



AFB & Calisthenics Superset Series

BEGINNER SUPERSET CHALLENGE

- Exercise fundamentals
- 8 Supersets
- 16 Total Floor 2 Fly exercises
- 30 seconds ON 15 seconds Switch
- 1 minute between flights
- 3 Flights
- Stopwatch

1. **AFB scalp shrugs** ~

Calisthenics = Scap push ups in plank

2. **AFB Assisted Pull ups** ~

Calisthenics = Assisted Push Ups

3. **AFB Tuck Leg lifts** ~

Calisthenics = Sit up crunches



4. AFB Obliques ~

Calisthenics = Russian Twists

5. AFB ½ Skin the cats ~

Calisthenics = Reverse bridges raises

6. AFB Squat ~

Calisthenics = Calf Raises

7. Tuck FP tempos ~

Calisthenics = Dish Hold

8. Tuck BP tempos ~

Calisthenics = Alternate Superwo/man



INTERMEDIATE SUPERSET CHALLENGE

- Skill progressions
- 8 Supersets
- 16 Total Floor 2 Fly exercises
- 30 seconds ON 15 seconds Switch
- 1 minute between flights
- 3 Flights
- Stopwatch

1. AFB Scapula Circles ~

Calisthenics = Down dog circles

2. AFB Eccentric Pull Ups (5 seconds) ~

Calisthenics = Eccentric wide push ups (5 seconds)

3. AFB Leg lifts ~

Calisthenics = Plank alternate arm & leg lifts

4. AFB Alternate inverted leg lifts ~

Calisthenics = Scissor pike leg lifts



5. AFB Skin the cats ~

Calisthenics = Dish hold pike overs

6. AFB Alternate Lunges jumps ~

Calisthenics = Lunge squats

1. AFB Eccentric Front Planches ~

Calisthenics = Elbow side plank crunch

2. AFB Back Planche tuck outs ~

Calisthenics = Alternate wide superwo/men



ADVANCED SUPERSET CHALLENGE

1. Elite level skills
2. 8 Supersets
3. 16 Total Floor 2 Fly exercises
4. 30 seconds ON 15 seconds Switch
5. 1 minute between flights
6. 3 Flights
7. Stopwatch

1. AFB Scapula rotations ~

Calisthenics = Push up rotations

2. AFB Pull ups - 1/2 - full - 1/2 ~

Calisthenics = Planche push ups

3. AFB Leg lifts tics ~

Calisthenics = Legs side 2 side obliques

4. AFB Inverted pull ups ~

Calisthenics = Tricep push ups



5. AFB Skin the cat 2 inverted leg lift ~

Calisthenics = Dish hold 2 hip drive

6. AFB Pulse squat into squat jump ~

Calisthenics = Pulsing squats

7. AFB Front Planche tempos ~

Calisthenics = Plank elbow 2 hands

8. Back Planche inverted lowers ~

Calisthenics = Superwo/man holds



RECOVERY & COOL DOWN

1. **AFB Hanging Recovery** - Recover, Recoup, Breathe & Breathe
2. **Floor Flexibility - 2 minute holds**