

Session 14

Session Brief

A- 5 sets:

**10s Tuck Hollow - 10s Full Hollow - 20 Flutter Kicks - Crocodile Roll -
10s Arch Hold - 10 Arch Rocks**

[Watch Tuck Hollow](#) [Watch Full Hollow Hold](#) [Watch Crocodile Roll](#)

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

Rest as needed between sets.

Maintain the same level of compression from Tuck Hollow into full hollow and flutter kicks-
shoulders stay high!

Scaling:

Single Leg Full Hollow, increase Hollow Hold/Arch Hold time and remove rocks

B- EMOM10:

20s Wall Facing Handstand Hold

[Watch Wall Facing Handstand Hold](#)

Aiming to freebalance. By going wall facing you can insure a better hollow position and improve the chances of having hands/shoulders/hips and feet stacked. Really focus on tucking pelvis under by squeezing abs and crunching into hollow. However if you're uncomfortable falling out of HS hold whilst facing this way, kick up the opposite way (this method just encourages a "banana" HS a little more).

Scaling:

Non-wall facing

Wall climbs as far as comfortable

Headstand/Frog stand to practice balance [Watch Headstand](#)

C- 8 Sets:

3 Strict Handstand Press Ups

Standard. Not wall facing

2s Lean

5s Down

Fast Up

Be really strict on your cubit distance here; for some, it will be easy to start sneaking the hands out and negating the straight arm lean. Strip down the movement and reps as necessary to perform the perfect movement mechanics, and be able to meet even the strictest of movement standards in competition!

Scaling:

Eccentric portion only

Perform as a pike press up/eccentric. [Watch Pike Press Up](#)

D- 4 sets:

20 Sliders + 10 V - Ups

Try to superset the movements and go unbroken on the sets! Scale to achieve unbroken on each movement, but rest as needed between sets. Focus on raising the hips to the sky on the sliders and really tuck up so that almost all of your weight is on your hands.

Scaling:

Reduce reps but not sets

Sliders = as far as possible, or leg raises lying on back

V - Ups = Tuck Crunches, Sit Ups