

# Session 3

## Session Brief

**A- Alternating Reverse Tabata:**

### ***Hollow Hold + Arch Hold***

Watch Hollow Hold Watch Arch Hold

10s on 20s off, 8 rounds of work - 4 sets in each shape.

Beginning in Full Hollow, think about maximum midline compression, lifting the shoulders and upper back off the floor. Legs remain low to ground with as much tension as possible. Then roll over onto belly to do the next set in Arch position.

**B- EMOM 10:**

### ***20s Wall Facing Handstand Hold***

Watch Wall Facing Handstand Hold

20s upside down. Attempt freestanding!

Full body tension is required here, think about being as long as possible by squeezing legs and pointing toes. Head remains in neutral (looking to floor).

### ***Scaling:***

*Wall climb as high as possible and maintain position for 20s*

**C- 7 sets:**

### ***4 Kipping Handstand Push Ups***

Watch Kipping HSPU

2s lean

2s pause

3s descent

fast up

Using a controlled eccentric to practice correct movement patterns, and enforcing explosive change of direction at the bottom.

**Scaling:**

*Eccentric portion only. Max decent 5s.*

*Pike Press Up* [Watch Pike Press Ups](#)

**D-** Accumulate 50 reps:

**V - Ups**

Standard V-Up

Make sure the upper body and lower body move up in equal amounts, just like folding in half.

**Scaling:**

*Tuck Crunches*

*Standard Sit Ups*