

Session 2

Session Brief

A- Accumulate 30 reps: **Crocodile Rolls**

Watch Crocodile Rolls

2s hold in each position

Begin in a Full Hollow position; maintaining midline tension, roll over into arch. Hold both positions for 2s before transitioning.

Scaling:

Hollow - Arch only (both ways). Holds with no transitions.

B- 10 Sets:

2 Strict Wall Facing HSPU

Watch Strict Wall Facing HSPU

2s lean

3s descent

3s in headstand

Hands cubit distance, keep head tucked under and looking back at the wall. utilise the lean to make a solid tripod position in headstand.

Scaling:

Eccentric portion only

Standard HSPU/Eccentrics

Pike Press Ups Watch Pike Press Ups

C- Accumulate 20 reps:

Hollow Press Up

Watch Hollow Press Up

3s at top

5s descent

3s at bottom

Focus on maintaining the Hollow shape throughout the movement. elbows remain tucked in and move backwards along the body, rather than flaring out.

Scaling:

Eccentric portion only

D- 3 sets:

20 Hollow Rocks + 20 Pike Pulses

Watch Hollow Rocks Watch Pike Pulses

Performed as a superset. Move hands as far forward as you can manage for the pike pulses.

Scaling:

Hollow Hold only.