

# Session 13

## Session Brief

A- Alternating Tabata:

### **Hollow Rocks - Arch Rocks**

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

8 rounds: 20s on 10s off.

20s of Hollow Rocks, 10s to rest/transition to belly for 20s of Arch Rocks. Really think about compressing through the midline to maintain upper back/shoulders off the floor, try not to kick legs up to the sky in order to rock.

#### **Scaling:**

*Single Leg Full Hollow, Holds instead of Rocks*

B- Alternating Tabata:

### ***Single Leg Pike Pulses over object.***

[Watch Pike Pulses](#)

8 rounds: 20s on 10s off.

Sit in a straddle position. Hands either side of a single leg, as close to your knee (or further) as you can. Pulse the single leg for 20s over the object. 10s to shift round to the other leg, bringing it close to the object, still in straddle. Alternate until all 8 rounds are complete! Try to isolate the working leg by leaning over and crunching abs as well as having hands far forwards!

#### **Scaling:**

*Lean back/hands closer to hips*

*Smaller/no object*

**C-** Accumulate 20 reps:

## **Pressing Complex**

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

1 Rep = Hollow Push Up - Slider to Pike Push Up - Pike Push Up - Slider to Hollow Push Up top position

**See session brief for a specific demo!**

Beginning in the Hollow Push Up top position, perform the hollow push up. immediately after lockout, perform the slider to the best Pike Push Up position you have; most of the weight should be through the shoulders and hands, with the very tops of your feet on the floor. Perform the Pike Press Up, then eccentric slider to complete 1 rep!

### **Scaling:**

*Eccentrics only on the presses; reset top positions and continue with complex (max. 3s descent)*

**D-** For Quality:

## **10-8-6-4-2 V-Ups**

## **5-4-3-2-1 Wall Climb to Handstand Hold**

[Watch Handstand Hold](#)

*\*For Quality\**

10 V-ups into 5 wall climbs, then 8 and 4... etc. 2s hold on handstand hold.

Whilst the format may replicate a workout, the primary aim of this programme is to learn and develop quality movement mechanics that will ultimately bleed over into workouts; here is no different. By all means, challenge yourself to go as unbroken as possible, but do not rush through at the expense of quality!

### **Scaling:**

*V-Up = Tuck Crunches, Sit Ups*

*Handstand Hold = Wall climb as far as comfortable, 5s hold at top position*