

# Session 10

## Session Brief

**A- 5 Sets:**

**10s Tuck Hollow Hold + 20 Flutter Kicks**

[Watch Tuck Hollow Hold](#) [Watch Flutter Kicks](#)

Superset. Rest as needed between sets.

Flutter kicks = Full hollow shape, small kicks of the legs like in a swimming pool!  
both legs = 1 rep

Think about maintaining the height of the shoulders and midline crunch from tuck hollow into full hollow.

**Scaling:**

*Single leg Full Hollow*

**B- EMOM10:**

**2 Strict Wall Facing HSPU**

[Watch Strict Wall Facing HSPU](#)

2s lean

2s descent

A bit of a test! However remember its; Mechanics - Consistency - Intensity. Ensure you are moving correctly first, followed by repeating good reps on demand, before pushing the difficulty. Eccentric timings in place to maintain control. Scale in order to have at least 30s rest each minute.

**Scaling:**

*Eccentric portion only*

*Standard strict HSPU*

*Pike Press Ups* *Watch Pike Press Ups*

**C- “Bring Sally Up”:**

### ***Hollow Press Up***

*Watch Hollow Press Up*

Search for the song “Flower - Moby”

Begin on the floor, ready to start a hollow press up. The song immediately begins with the line “Bring Sally Up” - Perform the Hollow Press Up. This is quickly followed by the line “Bring Sally Down” - Perform the descent of the Hollow Press Up. **HOLD THE BOTTOM POSITION.** That is, hover just off the ground in the hollow position. Press back up on the next line, and then on your next descent you can rest at the bottom!

In summary- begin on the floor, do a press up and return to an ACTIVE bottom position. perform another press up, then rest at the floor. Alternating between active and resting bottom positions...Good luck.

### ***Scaling:***

*Reverse the commands - Most of time spent at the top position*

*Perform eccentric press ups and flick back up on knees*

**D- Tabata:**

### ***Sit Ups***

8 rounds: 20s on 10s off

Standard Sit up.