

Session 4

Session Brief

A- 5 sets:

20s Tuck Hollow + 20 Arch Rocks

Watch Tuck Hollow Watch Arch Rocks

Performed as a superset.

Beginning in Tuck Hollow, think about maximum midline compression, lifting the shoulders and upper back off the floor. Immediately roll over to begin the Arch Rocks.

Scaling:

20s Arch Hold

B- 5 sets:

5 Hollow Press Ups + 20 Pike Pulses

Watch Hollow Press Ups Watch Pike Pulses

Performed as a superset.

Do not deviate from the Hollow shape throughout the press up. Immediately into the pike pulses, move the hands as far forwards as you can manage!

Scaling:

Up to a 5s descent on eccentric Hollow Press Up

C- Accumulate 30 reps:

Pike Press Ups

Watch Pike Press Ups

2s lean

3s descent

fast up

Focus on being as inverted as possible. tuck the head under and come up onto the very tops of your toes.

Scaling:

Perform the eccentric portion only. Maximum of 7s descent

D- Accumulate 2 minutes:

Tuck Handstand Hold

Facing away from the wall, tip toes on the wall. Push up tall and keep the arms locked out.

Scaling:

Wall facing, wall climb up as far as comfortable, then bring legs into tuck as much as possible

Tuck Handstand