

Session 15

Session Brief

A- 5 Sets:

15s Tuck Hollow Hold + 20 Pike Pulses

Watch Tuck Hollow Hold Watch Pike Pulses

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

Prioritise the lift of the upper back and shoulders off the floor over the tuck of the knees, this should really burn the midline!

Scaling:

Reduce time under tension, keep the set number the same

Hands closer to hips on pike pulses, single leg

B- 8 sets:

Headstand Complex

Press to Headstand then;

5s Yoga Headstand - 5s Virtuous Lean - 5s Yoga - 10s Virtuous Lean.

Watch Headstand

Begin with a controlled press to headstand, really think about the straddle position here. Then 2 sets of transitions between yoga and virtuous leaning; utilise the shoulders and hands pressing into the ground and the midline to manipulate lean angle, hips remain open throughout! Finish with a controlled eccentric press to headstand.

Scaling:

Remove Press to headstands

One set of yoga - virtuous lean transitions

Free practice headstand/frog balance

C- Reverse Tabata:

Deficit Hollow Press Up

Watch Hollow Press Up

8 rounds: 10s on 20s off.

If you have parallettes, use them! If not, two small stacks of books will suffice. The key is to maintain the hollow position even once you have passed the normal end range; this requires a large amount of shoulder extension so only go as far as is safe.

A good cue: Only the arms/shoulder moves! The rest of your body should remain in an unchanged hollow position throughout.

Scaling:

No deficit

Perform eccentric press ups and flick back up on knees; 2-3s descent

D- 5 Sets:

20s Arch Hold - Crocodile Roll - 20 Flutter Kicks

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

Rest as needed between sets.

Use the 20s to gain as much length through your arch shape as possible, keep your head tucked down in neutral, but reach arms out overhead if you can. Don't forget about the midline compression and high shoulders when doing the flutter kicks!

Scaling:

Remove Crocodile roll

Reduce Arch Hold time