

Jorah's 2nd 10-week YAYOG program

Week 1 and 2, Muscular Endurance Block: Ladders

(8-minute ladders)

Day 1 Push

1. Decline push-ups
2. Dips
3. Kettlebell press
4. Push-ups
5. Shove-offs
6. Handstand on wall

Day 2 Legs

1. Bulgarian Split Squat w/3-sec hold
2. Squats (or 1-leg squats)
3. Toyotas with 3-second hold
4. Bam Bams
5. Box jumps
6. Good Mornings (or 1-leg calf raises)
7. RDLs on pillow (if you have time)
8. Handstand on wall

Day 3 Pull

1. Pull-ups
2. Let Me In
3. Let Me Up
4. Parallel-grip pull-ups
5. Chin-ups
6. Handstand on wall

Day 4 Core

1. Plank
2. Hello Darlings
3. Supermans
4. Bicycles
5. Side plank
6. Handstand on wall

Day 5 Handstand training

See Page 82 of YAYOG

- Military Press
- Handstand holds (aim for 3 minutes)
- Handstand holds half-way down (aim for 3 minutes)
- Handstand negatives

2nd 10-week YAYOG program

Week 3 and 4, Strength Block: Interval Sets

(3 sets per exercise, 6-12 reps per set, 3-minute intervals per set. 1 set per exercise should take you to failure within 12 reps. If not, increase difficulty)

Day 1 Push

1. Decline push-ups
2. Dips
3. Kettlebell press
4. Close-grip push-ups
5. Push-ups
6. Handstand on wall

Day 2 Legs

1. Back lunges with 6-second hold
2. Squats
3. Toyotas with 3-second hold
4. Bam Bams
5. Box jumps
6. RDLs on pillow (if you have time)
7. Handstand on wall

Day 3 Pull

1. Pull-ups
2. Let Me In
3. Let Me Up
4. Parallel-grip pull-ups
5. Chin-ups
6. Kettlebell curls
7. Farmer's Walk (if you have time)
8. Handstand on wall

Day 4 Core

1. Plank
2. Hello Darlings w/hands on chest
3. V-ups
4. Side plank
5. Iron Cross
6. Handstand on wall

Day 5 Handstand training

See Page 82

- Military Press
- Handstand holds (aim for 3 minutes)
- Handstand holds half-way down (aim for 3 minutes)
- Handstand negatives

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Week 5 and 6, Power Block: Super Sets

(4-minute sets, 1-5 reps of 1st set [slow negs, fast positives], 6-12 reps of 2nd set [done quickly but with good form])

Day 1 Push

1. Decline push-ups w/3-sec hold paired with:
2. Shove-offs
1. Let Me Ins w/6 sec holds paired with:
2. Let Me Ups

1. Decline military press paired with:
2. Thumbs-up exercise
1. Let Me Up w/reverse grip and feet elevated paired with:
2. Let Me Ins w/palms up

1. Close-grip push-ups paired with:
2. Dips

Handstand on wall

Handstand on wall

Day 2 Legs

1. 1-leg squats (alternate after each rep) paired with:
2. Toyotas with 6-second hold

1. Side lunges w/6 sec hold paired with:
2. Back lunges w/3 sec hold

1. RDLs on pillow with 3-sec hold paired with:
2. Box jumps

Handstand on wall

Day 3 Pull

1. Pull-ups paired with:
2. Let Me Ins

Day 4 Core

Plank (not part of the YAYOG plan)

1. Hanging leg lifts w/knees bent paired with:
2. Iron Crosses w/knees bent

1. 1-leg hip extensions [log as short bridge] (alternate after each rep) paired with:
2. Supermans

1. V-ups paired with:
2. Russian twists

Handstand on wall

Day 5 Handstand training

See Page 82

- Military Press
- Handstand holds (aim for 3 minutes)
- Handstand holds half-way down (aim for 3 minutes)
- Handstand negatives