



[Christopher Sommer Handstand Chronicles Pdf](#)

| 4 Day Training/12 Week Cycle Example | | | | | |
|--------------------------------------|---|---|-----------|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) |
| Week 2 | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) | | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) |
| Week 3 | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) | | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) |
| Week 4 <i>(deload)</i> | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) |

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