



15 Day Pop Up Training

Exercise No.1

1. Position your hands by your lower ribs
2. Point elbows upward, lift/push upper body to a cobra position



3 x 8 reps

Day 1 Day 2 Day 3

Exercise No.2

1. Knee drag; In push up position bring both knees to the elbows at the same time



3 x 12 reps

Day 4 Day 5 Day 6



Exercise No.3

1. From push position jump and try to land with your feet on the outer side of your palms



3 x 8 reps

Day 7 Day 8 Day 9

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Exercise No.4

1. From chicken wings, do the cobra push and the double knee drag at the same time



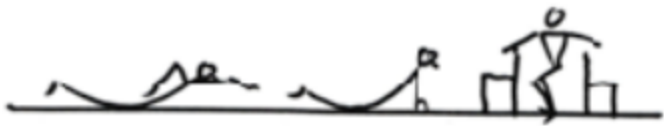
3 x 10 reps

Day 10 Day 11 Day 12

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Exercise No.5

1. Push yourself up and pop up
2. Place your arms on or above two chairs



3 x 10 reps

Day 13 Day 14 Day 15

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