [Slide Into Low Bridge](#) and [Rotations Into Arch Using The Wall](#) combination for the same number of 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

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 squatting 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

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
- 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 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

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 QDR 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