

Session 12

Session Brief

A- Accumulate 50 reps:

Hollow Push up - Pike Push up sliders

[Watch Hollow Push up](#) [Watch Pike Push up](#)

See Session 12 video brief for a specific demo!

Find a low friction surface for your feet! Kitchen tiles/floor, use a tupperware lid, wear socks, use a skateboard! You want to be able to drag your feet along the floor without it being too painful.

Beginning in Hollow Push up position, press tall through the shoulders and use the midline to pull hips up to the sky and drag feet in towards hands, finishing in the top of a pike push up! up and back down = 1 rep.

Scaling:

As high as possible

Standards press up - Hollow Press up transitions

B- Accumulate 30 reps:

Press to Headstand Hold Complex

[Watch Headstand Hold](#)

Aim for a 5s controlled descent and the lightest of taps on the floor with feet between reps.

As session 9; set up for headstand with feet in a straddle position. Pressing tall through the shoulders, actively pull the legs up to overhead. Use a lean and midline compression to counterbalance the legs during the descent, be sure to split the legs from overhead then begin the descent.

Scaling:

Eccentric only; kick up to headstand, control the feet to the floor in a straddle then rest

Frog stand, free practice

C- Accumulate 2 minutes:

Tuck Handstand Hold

Facing away from the wall, tip toes on the wall. Push up tall and keep the arms locked out. Look to tuck the pelvis under slowly to start bringing the feet off the wall, into a freestanding tuck HS balance!

Scaling:

Wall facing, wall climb up as far as comfortable, then bring legs into tuck as much as possible.

D- Accumulate 50 reps:

Arch Pulses

Watch Arch Hold

2s Hold = 1 rep.

Relax between reps, then find full tension and the best arch position possible! arms overhead if you can, and think about being as long as you can!