

Session 11

Session Brief

A- Accumulate 20 reps:

Handstand Kick Ups

Next to a wall; practice kicking up to handstand.

Goal = Kick up to freebalance for 10s without touching wall.

5s at the top.

Scaling:

Free practice kick ups

Wall climbs as far as comfortable

B- EMOM 10:

20s Bench Assisted Handstand Hold

Watch Bench Assisted Handstand Hold

20s upside down.

Get creative with a bench substitute whilst stuck at home; you just require a sturdy flat surface to block the forearm! Otherwise go unequipped and practice freestanding.

Scaling:

Wall climb as high as possible and maintain position for 20s - push the height

C- E30s for 10 sets:

4 Kipping Handstand Push Ups

[Watch Kipping HSPU](#)

Every 30 seconds. 5 minutes of work.

After spending some time practicing the correct movement mechanics and control, this is a chance to test some explosive power and cycling. These should still be the best kipping HSPU you have ever performed, and the most powerful. Scale to maintain good positions and have enough time to kick down and recover for the next set

Scaling:

Eccentric portion only, max decent 7s and only 1 rep.

Pike Press Up [Watch Pike Press Ups](#)

Eccentric hollow press ups

D- Alternating Tabata:

Hollow Rocks + Arch Rocks

[Watch Hollow Rocks](#) [Watch Arch Rocks](#)

8 rounds: 20s on 10s off. 4 sets of each shape.

Attempt to maintain length in the shape and do not move upper and lower limbs separately. Initiate the rock, then hold the shape to maintain momentum!

Scaling:

Reverse Tabata (10s on 20s off)

Holds only, no rocking

E- Accumulate 100 reps:

Flutter Kicks

Watch Full Hollow

Try for one big set - don't let the hollow shape suffer, shoulders up high. Legs remain long and low for kicks, a small fast movement.