

Session 16

Session Brief

A- Reverse Tabata:

Hollow Push up - Pike Push up sliders

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

Use a low friction surface for your feet! Kitchen tiles/floor, use a tupperware lid, wear socks, use a skateboard!

Make the feet feel as weightless as possible in the top/pike press up position, we want the hips to be as vertically stacked over the shoulders as possible.

Scaling:

As high as possible

Standard press up - Hollow Press up transitions

B- 5 sets:

5 Strict Wall Facing Handstand Press Ups

[Watch Strict Wall Facing Handstand Press Ups](#)

2s pause in the lean position

The goal is to hold the straight arm lean position for 2s every rep, before a controlled descent and press back to the top position. As soon as the elbow bends, the feet should be coming off the wall!

Scaling:

Eccentric portion only (3s max descent)

Non - wall facing

Pike Press Ups

C- EMOM10:

20s Tuck Handstand Hold

Facing away from the wall, tip toes on the wall.

Remember the key to a balanced Handstand is hips over shoulders over hands, so be sure to push up tall and keep the arms locked out in order to remain stacked.

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- For Quality:

10-8-6-4-2

Hollow Press Ups

20-18-16-14-12

Pike Pulses

[Watch Hollow Press Up](#) [Watch Pike Pulses](#)

10 Hollow Press Ups, then 20 Pike pulses, etc.

Try to go as unbroken as possible, but do not allow the hollow position to slack in the press up. Every rep should still be your best.

Scaling:

Eccentrics only on press ups (2s descent)

Hands closer to hips on pike pulses