

The Vertical Gains Workout

Difficulty Level: Intermediate

Instructions: For each exercise, do as many as you can in 40 seconds then immediately move to the next exercise. Once you finish Round 1, rest for 30-40 seconds. Do 5 total rounds.

Round 1	Reps/Time	Completed	Notes
Pull Ups	40 Sec		
Ballet Squat	40 Sec		
Chin Ups	40 Sec		
Handstand Push Ups	40 Sec		
Front Lunges	40 Sec		
Rest	30-40 seconds		
Round 2	Reps/Time	Completed	Notes
Pull Ups	40 Sec		
Ballet Squat	40 Sec		
Chin Ups	40 Sec		
Handstand Push Ups	40 Sec		
Front Lunges	40 Sec		
Rest	30-40 seconds		
Round 3	Reps/Time	Completed	Notes
Pull Ups	40 Sec		
Ballet Squat	40 Sec		
Chin Ups	40 Sec		
Handstand Push Ups	40 Sec		
Front Lunges	40 Sec		
Rest	30-40 seconds		
Round 4	Reps/Time	Completed	Notes
Pull Ups	40 Sec		
Ballet Squat	40 Sec		
Chin Ups	40 Sec		
Handstand Push Ups	40 Sec		
Front Lunges	40 Sec		
Rest	30-40 seconds		
Round 5	Reps/Time	Completed	Notes
Pull Ups	40 Sec		
Ballet Squat	40 Sec		
Chin Ups	40 Sec		
Handstand Push Ups	40 Sec		
Front Lunges	40 Sec		
Rest	30-40 seconds		