

Session 5

Session Brief

A- 6 sets:

10s Tuck Hollow - 5s Full Hollow - 10 Hollow Rocks

[Watch Tuck Hollow](#) [Watch Full Hollow](#) [Watch Hollow Rocks](#)

Rest as needed between sets.

Start in Tuck Hollow, think about maximum midline compression, lifting the shoulders and upper back off the floor. Maintain this height as the legs extend into full hollow, then finish with 10 hollow rocks. Don't let the shoulders drop throughout.

Scaling:

Single Leg Full Hollow

Increase Hollow Hold and remove rocks

B- Accumulate 50 reps:

Arch Hold Pulses

[Watch Arch Hold](#)

2s MAX tension, relax = 1 rep.

Try to hold hands out in front (embrace your inner superman/woman!) 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).

C- 8 sets:

Headstand Hold Complex

Watch Headstand Hold

10s vertical position - 10s virtuous lean - 5s vertical

Use the lean to load the hands/arms as much as possible. Maintain midline tension by thinking about a hollow shape!

Scaling:

Frog stand

Pike Press up (bottom position) - Watch Pike Press Up

D- 6 sets:

3 Pike Press Ups

Watch Pike Press Up

2s lean

5s Descent

Fast Up

Measure out the cubit distance and focus on keeping the elbows tucked in. The lean occurs with a locked out arm.

Scaling:

Wall climb as high as possible. Hold for 5s.

E- Reverse Tabata:

V - Ups

8 rounds: 10s on, 20s off.

Standard V - Up, attempt to have both upper and lower body move up in equal amounts.

Scaling:

Tuck Crunches

Sit Ups.