

Session 1

A- Accumulate 20 reps:

Tuck Hollow - Full Hollow transitions

[Watch Tuck Hollow](#) [Watch Full Hollow](#)

2s hold in each position

Beginning in Tuck Hollow, think about maximum midline compression, lifting the shoulders and upper back off the floor. maintain this height as the legs extend into full hollow!

Scaling:

Single Leg Full Hollow

B- Reverse Tabata:

Arch Hold

[Watch Arch Hold](#)

10s on 20s off

Full body tension is required here, think about being as long as possible by squeezing legs and pointing toes. Head remains in neutral (looking to floor).

C- EMOM 10:

20s ***Headstand Hold***

[Watch Headstand Hold](#)

20s upside down. Try to load the hands/arms by adding a virtuous lean. maintain midline tension by thinking about a hollow shape!

Scaling:

Frog stand, Pike Press up (bottom position) - [Watch Pike Press Up](#)

D- Accumulate 20 reps:

Weight Transfers

[Watch Weight Transfers](#)

5s hold on one arm = 1 rep

Be strict on your cubit distance! Push up tall and maintain a locked out arm, all weight shifts should be done in a slow and composed manner.

Scaling:

Wall climb as high as possible. Hold for 5s.

E- Accumulate 100 reps:

Flutter Kicks

[Watch Full Hollow](#)

Laying out in full hollow, keep your heels as close to the ground as you can and kick your legs, just like in the swimming pool!