

RAW WORKOUT REQUIREMENTS
WOMEN • LVL 0

NOVICE

- 5s Wall Handstand
can be further from wall but belly must face the wall
- 1× +50% BW Full ATG 3s Paused Squat
- 10s Hold Down – Pull Up – 10s Hold Up
- 20× Full Jump Squats
- 10× Back Dips
full range, lockouts
- 5× Knee-sit Leg Raises
each rep from L-Knee
- 10× Knee Push Ups
chest to ground